

Daily Devotional  
with Prayers to

**CRUSH**  
**ANXIETY &**  
**DEPRESSION**  
**in 40 days**

A New Guide Book to Discovering Peace & Hope  
in Just 7 Minutes a Day for Women & Men

**INCLUDES**  
◆ UNLOCKING  
EVERYDAY  
HAPPINESS MANUAL  
◆ 40-DAY  
GRATITUDE JOURNAL  
WORKSHEET

Daniel Ufaruna



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By Daniel Ufaruna



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As a way of saying thanks for your purchase, I'm offering the two e-books ***“Unlocking Everyday Happiness: A Manual For Living A Joy-Filled Life”*** plus ***“Gratitude Journal Worksheet – 40 Days”*** for FREE. To get instant access, go to:

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If you want to experience everyday happiness and peace, grab these free e-books.





## INTRODUCTION

*"Anxiety in the heart of man causes depression, But a good word makes it glad."*

*(Proverbs 12:25 NKJV)*

*"Worry weighs a person down; an encouraging word cheers a person up."*

*(Proverbs 12:25 NLT)*

Anxiety and depression are common emotional and mental health issues many face today. Studies show that depression affects around 16 million adults annually in America, and anxiety disorders affect 40 million adults aged 18 and over. Nearly half of those diagnosed with depression are also diagnosed with an anxiety disorder. While it is normal to experience some feelings of fear, nervousness, and worry in response to life's stresses, persistent and extreme anxiety that interferes with daily life requires attention. Similarly, feeling sad or low during difficult times is normal, but constant feelings of sadness and emptiness call for help. The good news is that God's Word provides hope and healing for those struggling with anxiety and depression. This devotional offers us Bible truths and insights that bring comfort, peace, and strength, reminding us that God is always with us and that we can trust Him to guide us to victory over these challenges.



In my own life, I've experienced the incredible power of God's Word in crushing anxiety during challenging situations. When two of our children were diagnosed with a long-term respiratory disease that had killed one of my grandparents, it was a hard time for our family. Even though I was a practicing physician then, the frequent trips to the emergency room with my children put my wife and me under immense pressure and led to attacks of worry. Yet, in the midst of it all, we turned to the strength and comfort found in God's Word while the pediatricians did their part. Through the power of God's Word, we overcame anxiety, and our children were also permanently healed, which was beyond what medical treatment alone could have accomplished.

As a Pastor of various churches and counselor for over 25 years, I've seen the principles I'll be sharing with you in this devotional bring freedom from anxiety and depression to countless individuals, even in the face of intense hardships. Throughout these pages, I'll share some of their inspiring stories and some of mine to uplift and empower you on your journey to victory. Writing this book has been a blessing because it has kept these critical truths in my mind even as I navigate the challenges of life and ministry today. I highly encourage you to take advantage of the "How to Use This Devotional Effectively" section to get the most out of this transformative experience.

While anxiety and depression can have various causes, including biological, physical, genetic, environmental, psychological, and spiritual factors, it is vital to address



them early. God's Word is an essential tool for that. As adults, it's crucial to use Biblical principles to tackle anxiety and depression in their early stages to prevent things from escalating. God's Word offers hope, peace, and a path to victory, not only for those in the early stages but even those who have struggled with anxiety and depression for a long time. That's why Proverbs 25:2 states that a good Word combats anxiety and depression. This devotional is designed to help those in the early stages of anxiety and depression and those who have struggled for a while to experience victory. However, it is important to note that while God's Word is an essential tool, medical therapy should be embraced and utilized where necessary. Seeking professional help and taking prescribed medications can play a valuable role in managing these conditions.

No matter what you face, God's love is here for you through this devotional. He understands your pain, struggles, and frustrations and doesn't condemn you for feeling like you do. This devotional is God's hand reaching out to you, His voice whispering in your ears, and His answer to your search for a solution. Embrace it and see it as such. As you embark on this 40-day journey (or more), I pray that you will experience the reality of God's presence with you and that, through the principles and insights in this devotional, anxiety and depression will be crushed in your life.



# HOW TO EFFECTIVELY USE THIS DEVOTIONAL (plus the 40-day gratitude challenge)

Follow the steps below to get the most out of this devotional and crush anxiety and depression in 40 days:

## 1. Find a Quiet Place

Designating a quiet place where you can reflect, read, and pray without interruption is essential.

## 2. Go at Your Own Pace

This devotional is meant to be completed over 40 days, but you can go at your own pace. If you need more time to digest a particular topic, take it. That's why the devotions are numbered, not dated.

## 3. Read and Reflect

Take the time to read and reflect on each day's Bible passage and devotion. Consider what the words mean and how they apply to your life. Think about them once and again as you go through your day.

## 4. Journal Your Thoughts

Keeping a journal can be a valuable tool to aid your progress and growth. Write down thoughts or



insights that come to mind as you read and reflect on each day's devotion.

## 5. Engage in "Focused Prayer"

Effective prayer is crucial to crushing anxiety and depression in 40 days with this devotional. To help your praying, I would like to share some tips for what I call "focused prayer." According to Hebrews 4:16, "let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most." Prayer is essentially approaching God's throne in the inner courts with our requests. The ability to undertake this spiritual journey to God's inner court is the foundation for effective prayer.

Still, the question remains, how can a physical human make this spiritual journey? Jeremiah 29:12-13 instructs us on how to do this: "In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me." Praying with all your heart, meaning with all your mind, is the most effective kind of prayer. The spiritual journey to God's throne takes place in our minds. Many people's prayers are ineffective because, while their mouths approach God's throne room, their minds wander around on the earth or on earthly issues. Matthew 15:8 (NKJV) says it best: "These people draw near to Me with their mouth, ... But their heart is far from Me." Your mouth and mind must be in sync for prayer to be effective. In focused prayer, you



use your mind and imagination to visualize yourself standing before Jesus during prayer while your mouth speaks to Him. In other words, use your imagination to see Jesus practically before you, listening and talking to you, laying his hands on you, etc.

When your mind is focused in this way, prayer becomes effective. So, focused prayer is simply prayer with your mind focused on Jesus' presence. I've found that background worship music helps a lot with focused prayer. Practicing this kind of prayer, using the prayers in this devotional and your personal prayers, will transform your life over the next 40 days.

## **6. Make Bold Affirmations**

Use the affirmations provided and declare them with all boldness and faith. Words are so powerful that Mark 11:23 says you will have what you say in faith.

## **7. Put the Truths into Practice**

As you read and reflect on each day's devotional, put the truths into practice. That might mean changing your thoughts, adopting new behaviors, or developing new habits. The action prompts following each devotion are intended to assist you in taking the first steps toward practicing these truths.

## **8. Be Consistent**

Consistency is vital when using this devotional, so it's essential to make an effort to stay committed,



even if you're moving at your own pace. Galatians 6:9 says it well: "So let's not get tired of doing what is good. At just the right time, we will reap a harvest of blessings if we don't give up."

## **9. Take the 40-Day Gratitude Challenge and Make Thankfulness a Priority.**

Cultivating a thankful attitude can be a powerful aid in crushing anxiety and depression. To help you on your journey, we've included a 40-day gratitude journal worksheet for your 40-day gratitude challenge. It's an excellent tool. To download it, check out the free gift section and use the provided links or QR codes. Traveling the path of gratitude as you journey towards crushing anxiety and depression will greatly facilitate lasting success.

You can fill out your worksheet at any time of your day that suits you best. Also, consider inviting friends or family to join you in the 40-day gratitude challenge. Share the worksheet with them, support each other, and make the journey memorable.

