



# RELIEF!

**Finding Freedom from Anxious Thoughts**

*A 10-Day Devotional Reading Plan*

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Discover a path to freedom from anxiety and fear with the captivating new reading plan, *Relief! Finding Freedom from Anxious Thoughts*, crafted by the visionary Pastor Andrew Farley.

Life's challenges may leave you feeling overwhelmed, causing doubts to creep in about the strength of your faith. Rest assured, God's heart is not one of disappointment or guilt. Instead, He extends a warm invitation to break free from anxiety and embrace a life of peace, even amidst hardship and uncertainty. This journey is not about adopting a "spiritual" persona or engaging in positive self-talk; it's about gaining a fresh perspective on anxious thoughts and discovering true contentment in Jesus every single day.

Prepare to embark on a transformative 10-day adventure as you delve into these powerful devotionals. Within their pages lies the key to unlocking a wellspring of strength, stability, and the remarkable ability to "rejoice always." Allow God's Spirit, ever-present within you, to guide your steps as you learn to trust in His unfailing love and care.

Our heartfelt prayer is that this immersive experience will liberate your mind from the shackles of anxiety, ushering in a profound sense of tranquility and deep rest. Embrace this opportunity to find relief and discover a life brimming with peace!

# DAY 1: Genuine Answers for Everyday Life

Life can be a rollercoaster ride, filled with unexpected twists and turns. In those moments of tragedy and hardship, the idea of rejoicing always may seem like an impossible feat. We often find ourselves wearing a facade, pretending everything is fine when it's not. We berate ourselves, feeling like failures, convinced that even God is disappointed in us for our inability to rejoice.

But let's delve deeper into the profound words of Paul in Philippians 4:4. There's more to it than meets the eye:

*Rejoice in the Lord always; again I will say, rejoice!*

This verse isn't about wearing a plastic smile or faking our emotions. It's not even a call to be happy with our circumstances. It's an invitation to find joy in something greater than ourselves. The key lies in rejoicing in the *Lord*, unshakable and untamable, who resides within us.

In Him, we discover perfect forgiveness, a new heart, freedom from the burdens of the Law, and the privilege of being God's beloved children. We are equipped with everything we need for a life of purpose and godliness. God's unwavering love continually fuels us, embracing us in every situation.

The journey of life guarantees hardships, but Christ's presence sustains us through it all. He may not alter our circumstances, but He promises to always be with us and in us, a faithful companion and the source of our salvation. Thus, we can be authentic about our struggles, knowing we have an unshakable hope—an anchor for our souls—in the midst of any storm.

**THE BIG PICTURE:** Rejoicing is not about accepting tragic events or dismissing their impact. Instead, it's about finding solace and delight in the Lord, embracing His unwavering presence and all that He represents in every aspect of our lives.

**REFLECTION:** Dear Father, I often find myself overwhelmed by the challenges of life, feeling burdened beyond words. Yet, You lovingly remind me that I can be honest with You about my feelings. You provide me with an unceasing source of rejoicing, Someone I can find solace in regardless of the chaos around me. Thank You for Him and for being the antithesis of everything this world throws my way. Amen.

## DAY 2: Awakening to the Power Within: Embracing Your True Identity

There are moments when life feels off, and the circumstances surrounding us are far from what we desire. Despite countless prayers, it seems nothing changes. In such moments, doubts may arise, questioning our ability to navigate the Christian life when disappointment and defeat consume our hearts. What can we do in such times?

The truth is, the Gospel doesn't promise a sudden shift in our circumstances. The cross and resurrection of Jesus didn't guarantee a life free from challenges. Reality may not align with our dreams and aspirations. However, Christianity is about something deeper—it's about knowing a God who becomes our Lord, Savior, and our very Life amidst every circumstance. Remember this: Christianity is about rejoicing in the Lord (Philippians 4:4). It's finding joy in Someone who loves us unconditionally and remains a constant presence through life's ups and downs. But there's more to it. It's about allowing our new life in Him to shine amidst the chaos.