Finally, by following the steps outlined above, you can get the most out of this devotional and find the peace and hope your Heavenly Father has made available for you. Let's get started.



SECTION I

**PRAYERS AND DECLARATIONS  
THAT CRUSH ANXIETY AND  
DEPRESSION**





## Day 1

# YOU CAN CRUSH ANXIETY AS JESUS DID

*Jesus replied "Now my soul is deeply troubled. Should I pray, 'Father, save me from this hour'? But this is the very reason I came! Father, bring glory to your name. Then a voice spoke from Heaven, saying, "I have already brought glory to my name, and I will do so again."*

*(John 12:23, 27–28 NLT)*

No one on earth is entirely immune to the stresses of life and the anxiety that comes with it. That's because humans can't see beyond what their five physical senses tell them. For example, when our natural senses tell us that we don't have something we need right away or are in danger, it usually triggers fear, prompting us to look for solutions. But the problem is that it's in our nature not to be able to see

solutions that are beyond our senses, even though they are there. Because of this, many of us worry about things that God has already sorted out. We worry about things that don't end up happening. While he was on earth, Jesus, our ideal role model, underwent a similar experience. When he started to feel like his life was in danger, he became anxious, and his soul was troubled. Even though He knew He was supposed to die and that the Holy Spirit would intervene on the third day, Jesus still got worried when He sensed mortal danger. That was a reflection of His humanity.

Today, it's comforting to know that Jesus has been in our shoes and knows how we feel. He felt the same intense pressure we all feel when we worry about our situation or future. When we have to pay bills but don't have enough money, or when we have to wait for the results of medical tests but are afraid of what we might hear. In such situations, we should learn not to rely only on what we can see, hear, and feel. That's when we use our spiritual senses, which have a much wider range of perception than our natural senses. Prayer is one way to use our spiritual abilities to help us deal with anxiety. Prayer helps us figure out what God wants us to do and gives us the strength to fight off worry.

So, when Jesus was troubled, He turned to prayer. By doing so, He got stronger, got rid of his worries, and went on to fulfill his purpose. His story gives us hope when we are struggling. His victory gives us faith. In the late 1990s, when I first started medical school, I didn't have much money. It was hard not to know how I would pay for things. One of



those times, I returned to school with little money after praying and hearing a word of encouragement from the Lord. When I got to campus, a friend told me I had just won a significant education scholarship. That made a big difference for the rest of my medical school years. Through prayer, I had gotten the strength and direction that helped overcome anxiety and kept me going until God's help came through.

Learn to talk to your Heavenly Father when you are afraid or in the dark. Through prayer, you can lay your worries at His feet and get the guidance and strength you need to deal with them.

### **LET'S PRAY**

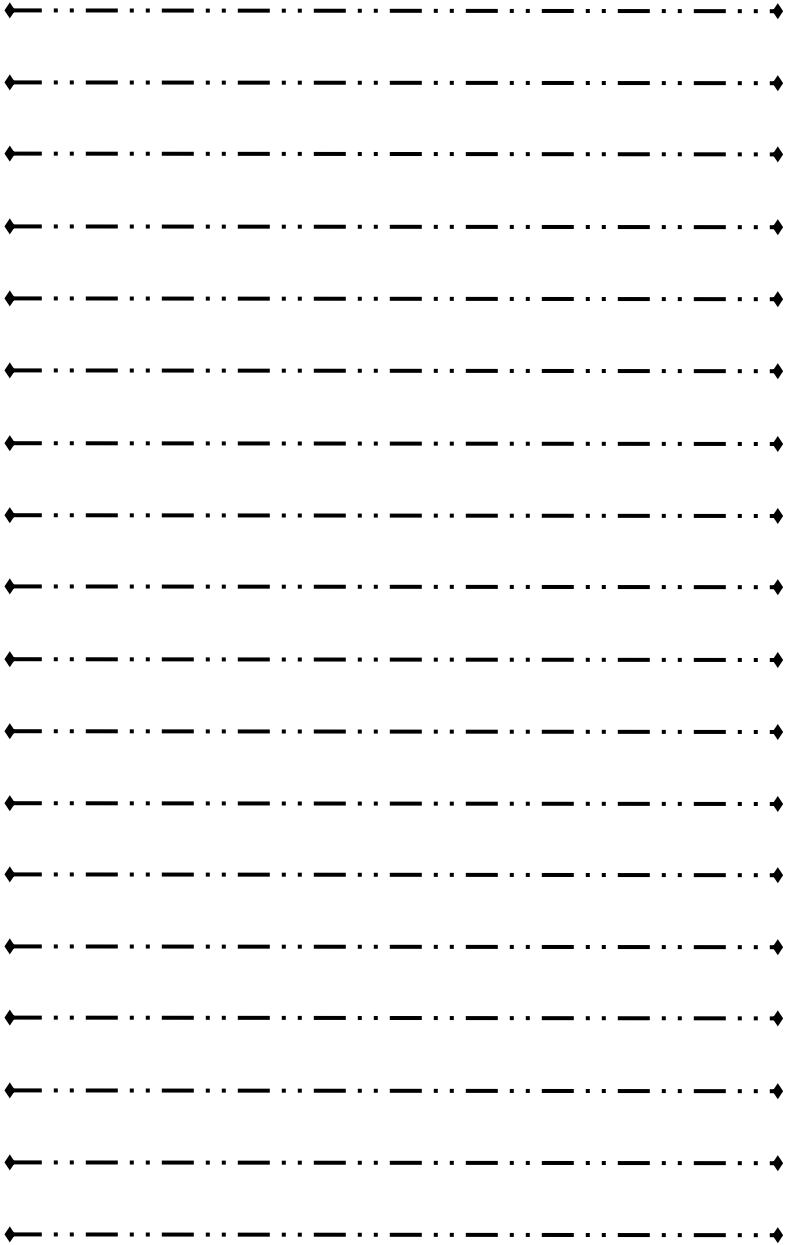
Dear Jesus, thank you for loving me and caring for me. Today, I lay my worries and burdens at Your feet. Please give me the strength and wisdom to handle my situation. Lead me to the solutions you have planned for me. Now I can rest knowing You are in charge. I release anxiety and depression into your hands and receive your peace. Amen.

### **AFFIRMATION**

I declare that peace rules in my heart no matter how hard things are today. I am led into solutions. I crush anxiety and depression in Jesus' name. Hallelujah!

### **TAKE ACTION**

Make a list of the specific problems you're facing right now, and talk to Jesus about them.





## Day 2

# YOU CAN SHAPE YOUR LIFE WITH YOUR TONGUE

*"We all fail in many areas, but especially with our words. Yet if we're able to bridle the words we say we are powerful enough to control ourselves in every way, and that means our character is mature and fully developed. Horses have bits and bridles in their mouths so that we can control and guide their large body. And the same with mighty ships, though they are massive and driven by fierce winds, yet they are steered by a tiny rudder at the direction of the person at the helm. And so the tongue is a small part of the body yet it carries great power!"*

*(James 3:2-5 TPT)*

It's not uncommon for people to feel like their lives are in disarray or that they've lost control, whether due to a



barrage of problems, the consequences of personal mistakes, or something similar. When things feel overwhelming, it's easy to feel hopeless and helpless. But that's where the power of our words comes in. Our words and tongue are potent tools God has given us to help us shape our lives. By speaking words of faith and hope, we can take back control and steer our lives in the right direction. When life spins out of control, the simple secret to regaining control is to use the power of your tongue to guide you back on course.