*Let your gentle spirit be known to all people.* (Philippians 4:5)

"Let." Such a small word, yet its implications are profound. Notice that Paul doesn't instruct us to *develop* a gentle spirit; he urges us to *let* the gentle spirit we already possess be known. Through the Gospel, God has gifted us with a gentle spirit. Gentleness defines who we are! He has equipped us with not just gentleness but also righteousness (2 Corinthians 5:21). He has provided everything we need for a life of purpose and godliness (2 Peter 1:3-4). Now, it's time to let these qualities manifest in our circumstances. Let others witness the gentleness and righteousness that characterizes us. God has replaced our heart of stone with a new, living heart; it's time to let it shine (Ezekiel 36:26-27).

To "let" is not about the power of positive thinking, self-talk, or attempting to manipulate our circumstances through invoking the name of Jesus. It's a choice, even in the midst of life's challenges, to live in alignment with the reality of who we really are at the core.

Therefore, we have two choices before us. We can wake up bitter, resentful, and angry at all that's wrong in our lives, or we can let our spirits be known. It's a "let" because God has already prepared everything. We simply choose to let out what He has worked within us.

**THE BIG PICTURE:** Our earthly circumstances may stubbornly persist despite our fervent prayers. Yet, amidst these challenges, we can rejoice in the Lord (Philippians 4:4) and allow our new, transformed lives in Jesus to radiate, embracing the beautiful new selves God has designed us to be at our very core.

**REFLECTION:** Father, I get frustrated as I witness the unchanging nature of my circumstances. It's something I genuinely detest. But thank You for offering me a deeper reality to embrace—the reality of my union with You. I ask for Your guidance in allowing my new life in Christ to be expressed in every situation. Help me grasp the incredible new, resurrection life dwelling within me and keep me aware of my Vine-Branches relationship with Jesus. I am grateful that You are always present in me. Amen.

## DAY 3: Embracing the Unshakable Reality: God's Ever-Present Love

There are moments in life when we feel as though God has abandoned us, especially during times of hardship. We pour out our prayers for a specific resolution, only to be met with silence. Doubts creep in, whispering that God is not listening or has somehow forsaken us in our struggle. These thoughts only amplify the fear and anxiety we already carry, leaving us to grapple with the idea of a neglectful God.

But we can draw inspiration from Paul, who faced tribulations time and time again. He found comfort not in fleeting emotions but in an eternal truth—a truth untouched by the world: God is near.

Reflect upon the profound simplicity of Philippians 4:5: “The Lord is near.”

God's nearness is His unwavering promise to us amidst the chaos of life. He is closer to us than our very skin, for we are in union with Him (1 Corinthians 6:17). This is not a matter of mere feelings; it is a deep-rooted knowing of truth. This truth remains steadfast, independent of our circumstances. It means that God's presence never wavers based on external factors. He will never abandon or forsake us (Hebrews 13:5). His shoulders are strong enough to bear any burden we cast upon Him. He can withstand our resentment and bitter feelings toward Him regarding our situation. He is not fragile; our honest expressions will not shatter Him. We can be real, pour out our hearts to our Heavenly Father, and cry out, expressing our pain and disgust about our circumstances. And yet, He will never leave us or forsake us.

Circumstances may even cause you to feel distant from God for a prolonged period. However, amidst it all, you can consciously choose to rest in the unwavering truth that the Lord is near you. This truth becomes your unshakable foundation for life. God's intimate closeness is the reason you can rejoice always (Philippians 4:4).

**THE BIG PICTURE:** There may be moments when we don't feel God's presence, yet we can place our trust in His constant indwelling within us. Although this may not instantly alter our outward circumstances, it grants us the gift of a loving Companion throughout our journey.