The verse we're considering today uses a powerful analogy to show the importance of our tongue. Just as a horse is controlled by the bit in its mouth, our lives are directed by the words that come out of our mouths. The tongue holds great power and has been used throughout history by leaders with inspiring words to move people to action—for better or worse. It's important to remember that our words have an impact not just on others but also on ourselves. They have the power to control our lives.

When it comes to dealing with anxiety and depression, we have the power to change our thoughts and emotions through our words. Our words can steer our lives toward peace, happiness, and joy, regardless of the challenges we may be facing. Just as a driver uses a steering wheel to steer a car, our words can direct our lives toward the desired outcomes. Our verse today reminds us that our words hold great power and that one of the most significant contributors to failure is a failure to use our words properly.



As I shared briefly in the introduction, I recall a time in the latter years of my medical practice when two of our young children began experiencing recurrent asthma attacks. My wife and I took the situation very seriously because my grandfather had passed away from asthma. As we rushed them to the emergency room during each attack and administered treatments repeatedly, we clung to God's promises of healing. These promises gave us the strength to persevere through those trying times. Based on God's Word, we consistently affirmed that our children would live asthma-free. And after about a year and a half, the attacks ceased, and they have been well ever since. So, learning to speak God's Word regularly is crucial, thereby controlling and directing your life toward your desired outcomes. That is one way to conquer anxiety and depression.

### **LET'S PRAY**

Dear Jesus, thank you for revealing the power of my words to control my life. Please help me with your grace so that I may consistently affirm your promises. I declare that anxiety and depression no longer hold any power over me. I embrace peace, joy, and happiness and trust that you will provide me with the answers I seek in my time of need. Amen.

### **AFFIRMATION**

I declare God's promises, and they become my reality. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Pray and identify relevant Bible promises that relate to your situation. Make it a habit to affirm these promises regularly.

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## Day 3

### YOU CAN GET THE BEST HELP NOW

*"Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved grace, and we will find help."*

*(Hebrews 4:15-16)*

In the western world, our healthcare systems are set up so people can call specific numbers in an emergency and get urgent help. People who have received urgent care when their lives were in danger deeply appreciate it. Today's verse speaks of a similar kind of care provided by our Heavenly Father. By making this provision to help us during times of desperation, Jesus demonstrated His deep understanding of our humanity. He knows that we all get into situations

where we need a helping hand to get through, and He has extended His hand to us.

Because Jesus intimately understands our struggles and hardships, His ability to provide help for our weaknesses is unparalleled. That's why His help fits perfectly with our needs. He went through the most challenging situations, including betrayal and death, to prepare Him to assist us during our moments of desperation. So, when your weaknesses get the better of you, or you have needs beyond your abilities, turn to Jesus for help that's out of this world. Praying in the name of Jesus in challenging moments is like calling 911. It summons the assigned angels to come to your aid in your time of need.

When those difficult moments come, don't succumb to feelings of self-pity and depression. Instead, turn to Jesus in prayer. When you're lying awake in bed at night or when panic grips your mind, call on Jesus. When you struggle to conquer that harmful habit, reach out to Jesus. It's a comfort to know that He's always waiting to help us, not to condemn us. In Jesus, we find comfort and hope no matter what we face. Connecting with Jesus can be as easy as talking to Him in prayer or singing worship songs from the heart. He's always ready and willing to help when we ask for it.

### **LET'S PRAY**

Dear Jesus, thank You for being an ever-present help in my time of trouble and despair. I come to you today and ask for your guidance and assistance in my struggles. Please give



me the wisdom to recognize and utilize your help. I release all anxiety and depression and receive your peace. Amen.

**AFFIRMATION**

I am strong, empowered, and victorious in the face of any difficulty, with the help of Jesus by my side. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Find time to connect with Jesus through worship. Play worship music and sing along with all your heart. Then have a conversation with Him about your difficulty.

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## Day 4

# HOW TO PRAY ANXIETY-CRUSHING PRAYERS

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

*(Philippians 4:6-7)*

*"Now we who have believed enter that rest."*

*(Hebrews 4:3)*

It's understandable to question if living a life free from anxiety is possible amidst all our challenges and difficulties. But no matter how difficult it may seem, God's plan for you is to live a life above worry and depression. In this kind of life, anxiety does not have a permanent hold on your mind,

even though it may try to. To help us achieve this type of life, Apostle Paul, in today's verses, shares important wisdom for crushing anxiety. He says that when faced with situations that cause us to worry, the best way to overcome anxiety is to pray instead of worrying.

During challenging times, prayer offers a way to relieve the tension and anxiety that can build up in our minds. By praying, we surrender the situation to God and allow Him to intervene on our behalf. Through prayer, we transfer our worries from our minds into God's hands. If we don't pray about it, we will continue to overthink the situation, especially if we don't have the power to resolve it ourselves. This is a significant contributor to anxiety and depression.

A crucial step to making prayer effective is stepping into "rest." Hebrews 4:3 (NKJV) says, "we who have believed do enter that rest." So concerning that difficulty, you should rest about it after you've prayed about it. When you've prayed, it's important to let go of the situation and give thanks, entrusting the thoughts and responsibilities for a resolution to God. As you do so, focus your mind on God's promises and engage in other uplifting activities. Both prayer and rest—focusing on God's Word and positive activities instead of the situation—enable you to experience peace. God provides peace through prayer, but your mind needs to be in a state of rest in order to experience peace.

From my own experience and that of many others, I can tell you that when faced with trouble, it's not prayer that is difficult; it's stepping into rest. The urge to find a solution



quickly can prevent us from finding rest. The fear that everything will fall apart if you don't act can clash with the idea of rest. Don't give in to that temptation. Until you turn your focus away from the situation and find rest, you may not experience peace. That's why prayer may seem ineffective for many people in bringing peace. The absence of peace is often due to a lack of rest rather than a failure in prayer. After praying, if you find rest amid that trouble, you will experience peace and even receive solutions.

**LET'S PRAY**

Dear Jesus, I am grateful for the peace that surpasses all understanding that you have made available to me. I now bring my current difficulties to you. Please help me maintain a state of rest as you resolve these issues. I release my depression and anxiety to you and receive your peace and joy. Amen.

**AFFIRMATION**

I declare that my mind and emotions are at peace, and answers are coming to me in accordance with God's promises. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Pray and practice rest as you face your most pressing challenge.

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## Day 5

# SPEAK AND DECLARE GODS PROMISES

*"Then Jesus said to the disciples, 'Have faith in God. I tell you the truth, you can say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen. But you must really believe it will happen and have no doubt in your heart.'"*

*(Mark 11:22-23)*

Sometimes, we may encounter seemingly insurmountable obstacles, such as health problems, marital issues, false criminal accusations, past abusive experiences, PTSD, etc. During these difficult moments, it's easy to fall into depression. However, trusting and believing in God's promises for our lives is crucial even in such trying times.



Moreover, we must go further and declare what we believe in our hearts with our mouths. Today's reading speaks along these lines. Jesus taught His disciples an essential principle for overcoming mountains of trouble. He told them to talk to the mountain, the storm, the crisis, and the situation in the same way He spoke to the fig tree. Simply believing in God's promises is not enough; you must also affirm them with your words. Your affirmations of God's promises will cause those promises to become your reality.