**REFLECTION:** Jesus, I am grateful that Your presence within me transcends my fluctuating feelings. It is an eternal truth upon which I can rely. Today, I choose to place my trust in this truth and humbly ask for the wisdom to be more conscious of Your profound love for me.



## DAY 4: Enjoying the Peace of God

Embrace the invitation to honest conversation with God and be enveloped in His unfathomable peace. The profound promise of God's peace transcends the trials and tribulations of life. Despite the overwhelming challenges we face, God assures us of a peace that goes beyond our circumstances, inviting us to experience a tranquility that surpasses understanding.

The apostle Paul, a man acquainted with the depths of suffering, understood this truth intimately. Even in the most dire situations, he found solace in God's unwavering promise of peace. It is within this context that he tenderly spoke these reassuring words to the church at Philippi:

*Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. **And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.*** (Philippians 4:6-7)

In the midst of life's harshness, God extends an invitation to pour out our hearts before Him. We are encouraged to approach our Heavenly Father with authenticity, knowing that His shoulders are broad enough to carry every burden we bring. As we honestly express our desires and concerns, a remarkable transformation occurs. It is not a result of circumstances shifting outwardly, but rather a deep peace that flows from our conversation with our Heavenly Dad. Paul emphasizes that the peace we receive is not superficial; it permeates our very being, defying logical comprehension. How can we experience peace amidst the chaos? It is because God, who embodies peace, freely imparts it to us.

However, let us not mistake this promise of peace for an assurance that our circumstances will remain unchanged. Indeed, they may shift unexpectedly and take us by surprise. Yet, God's pledge to us is an unshakable peace that transcends the externalities of life. He offers a profound sense of tranquility as we unburden ourselves, laying life's weighty concerns upon His loving shoulders.

**THE BIG PICTURE:** We can rest in the certainty that God faithfully fulfills His promise to bestow peace upon us when we honestly converse with Him. As we reveal our hearts and make our requests known, He grants us a peace that defies comprehension—a peace that is eternally present, even in the face of unchanging circumstances.

**REFLECTION:** Thank you, Father, for Your unwavering acceptance of my authentic self. Your shoulders bear the strength to carry my burdens. I trust in You to provide me with a peace that surpasses all understanding.

## DAY 5: Discovering the Secret of Contentment

In a world of conflicting messages, the true Gospel stands as a beacon of contentment, unaffected by the ebb and flow of outward circumstances. It is possible to navigate the maze of ideologies and discover the secret to lasting satisfaction.

The prosperity gospel promises boundless abundance, equating faith with material blessings and problem-free lives. Name it, claim it, and victory will be yours. On the other hand, the social gospel preaches a life of self-denial, urging you to shun wealth and earthly possessions. The measure of your faith lies in radical sacrifice and unending suffering.

But behold, the true Gospel unfolds its profound truth, as spoken by the apostle Paul:

***I know how to get along with little, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.***

(Philippians 4:12-13)

Often, we interpret these verses as a guarantee of unending success in our earthly pursuits. We envision ourselves as presidents or CEOs, achieving every aspiration with Christ's unwavering support. Yet, reality paints a different picture, as dreams are deferred, and ambitions remain unfulfilled.

Did Christ fail us? Certainly not. Paul, intimately acquainted with hardship, understood this truth. Imprisoned, famished, and tortured, he also experienced seasons of safety and refreshment. However, Paul never sought contentment in these circumstances. He knew the secret—the wellspring of true satisfaction. He found contentment in Christ dwelling within him, loving him unconditionally.

Christ was enough for Paul.

Perhaps you find yourself in a season of waiting, longing for God's intervention. Or maybe you're basking in a time of joy. Regardless of your circumstances, God invites you to find contentment in Him alone. He empowers you to endure every challenge, while freely offering His boundless love, unfazed by the storms of life.

**THE BIG PICTURE:** True contentment lies in recognizing that Christ equips you to face any circumstance, while lavishing upon you His unwavering tenderness and love.