When faced with a difficult situation, instead of giving in to worry or sadness, we should speak out the promises of God over the problem. God's Words have incredible power, with the ability to bring new solutions to light that we may not fully understand. The same power brought the world into existence in the first place. (John 1:1-3). We'll never run out of options with God's Word on our side. So, don't let fear and panic take over. Continue to proclaim God's promises. No matter how tough the situation may seem, with God's Word, there's always a way forward. Maybe you've lost your investments, but there's a way. Perhaps you're in danger of losing your home, but there's a way out. Even if a potential spouse has left you behind, God has a path ahead for you. So, hold on tight to His promises and keep speaking them out. What you say will eventually become your experience.

### **LET'S PRAY**

Dear Jesus, thank you for the promises you have given me. Please give me the courage and faith to speak your words over any difficulties I face instead of succumbing to anxiety

or depression. I release all anxieties and depression into your care and receive your peace. Amen.

**AFFIRMATION**

I declare God's promises regarding my situation through faith, and they become my reality. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Continue affirming God's promises and make it a habitual practice.

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SECTION II

**STRATEGIES FROM GOD'S  
WORD THAT CRUSH ANXIETY  
AND DEPRESSION**





## Day 6

# YOU CAN CRUSH DEPRESSION AS APOSTLE PAUL DID

*"Even after we came into the province of Macedonia, we found no relief. We were restless and exhausted; troubles met us at every turn. Outwardly I faced conflicts and inwardly, emotional turmoil. But **God, who always knows how to encourage the depressed**, encouraged us greatly by the arrival of Titus."*

*(2 Corinthians 7:5-6 TPT)*

It can be challenging when we have to deal with multiple problems simultaneously. In such situations, it is easy to feel overwhelmed and even consider giving up. Some women, for example, have had to deal with multiple difficulties, including losing their paycheck, their spouse leaving the marriage, and their child getting sick almost simultaneously.



Extreme hardships like these can cause panic and depression. Today's verse offers us hope for this kind of challenging situation. Through this verse, God wants you to know that He is the expert at lifting the spirits of the depressed. So, no matter what you face, don't let go of him, and don't give up.

It is noteworthy that even the great apostle Paul went through similar emotional struggles as us. He was so burdened by problems that he felt overwhelmed and depressed. However, this should give us comfort as it shows that even our heroes of faith were not immune to difficulties. If they could overcome challenges despite being human, there is hope for us as well. God provided incredible encouragement for Paul through Titus's visit during a difficult time. Just as God lifted Paul's spirit, He will also lift yours. He is a loving father who wants the best for us.

Even if it seems all hell has broken loose and problems are coming at you from every direction (children, money, health, marriage, etc.), there is still hope. Remember that our unchanging Heavenly Father is still the master of uplifting the downtrodden. He will come through for you, just like He did for Paul. I remember us building a property in Africa for one of our churches without having much money on hand. Every step of the way, we put our trust in God. One time, we were going to miss a payment deadline, but fifteen minutes before the deadline, a part of the money came in. Even though payment wasn't completed, it helped us respectfully renegotiate the schedule. That help from God gave me a lot of strength and hope. So, get ready for



encouragement to come into your life because God is working for you. Something significant—a letter, a package, an email, or a phone call—is on its way to you, and God is responsible. Stay strong, and remember that God is working for you behind the scenes.

**LET’S PRAY**

Thank you, Jesus, for the beautiful future you have planned for me. I appreciate that you are working out encouragement according to your plans for my life. Please help me keep my mind on you so I can see and receive what you are working out for me. I release anxiety and depression into your hands and receive your peace. Amen

**AFFIRMATION**

I declare that good things, big and small, are happening to encourage me. I crush anxiety and depression in Jesus’ name, Hallelujah!

**TAKE ACTION**

As you go through your day, think about today’s Bible reading over and over, and remember that God is the master at lifting the spirits of those who are down.

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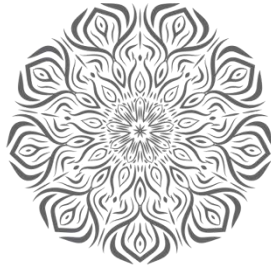
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## Day 7

# LEARN ANXIETY-FREE LIVING FROM THE BIRDS

*"This is why I tell you to never be worried about your life, for all that you need will be provided, such as food, water, clothing—everything your body needs. Isn't there more to your life than a meal? Isn't your body more than clothing?"*

*"Consider the birds—do you think they worry about their existence? They don't plant or reap or store up food, yet your heavenly Father provides them each with food. Aren't you much more valuable to your Father than they?"*

*(Matthew 6:25-26 TPT)*

Uncertainty about the future is one of the biggest causes of fear and worry. We often worry about tomorrow because we can't precisely predict what will happen. Our lack of precise insight into the future is a human weakness that makes us



vulnerable to anxiety. For example, preparing for a licensing exam that can impact your career may cause much anxiety since you can't be entirely sure of the outcome. During my time as a practicing physician, I remember treating a student who was about to take bar exams but was rushed to the emergency room after having a severe panic attack. Her uncertainty about whether she would succeed in the exams triggered that panic attack. That's why today's verse offers a model we can follow to overcome this weakness in our human nature: the birds.

By nature, birds don't think about or plan what will happen tomorrow. They don't plant seeds for next year's crops or save food for the next week. Although the birds lead carefree lives, our Heavenly Father always provides for their needs. That's why Jesus shows us that we can crush anxiety by adopting a carefree, bird-like attitude toward the future and the present. If we can trust God like a bird, He will take care of tomorrow for us. God doesn't love birds as much as us, but look at how well He cares for them. He is more interested in you than in birds. So, you can rest easy knowing that God, who cares for the birds, will do much more for you.

Another characteristic of birds is that they live one day at a time. Living in the moment eliminates the power of anxiety and other negative emotions over our lives. Perhaps you've suffered a significant loss or made a poor decision and are facing the consequences, wondering if you'll ever be happy again. Jesus says to you today, "Learn to live one day at a time as the birds do." Don't try to solve all the problems

simultaneously; it's a surefire way to become overwhelmed. If your work and supplies for today are not enough for tomorrow, make the most of today and trust God with tomorrow. Your Heavenly Father is faithful to birds and will be even more faithful to you.

**LET'S PRAY**

Dear Jesus, thank you for your love and care. I know I'm more valuable to you than birds, so I trust you with my future. Although I may not fully understand how you plan to provide for me tomorrow, I am confident you will do a better job than you do for birds. Please help me keep my mind on you and away from worries. I release anxiety and depression into your hands and receive your peace. Amen.

**AFFIRMATION**

I embrace the wisdom of the birds and live a carefree, worry-free, and faith-filled life. I crush anxiety and depression in Jesus' name, Hallelujah!

**TAKE ACTION**

Think about today's verses often throughout the day. When tempted to worry about tomorrow's problems, speak this verse so your ears can hear it.

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## Day 8

# YOU CAN FIND HAPPINESS IN GOD'S WORD

*"God blesses those people who refuse evil advice and won't follow sinners or join in sneering at God. Instead, they find happiness in the Teaching of the Lord, and they think about it day and night. They are like trees growing beside a stream, trees that produce fruit in season and always have leaves. Those people succeed in everything they do."*

*(Psalm 1:1-3)*

We all face unhappy situations and disappointments in our daily lives. Whether losing something or someone important, dashed expectations, or missed opportunities, it's crucial to know how to bounce back and find happiness again. When it comes to a happy life, our mind plays a critical role.



Our mind is the powerhouse of our existence. Think of it like the engine in a car, producing the energy needed to drive forward. Just as an engine is central to a car's functioning, our mind is central to our well-being and happiness. Each engine requires a specific fuel type to run correctly, whether diesel, gas, electric, or hybrid. The manufacturer designs an engine to use that particular fuel type and perform optimally for long service life. Similarly, God created our minds to be fueled by His Word. Just as a car engine needs a specific fuel to run efficiently, our minds must regularly be supplied with God's Word for optimal functioning. Jesus teaches us this in Matthew 4:4, saying, "Man shall not live on bread alone, but on every word that proceeds from the mouth of God."

When our minds are fed God's Word, we experience happiness, peace, and hope, even under challenging circumstances. Our thoughts become dominated by positivity and calm rather than anxiety and depression. That's what today's verse teaches us. Therefore, it's crucial to ensure our minds are supplied with the proper fuel: God's Word. So, develop a love for God's promises and keep your mind regularly filled with his Word. The result will be a life filled with happiness, peace, and joy. A Pastor I know was going to preach at a crusade when he lost two of his children in a car accident. Despite the devastating loss he'd just experienced, he went on to preach that day. After this sad event, he turned to God and His Word, found joy, and bounced back into an even more powerful ministry. No matter your circumstances, you can always find hope and joy in God's Word. That's the secret behind a happy lifestyle.



**LET'S PRAY**

Dear Jesus, thank you for your love and for making a happy life possible for me. Please help me develop a deep desire for Your promises and to continually fill my mind with Your Word. I release anxiety and depression into your care and receive your peace and joy. Amen.

**AFFIRMATION**

I declare my mind is filled with positive thoughts sparked by God's Word, and I live a life of happiness. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Later today, search out a Bible verse on happiness and commit it to memory. Subsequently, make it a practice to fill your mind with Bible promises that deal with your area of difficulty.

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## Day 9

### YOUR HOPE IS GUARANTEED

*"When God wanted to guarantee his promises, he gave his word, a rock-solid guarantee—God can't break his word.*

*And because his word cannot change, the promise is likewise unchangeable. We who have run for our very lives to God have every reason to grab the promised hope with both hands and never let go. It's an unbreakable spiritual lifeline, reaching past all appearances right to the very presence of God where Jesus, running on ahead of us, has taken up his permanent post as high priest for us, in the order of Melchizedek."*

*(Hebrews 6:18–20 MSG)*

It's possible to feel overwhelmed and hopeless when faced with a barrage of problems. When multiple challenges hit you all at once, seeing the light at the end of the tunnel can be challenging. For instance, when finances get tight, and a

hurricane causes you significant losses simultaneously, it can be difficult to see a brighter tomorrow. But the truth is, God has given us a rock-solid guarantee for a brighter and more promising tomorrow. (See Jeremiah 29:11.) His plans for your life are magnificent and glorious, both in the present and for all eternity. There's no better option for your life outside God's promises. That's why your hope should be anchored in these promises. Anticipate that these promises will come to fruition in your life.

Regarding God's promises, one of their most fascinating aspects is their rock-solid nature. These promises remain steadfast regardless of what life brings—past, present, or future. All of God's promises to you in the Scriptures are backed by His unwavering Word, making it a worthwhile effort to depend on them. Trusting in His promises will always yield results in due time. So instead of succumbing to despair during tough times, familiarize yourself with the promises that apply to your situation and bring them to your Heavenly Father in prayer. Instead of worrying and fretting, focus on His promises. Place your hope and expectations in these promises, then sit back and relax. Hold on tight, no matter how long it takes, as God's promises always triumph, even in the face of extreme difficulty.

A beloved brother I know, who served selflessly and sacrificially as a volunteer in one of our churches, faced prolonged financial struggles in his business. He was dealing with a rundown car, overdue rent, and other pressing issues. But every week, he persevered, continually listening to uplifting words of encouragement from my



messages and his personal devotions. He held onto hope, and eventually, God turned his life around. Today, his business has flourished, and his revenues have increased dramatically. Indeed, holding onto God's promises can never be a wasted effort.

**LET'S PRAY**

Dear Jesus, Thank you for giving me unwavering promises and steadfast hope. Please give me the courage to cling to this hope with unshakeable confidence despite any challenges I may be facing. Help me resolve my difficulties. I release depression and anxiety to you and receive your peace and joy.

**AFFIRMATION**

I declare that I am victorious over any obstacle I may be facing. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

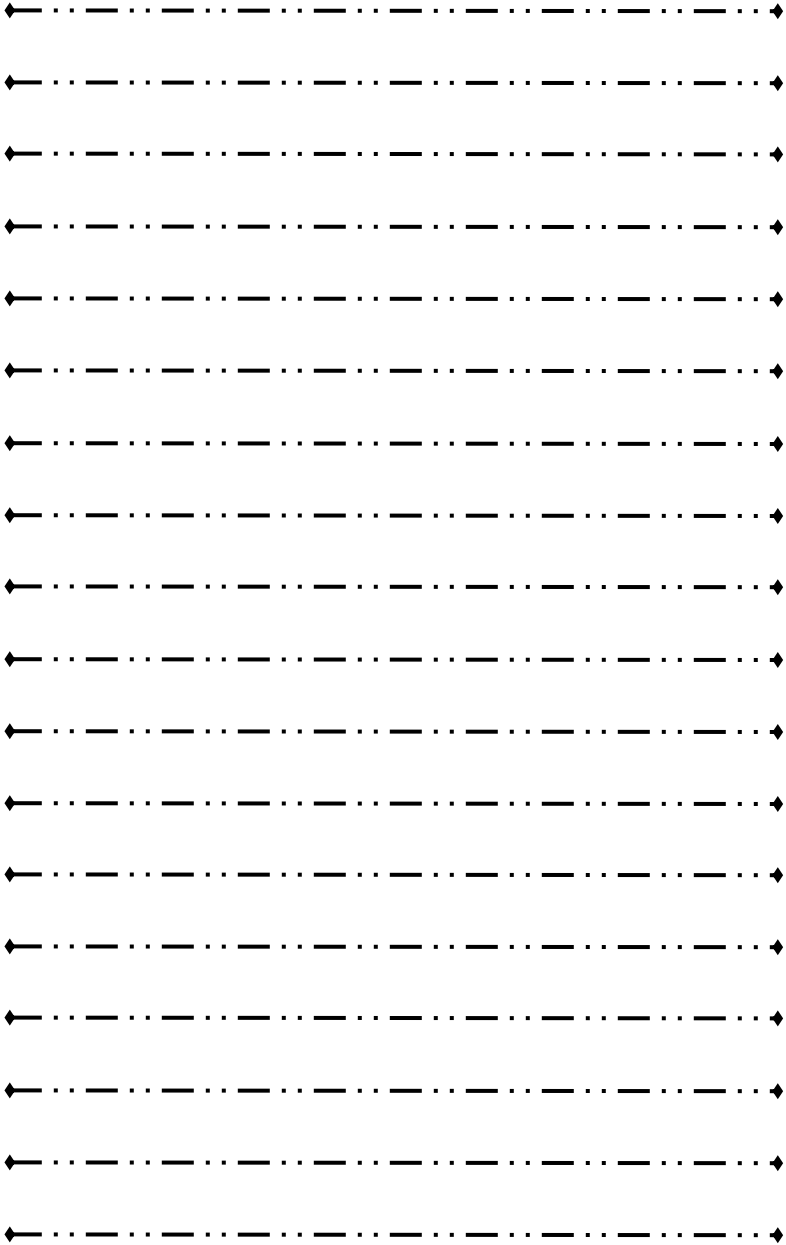
Take time to pray and then focus on two or three specific promises from the Bible related to your current situation. Meditate on these promises and hold onto them with confidence.