**REFLECTION:** Jesus, I often seek peace and contentment in my surroundings, but You call me to look solely to You. Thank You for Your abundant provision for every aspect of my life. I rest in the assurance that Your love is all-sufficient. I trust in You to lead me to the depths of contentment. I embrace the secret to contentment—You are my God who strengthens me.

## DAY 6: The Suffering and the Glory

Prepare yourself, for suffering is an inevitable part of the human experience. The world offers no shortage of pain and hardship. However, the purpose of Jesus' death and resurrection was not to shield you from suffering. Instead, He opened the door for you to discover a transcendent glory, even in the midst of your trials.

Take a moment to ponder the words of Peter:

*Therefore, I urge elders among you, as your fellow elder and a witness of the sufferings of Christ, and one who is also **a fellow partaker of the glory that is to be revealed.*** (1 Peter 5:1)

Peter, intimately acquainted with the sufferings of Christ, witnessed the excruciating crucifixion firsthand. He saw the blood trickling down Jesus' face and felt the piercing of the nails in His hands. Peter himself endured persecution for the sake of the Gospel, witnessing the relentless persecution of his fellow believers. Suffering was a reality Peter understood all too well. However, he did not view suffering as a solitary experience, disconnected from God. Notice how he refers to himself as a "fellow partaker of the glory to be revealed."

Suffering and glory intertwine. Yes, suffering exists. Welcome to life on Earth! But God, in His infinite grace, bestows upon us a share in His glory even amidst the trials. He infuses us with His life and the fruit of His Spirit. He even uses our suffering for our ultimate good, as a tool for growth and transformation in our thinking.

Have you ever journeyed through a season so arduous, so emotionally draining, that you questioned your ability to survive? Perhaps you were consumed by thoughts of ending your own life. The depths of despair seemed unbearable. But in those darkest moments, you chose to persevere. And on the other side, you emerged stronger, enriched, and more rooted in your faith. God's faithfulness remained unwavering. Though He may not have altered your circumstances, He imparted invaluable wisdom. He fulfilled His promises by confirming, strengthening, and establishing you (1 Peter 5:10).

Yes, suffering exists, but so does glory. The key lies not in seeking a change of circumstances, but in recognizing the indwelling presence of Christ, who loves you unconditionally. Planet Earth may hurl challenges at you, but remember that Christ is within you, constantly at work.

**THE BIG PICTURE:** While God may not always alter the circumstances that cause our suffering, He plants seeds of glory amidst the chaos. He offers Himself to us, an ever-present source of sustenance and endurance. His fruitful presence is more than enough for us to weather any storm that comes our way.

**REFLECTION:** Thank you, Jesus, that my relationship with You transcends the fluctuations of external circumstances. I gratefully acknowledge that even in the face of suffering, the gift of Your glory accompanies me every step of the way. I rejoice in the assurance that You are always with me. Amen.



# DAY 7: God Is Not Breaking You Down. He's Building You Up!

In times of crisis, it's not uncommon to hear voices attributing the chaos to God's divine punishment or a lesson we must learn. The Covid-19 pandemic and past tragedies have sparked such claims. Some preachers even went as far as suggesting that God sent these calamities to wake us up or to break us down.

Pause for a moment and consider how this concept may have been applied to your own life. Perhaps you've believed that God needs to break you in order to teach you a lesson. So, when illness strikes and cancer invades your body, or when you face the heart-wrenching loss of a loved one, or when you find yourself unemployed and adrift, it's easy to think that God is molding you through suffering that He sent your way.

But let me assure you, this is not the essence of the Gospel. The apostle Peter clarifies this truth for us:

*Therefore **humble yourselves** under the mighty hand of God, so that He may **exalt** you at the proper time, having cast all your anxiety on Him, because He cares about you. (1 Peter 5:6-7)*

God invites us to *humble ourselves* under His hand, not because His hand aims to break us, but because it lovingly supports us in the midst of life's challenges. He is not out to grind you into dust. His purpose is to *exalt* you and to use even the worst that comes your way for your ultimate good. Meanwhile, He lovingly carries your burdens, for He deeply cares about you.