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SECTION III

**MINDSET SHIFTS THAT CRUSH  
ANXIETY AND DEPRESSION**





## Day 10

# QUIT NEGATIVE THINKING; THINK POSITIVELY

*"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."*

*(Philippians 4:8)*

As humans, it's natural for us to think negatively. Our default mindset is shaped by our environment, education, and experiences to be negative. When we were born, our thoughts were positive. As babies, we were adventurous and carefree because we saw the world through rose-tinted glasses. Then, when we saw dangerous objects, we failed to recognize their potential harm because of our positive mindset. However, as we grew and were trained for life, we



eventually became adults with default negative mindsets. Because of this, Bible wisdom recommends retraining negatively minded adults to develop balanced and positive mindsets.

Today's verse holds one key to retraining your mind as a beloved child of God. The prescription is simple: focus your thoughts on excellent and praiseworthy things. That means you should fix your thoughts on positive, not negative, things. It also means thinking positively about negative things. Negative thinking should have no place in your mind, as it opens the door to worry and anxiety. So, instead of dwelling on negativity, concentrate on seeing life through a positive lens. By doing so, you'll stop anxiety in its tracks and prevent it from worsening.

It's important to remember that all of God's plans and promises for our lives are positive. As James 1:17 states, "Whatever is good and perfect is a gift coming down to us from God our Father." On the other hand, negativity comes from satan, who is referred to as the thief who came to steal, kill, and destroy in John 10:10. This distinction makes it clear that the source of positivity is God, while negativity stems from satan. That is why we must focus our thinking on positive things and see even negative situations from a positive perspective because God's perspective is the positive one.

When God intervenes in a negative situation, He brings positive outcomes. Viewing negative situations with a positive outlook increases the likelihood of recognizing



God's hand at work. As a child of God who trusts in Him, there's no need to dwell on negativity, as this can lead to anxiety and depression. Your Heavenly Father is good, and He is working for your good (Jeremiah 29:11). So, always expect the best and adopt an optimistic rather than pessimistic attitude. Focus your thoughts on positive developments and see the positive in adverse situations. Align your thinking with God's positive perspective.

**LET'S PRAY**

Dear Jesus, Thank you for being good to me and always working out good in my life, even in difficult situations. Please help me focus my mind on the positive aspects of life and see the positive in adverse conditions. Help keep my thoughts positive. I release all anxieties and depression to your care and receive your peace. Amen.

**AFFIRMATION**

I am filled with inner peace. Negative thoughts have no power over me. God's Word guides my mind and imagination. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Make it a regular practice to reflect on Bible verses that address your anxiety or depression and visualize them becoming a reality in your life.



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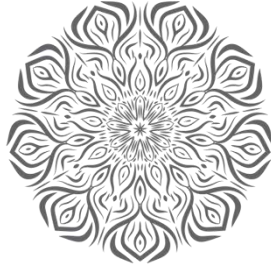
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## Day 11

### FIX YOUR THOUGHTS ON GOD

*"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"*  
(Isaiah 26:3)

Living in this world can often be challenging, with chaos, storms, and disorder at every turn. However, it is possible to find peace and hope amid these difficulties. Rather than allowing ourselves to be overwhelmed by our troubles, we should strive to cultivate peace in our minds. God wants us to experience peace and hope, even in an often tumultuous and uncertain world. But satan, who is behind much of the chaos and disorder we see in the world, seeks to undermine God's plans and purposes. When we focus too much on the troubles, our minds can become troubled and disturbed. The key to cultivating peace within ourselves is fixing our



thoughts on God and His Word, no matter what may be happening around us.

The devil's goal is to distract us from God and His Word and steal our peace and joy. He wants the trouble in our lives to become trouble in our minds. Our mind is like a gate to our lives. Whatever enters our minds stays in our lives. So, when we focus on the troubles facing us and become troubled in our minds, that trouble takes root in our lives. That's how a troubled mind can give rise to health troubles. But when we resist the temptation to let problems take hold of our minds, they eventually fade away because they have no hold on us.

As a result, it's crucial to protect our thoughts by focusing them on God and His Word in order to experience peace and joy. Our ultimate source of peace amidst life's challenges is our Heavenly Father and His unchanging promises. As God's beloved children, we should focus less on the negativity and chaos in the world and instead focus on God and His Word. Whatever we focus on grows more significant in our lives, so it's vital to concentrate on God and His Word for our minds to find peace and happiness. Turn down the volume of the world's problems and turn up the volume of Heaven's news. No matter what difficulties come your way, keep your thoughts fixed on God's Word and promises, and anxiety and depression will have no hold on you.

### **LET'S PRAY**

Dear Jesus, thank You for Your gift of peace and rest that surpasses all understanding. Please help me to focus my

thoughts on You and Your promises so that I may experience Your peace. I say no to satan and his intentions. I release anxiety and depression into your care and receive your peace and joy. Amen.

**AFFIRMATION**

My thoughts are focused on God and His Word. I refuse to dwell on the troubles facing me. I live a life filled with Jesus' peace and joy. In Jesus' name, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

Stop overthinking your problem. Start thinking about God's promises concerning them over and over.

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## Day 12

# WORRY PRODUCES NOTHING

*"You cannot add any time to your life by worrying about it."... "If God makes what grows in the field so beautiful, what do you think he will do for you? It's just grass ... But God cares enough to make it beautiful. Surely he will do much more for you."*

*(Matthew 6:27, 30 ERV)*

Clinical trials are typically conducted on new drugs to assess their safety for human use. During most drug trials, researchers compare the experimental drug to a placebo, an inactive substance that resembles the experimental drug. Even though the placebo looks like the actual drug, it is chemically inert and has no therapeutic effect. That is what worry precisely is in our lives. Worrying doesn't help, change, or make anything better. Worry is like a placebo that looks like meditation. The difference is that meditation



is based on God's Word and looks at things from a positive point of view, while worry looks at things from a negative point of view.

Worrying is a waste of time that doesn't accomplish anything. Worrying takes away from today and doesn't help the future. Worrying makes your problem worse. Worrying hurts both your mental and physical health. So, it's worth the effort to live a worry-free life. Instead of worrying, keep your mind busy by constantly thinking about what God's Word says. Don't use the worry placebo; use the actual drug, which is meditation. You may be dealing with a misbehaving adult child, an unexpected accident involving a loved one, or another similar problem. In these situations, praying and meditating on God's Word will help provide wisdom, direction, and solutions, while worrying will do nothing. Meditating on God's Word will also help you keep your mind steady despite the difficulty. So, make it a practice to focus your thoughts on God's Word whenever things get tough.

God's love for us is another reason we should focus on Him and His Word when things are hard. Think about the pretty flowers you see every day. If God cares enough to make simple plants beautiful, He will do much more to help you through your problems and make your life beautiful. Remember that the blossoming of those beautiful flowers was a long and arduous process. They were buried in the dirt, died, and then came back to life so they could grow and look beautiful. Through all of that trouble, God helped them reach a beautiful end. Your Heavenly Father will do much



more to help you get through your problems and step into your fantastic future. Have faith that God will stay faithful.

**LET'S PRAY**

Dear Jesus, Thank you for always thinking of me. I'm grateful that you're making my life more beautiful. Please help me to keep my mind on your Word and away from worry. Guide me and help me solve my problems. Let my life show how beautiful and loving you are. I release anxiety and depression into your care and receive your peace. Amen.

**AFFIRMATION**

I declare that my current problem is turning around for good. My thoughts are centered on God's Word, not on worry. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Think about today's verses often during the day. When you are tempted to worry about your current problem, say this verse aloud so your ears can hear it.

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## Day 13

### IT'S GOD'S FIGHT TO FIGHT

*"Jahaziel said, 'Listen to me, King Jehoshaphat and everyone living in Judah and Jerusalem! The Lord says this to you: 'Don't be afraid or worry about this large army, because the battle is not your battle. It is God's battle! ... You will not have to fight this battle. Just stand there and watch the Lord save you. Judah and Jerusalem, don't be afraid. Don't worry, because the Lord is with you.*

*So go out to stand against those people tomorrow.'"*

*(2 Chronicles 20:15, 17 ERV)*

At times in life, we encounter challenges that are too difficult to solve on our own. These may be health problems, changes in government policies that negatively impact us, etc. If not handled properly, such situations can trigger anxiety and depression. That's why today's message is so important. When you're faced with complex issues that are



beyond your ability, know that the battle is the Lord's. You don't have to solve every problem that comes your way personally.

Sometimes, you should stand back and trust that your Heavenly Father will take care of hard things for you. Trying to personally solve problems that are bigger than you can mess with your mind and lead to discouragement. Avoiding this kind of wasted effort and freeing yourself from stress is wise. When the problem is so big, faith in God becomes more important than personal efforts. For instance, if a mother of three small children faces her husband's sudden departure for no apparent cause, trusting God becomes more important than her efforts in such a difficult situation.

Today's verses address this type of scenario. The King of Judah faced an army far larger than his own, but God told him, "You won't have to fight this battle." So, it's okay not to fight every battle. It's all right to stand on the sidelines and let God fight for you. Because when the battle is bigger than you, then the battle is not for you. A lady in one of our churches once brought her elderly mother to me. She had advanced stomach cancer and was already vomiting blood. That was a battle too big for her to fight. So, I prayed for her and then counseled her to focus her faith on God's healing promises through meditations and positive affirmations. She left it all in God's hands and continued her treatment with doctors in Chicago. Six months later, she was declared cancer-free. Even her doctors were amazed. When we rest on God's Word, step back, and let Him handle the big battles, we will see great victories in our lives.

**LET'S PRAY**

Dear Jesus, Thank you for showing me I don't have to fight every battle alone. Today, I'm entrusting my biggest worries to you. I trust you will handle them, and I am grateful for the peace and joy of knowing that. I release all anxiety and depression, and I receive your peace. Amen.

**AFFIRMATIONS**

I always experience victory in my big battles because God fights for me. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Talk to God in prayer about your significant challenges, and rest in Him until He shows you the next step.

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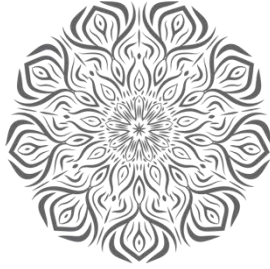
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## Day 14

# LET GO OF CONDEMNATION AND SELF BLAME

*"So now there is no condemnation for those who belong to  
Christ Jesus."*

*(Romans 8:1)*

*"Jesus understands every weakness of ours, because he  
was tempted in every way that we are. But he did not sin!*

*So whenever we are in need, we should come bravely  
before the throne of our merciful God. There, we will be  
treated with undeserved grace, and we will find help."*

*(Hebrews 4:15-16)*

Straying from the right paths in our journey through life is a common human weakness. That's why it's said that "to err is human." Sometimes our missteps can have painful consequences, affecting us, our loved ones, and our future.



That's why Jesus, with His deep understanding of our human limitations, provided a solution to help us overcome our weaknesses.

Jesus, in His compassion, has made grace accessible to us to help us overcome our weaknesses and flaws. Instead of condemnation, He extended grace to us in our struggles. That means you can rest easy knowing that Jesus won't judge you harshly for your mistakes; instead, He lovingly invites you to bring them to Him. He understands and has experienced our human frailty, so there's no need to feel down or depressed about your shortcomings. Instead, turn to Jesus and bring your problems to Him. His merciful arms are open and waiting to embrace you with grace. Don't give up, no matter how many times you've stumbled before. Embrace His grace today and march towards victory.

Furthermore, if Jesus doesn't condemn you, it's time to let go of self-blame and disregard the condemnation of others. Engaging in self-condemnation is unproductive and can keep you feeling down and depressed. To overcome personal failures, take the crucial step of reaching out to Jesus and have an open and honest conversation with Him. Pour out your heart and ask for His help to overcome your challenges. He won't abandon you. Additionally, seek guidance from a mature, gracious believer who can offer support and wise counsel. Above all, embrace God's grace, conquer your struggles, and confidently move forward.

**LET’S PRAY**

Dear Jesus, thank you for your unwavering love and compassion. I am grateful for your grace that lifts me above my weaknesses and shortcomings. I come to you now with an open heart and lay my struggles before you. Please give me the grace to live above my weaknesses and the strength to overcome any challenges I face. Help me to be an inspiration to others, leading them to seek you as well. I release all my anxieties and depression to your care and receive your peace. Amen.

**AFFIRMATION**

I declare that I will conquer all human weaknesses that hold me back. By your grace, I will live a life that is an example to others. I break free from anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Take the time to talk to Jesus about your weaknesses and ask for more grace. If you need someone to hold you accountable, reach out to a mature and gracious believer who can offer wise counsel and encouragement.

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## SECTION IV

# **LIFESTYLE CHANGES THAT CRUSH ANXIETY AND DEPRESSION**







## Day 15

# DON'T PANIC OVER SATAN'S ILLUSION

*"But the followers saw Jesus walking on the water. They thought he was a ghost, and they started screaming. It scared them all to see him. But he spoke to them and said, "Don't worry! It's me! Don't be afraid."*

*(Mark 6:49–50 ERV)*

Many of us tend to worry about adverse events that may never happen. For some, this anticipation can cause intense anxiety and even panic. For example, suppose someone has lost their job and is worried about missing mortgage payments and possibly foreclosure. In that case, they may feel overwhelmed and depressed if they don't know how to cope. But as a child of God, you have the power to refuse these negative expectations and overcome the associated negative emotions. You are at liberty to always embrace positive expectations, even in tough times.



Satan often uses our natural tendency to expect negative events to his advantage. He creates false images of impending disaster in our minds to cause us fear, panic, and even depression. These fears are often rooted in "False Evidence that Appears Real" or "F.E.A.R.," fabricated by the devil. Just like in the verses above, due to the low lighting conditions, the disciples thought they saw ghosts, which caused them to panic. It's easy for the devil to create confusion and fear when there isn't much light on the situation. Similarly, in our lives, to avoid falling into panic from the devil's lies, it's important to shine the light of God's Word on our fears so that we can see clearly and overcome them.

When your mind drifts to worrying about negative things that may happen in the future, like cancer, financial struggles, or loneliness, it's important to redirect your thoughts to the promises of God. His Word is our source of the true light to tell us what our future holds. In both physical and spiritual terms, low light can cause our senses and emotions to deceive us. So, it's crucial to flood your mind with God's Word and allow it to guide you. Trust in God's promises and believe them more than your feelings. I once knew a lady in our Church in Africa who faced the threat of losing a valuable property to shady fraudsters who had taken control of her dormant land. After we prayed and counseled together, she focused on the promises God had given her. And she was able to endure the difficult circumstances until the property was finally returned to her. So, when facing difficulty, rest in God's counsel; instead of

expecting evil and panicking, expect Him to come through for you.