So, let us be clear: God does not send hardships and pain into your life. How could He, when He is the author of life, not death? (Acts 3:15). Instead, He orchestrates every situation, working it all together for your good, to shape you into the likeness of Christ. And amidst the mess and chaos, He carries your burdens. He carries you.

**THE BIG PICTURE:** Let's give credit where it's due. God does not desire recognition for the chaos and suffering of life. Instead, He longs for us to see Him as our constant companion and ever-present help in times of need.

**REFLECTION:** Thank You, Jesus, for never inflicting pain or hardship upon me. Your love for me is far too great for that. I place my trust in You to transform all things for my good and to faithfully carry my burdens as we journey together.

## DAY 8: Resist the Enemy

Prepare yourself, for you have an enemy. Did you realize that? This adversary is fiercely discontent with who you are in Christ. His aim is to engulf you in anxiety and fear, to isolate you, to render you despondent and defeated. He wants to burden you with unrealistic expectations and disappointment in God when prayers are not answered as you hope. His ultimate goal is to erode your trust in God. But take heart, for through Jesus you hold the power to resist.

*Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. **So resist him**, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brothers and sisters who are in the world. After you have suffered for a little while, **the God of all grace**, who called you to His eternal glory in Christ, **will Himself perfect, confirm, strengthen, and establish you.***  
(1 Peter 5:8-10)

Believers possess the ability to resist the devil by steadfastly anchoring themselves in the truths they know about their identity in Christ. As we stand firm in the unshakable foundation of the Gospel, including our righteous identity in Christ, the influence of the enemy diminishes. When we actively resist the devil, he is forced to retreat (James 4:7). And God Himself steps in to perfect, confirm, strengthen, and establish us, allowing us to know Him in an even deeper way.

Yes, you have an adversary, but more importantly, you have the indwelling presence of the almighty God. He is unequivocally for you and orchestrates all things for your ultimate good. In the midst of trials, you have the power to say a resounding “No!” to the lies of the devil, placing your unwavering trust in the God who resides within you, the God who loves you unconditionally.

This is how you resist the enemy—not by gripping your faith with white-knuckled determination in your own strength, but by standing firm in the unwavering truths of the Gospel. And take solace in the knowledge that you are not alone. Your afflictions are not unique; believers across the globe face similar trials.

**THE BIG PICTURE:** Satan relentlessly seeks to destroy God's children through deceitful lies. Yet, we can stand against him by placing our trust in the extraordinary truths of the gospel of God's grace.

**REFLECTION:** Thank You, Father, for being the complete opposite of Satan. While he seeks to destroy, You work tirelessly for my good. I am forever Yours, held securely in Your unfailing grip. Amen.

## DAY 9: A New Perspective

Thou shalt be thankful, so they say. As Christians, gratitude is expected of us at all times. But in the midst of your hardships, thankfulness seems elusive. Instead, guilt begins to creep in, and you berate yourself, believing you should be more grateful. It seems you've placed yourself under a new set of laws. However, God does not desire your gratitude for the hardships you face. He calls you to be thankful, not for the fleeting offerings of this world, but for the eternal treasure of knowing Christ Jesus in everything.

*Therefore, if you have been raised with Christ, **keep seeking the things that are above**, where Christ is, seated at the right hand of God. **Set your minds on the things that are above**, not on the things that are on earth. (Colossians 3:1-2)*

*But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our wrongdoings, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus. (Ephesians 2:4-6)*

Paul encourages us to embrace thankfulness, not for the trials and tribulations we face on Earth, but for the realities that await us in the spiritual realm. Christ, having completed His work of salvation, is seated in victory. And here's the incredible truth: We are seated with Him! This means we cannot draw any closer to God than we already are. We are already seated with Him in the very throne room.

God invites us to adopt this perspective in our daily lives. Even when Jesus speaks of storing up treasures in Heaven, He refers to gaining an unshakable perspective—a heavenly perspective. It is a conscious decision to resist becoming ensnared by bitterness and resentment, knowing that these emotions yield no productive outcome.

If you find yourself feeling pressured to be thankful, it is possible that you have lost sight of the things above. Remember, you have an identity in Christ that remains untarnished by the trials and temptations of this world. As we endure hardships, we can express gratitude to God for the steadfast assurance of our forgiveness and the free gift of our righteousness.

**THE BIG PICTURE:** God does not desire our gratitude for the struggles and sorrows of this world. Instead, He invites us to be thankful for our secure identity in Christ, which stands resolute, impervious to the schemes of the devil and the transient ways of the world.

**REFLECTION:** Thank You, Jesus, for embracing my honesty when I struggle to find joy in life. I acknowledge that what You have prepared for me in the spiritual realm far surpasses anything Earth can offer. I am grateful that Christ is seated, signifying the completion of His work for my salvation, and I am grateful that I am seated forever with Him. Amen.

## DAY 10: 12 Reasons to Be Thankful

Being thankful is not always easy, but it is worth it. As we look to the apostles, we see their unwavering gratitude amidst the most challenging circumstances. So, let's explore the reasons they had to be thankful:

1. God's chosen salvation extends to the Gentiles (2 Thessalonians 2:13). The Gospel reaches far and wide, embracing people from every nation, including you.
2. Believers are granted a new heart (2 Peter 1:3-4; Ezekiel 36:26-27; Hebrews 8:8-12). Your very nature has been transformed to align with God's nature, an eternal bond.
3. Victory over sin is given to us (1 Corinthians 15:56; Romans 6:18-23). The power of the Law is broken, and we are united with Christ, liberated from the grip of sin.
4. God leads us in triumph (2 Corinthians 2:14-15). We carry the sweet aroma of Christ, signifying His pleasure and our victory. You are a delightful fragrance.
5. Believers share in an inheritance (Colossians 1:12). Regardless of the timing of your belief, God has granted you full salvation and a future in the Kingdom of Heaven.
6. Faith and love are growing within you (2 Thessalonians 1:3). Over time, God nurtures your confidence in Him and deepens your experience of His love.
7. You are a gift to fellow believers (1 Thessalonians 3:9). Just as Paul found joy in the encouragement of others, you bring joy and blessing to the family of God.
8. God has given an indescribable gift (2 Corinthians 9:15). The beauty of salvation in Christ leaves us speechless yet profoundly grateful.
9. The spreading of God's grace impacts lives (2 Corinthians 4:14). It is a blessing to witness the growing influence of His grace as more people come to know the Father through Jesus.
10. God's perfect love casts out fear (1 John 4:18). His unwavering love works to heal and restore, banishing all fear from our minds.
11. Our God reigns (Revelation 19:6). Regardless of outward circumstances, God remains in control, and His loving plan prevails for you and the world.
12. God will never abandon you (Hebrews 13:5). No matter what life brings, God's enduring love guarantees His faithful presence by your side.

**THE BIG PICTURE:** While we may not always find thankfulness in our immediate circumstances, we can always find gratitude for the spiritual blessings bestowed upon us in Christ. This gratitude serves as a source of relief amidst life's challenges.

**REFLECTION:** Thank You, God, for the unshakable love and salvation that transcend worldly circumstances. Your constancy brings solace to my often turbulent life. I am grateful for Your enduring presence. Amen.

For more teaching on God's love and grace, visit *The Grace Message* with Dr. Andrew Farley at [AndrewFarley.org](https://www.AndrewFarley.org) or connect with Andrew on [Facebook](#), [YouTube](#), [Instagram](#), [Twitter](#), or [TikTok](#)! You can also receive updates about our free resources and special announcements from Andrew by texting GRACE to 97393.