**LET'S PRAY**

Dear Jesus, thank you for your unconditional love and guidance. I am grateful for your unwavering presence in my life, always working things out for my good. Today, I ask for your help shining your light on the areas where I am afraid, worried, or anxious. I choose to put my trust in your Word above all else. I release all anxieties and depression to your care and receive your peace. Amen.

**AFFIRMATION**

I am filled with hope and expectation for the fulfillment of God's promises. I live free of fear and panic. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Find a Bible promise that pertains to an area of anxiety or panic in your life. Think over that portion repeatedly and use it as an affirmation.

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## Day 16

# STARVE YOUR WORRIES, FEED YOUR FAITH

*"Let not your heart be troubled; you believe in God, believe also in Me."*

*(John 14:1 NKJV)*

The daily pressures of life often make us worry, whether it's financial stress, work-related stress, or social stress. Worry harms not only our spiritual health but also our physical well-being. That's why God desires that we live a life of faith instead of worry. Worry and faith are opposing forces—as worry increases, faith decreases, and as faith increases, worry decreases. Worry produces nothing, while faith can move mountains.

When faced with challenges, we should choose to react with faith, not worry. Worry leads to doubt and inaction, while faith motivates us to take action that yields results. Opting for faith over worry is the key to a life of continuous victories amidst the difficulties we encounter. That's why, as stated in today's verse, Jesus instructs us to eliminate worry (i.e., a troubled heart) and cultivate faith by believing in God.

But what if it appears you can't eliminate your worries no matter how hard you try? There's a simple solution. Worry is like a fire that keeps burning if given the right fuel. To extinguish the fire, you must take away the fuel that keeps it burning. Worry thrives on negative thoughts. It grows stronger when you imagine adverse outcomes. If you cut off the supply of negative thoughts, worry will eventually fade away.

So, make it a practice to feed your mind with positive thoughts that align with God's promises for you. Refuse to entertain negative thoughts and imaginations that only fuel worry. If you've been disappointed with a job loss, turn to the Bible's promises about God's provision for you. Visualize a better job offer coming your way instead of dwelling on the fear of homelessness. Focus on God's promises and imagine them becoming your reality. That is how you cut off the supply of negative thoughts and starve your worries.

Your faith will grow stronger as you meditate on and visualize God's Word manifest in your life. This ever-increasing faith will motivate you to take actions that bring solutions and make God's promises come to fruition. Faith



creates a positive spiral that leads to solutions. Conversely, negative thoughts spiral downward and lead to worry, resulting in no resolution. Therefore, you should do your best to focus on God's promises and maintain the flow of positive thoughts.

**LET'S PRAY**

Dear Jesus, thank you for your promises that cater to my every situation. I believe Your Word above any negativity I may be facing. Please help me keep my thoughts and imaginations focused on your promises coming to fruition for me. Bring me solutions that align with your promises. I release all anxieties and depression into your care and receive your peace. Amen.

**AFFIRMATION**

My thoughts and imagination are filled with pictures of God's promises being fulfilled in my life. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Choose a Bible verse related to your struggles or fears, and regularly visualize it happening in your life. Make this a daily habit.

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## Day 17

# FILL UP YOUR MIND WITH GODS PROMISES

*"Let the word of Christ live in you richly, flooding you with  
all wisdom."*

*(Colossians 3:16 TPT)*

Have you ever wondered why anxiety is such a widespread issue for people? Most of us have struggled with it at some point. Some experiences are more intense than others. Anxiety is so prevalent because it feeds on negativity. The constant stream of negative news and circumstances can lead to negative thoughts and imagination, trapping us in a vicious cycle of worry. Breaking this cycle requires deliberately using the only tool strong enough to break it—the Word of God, especially His promises in scripture.



God's Word provides us a way out amid life's negative situations. We can overcome anxiety by tuning out negativity and focusing on positive promises from scripture. While governments searched for answers during the recent pandemic, God's promises comforted many grappling with anxiety and depression. Today's verse teaches us that we should have a constant supply of God's Word since it is our escape from anxiety. We need a never-ending supply of God's Word to counter this steady flow of negativity.

Thankfully, there are numerous ways to access God's Word today—through devotionals like this, personal Bible study, online resources, a weekly church service with fellow believers, etc. Let us strive to use one or more of these channels to fill ourselves with God's Word constantly. By being filled with God's promises, we can shift our thinking when negativity takes hold. Instead of worrying about adverse events, we can instantly think positively based on God's promises. Thus, abundant knowledge of God's Word is crucial for an anxiety-free life.

A lady I once had the privilege of counseling and praying for faced a difficult situation in the latter part of her career. She was unfairly passed over for a promotion she deserved. Despite her disappointment and frustration, she continued to trust in God's promises and pray. Though the challenging circumstances persisted for a few years and even saw her junior colleagues being promoted ahead of her, ultimately, God came through for her. She was not only promoted but received generous compensation as well. Filling your mind with God's Word and holding on to it will empower you to



overcome negative emotions and successfully navigate challenging times.

**LET'S PRAY**

Dear Jesus, I am so grateful for Your Word, which allows me to live a life free of anxiety and depression. Please guide my thoughts and help me make decisions that lead to solutions for my struggles. I release all anxieties and depression to your care and receive your peace. Amen.

**AFFIRMATION**

I live a life filled with inner peace. My mind and imagination are filled with God's Word. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Choose a Bible verse that relates to your anxiety and focus on it regularly. Visualize it becoming a reality in your life. Make this visualization a habit.

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## Day 18

### THE SECRET TO ANXIETY-FREE LIVING

*"Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time.*

*Tomorrow will take care of itself."*

*(Matthew 6:34 TPT)*

Many people are worried about the future, wondering what might or might not happen tomorrow due to what has happened today or in the past. For example, someone who has experienced traumatic abuse in a past relationship might be concerned about finding true love in the future. However, as children of God, we can rise above such uncertainty because, through God's Word, we are confident of tomorrow's outcome.

By nature, humans have limited insight into and control over tomorrow's events. The devil takes advantage of this by

feeding us thoughts of doubt and fears about the future, causing anxiety in the present. But no matter what the devil does, our future as children of God is no longer uncertain. Our future is in God's hands, so tomorrow will take care of itself because God will take care of it.

Jesus reminds us in today's verse that the secret to living a fulfilling life and enjoying God's blessings is to focus on living each day to the fullest and not worrying about tomorrow. Instead of fretting over future challenges, we should focus on dealing with each day's responsibilities as they come and leave tomorrow in God's hands. Worrying about tomorrow is not productive, as it cannot change what will come. God, who has the power to change what is to come, is already at work on tomorrow, so many things will change before tomorrow arrives. This is why many of our worries never come to fruition.

Remember, worrying about tomorrow only weakens today and provides no benefit to tomorrow. It's like paying interest on a problem that never happens. An elderly individual once said, "Most of the trouble I've had in life never happened." So, make every effort to live one day at a time, knowing God is at work, and many things will change before tomorrow comes. This is one of the most critical secrets to anxiety-free living. So make the most of today, find joy in what you have, and leave tomorrow to God.

I recall the experience of making one of our ministry transitions from an established church to a new church plant. I had to contend with the uncertainty surrounding



ongoing accommodation for my family into the near future. However, we took a step of faith, entrusted our worries to God, and moved forward in obedience, taking it one day at a time. We made the best of what was available, even though it could have been better. A few years later, God gave us prime accommodation in the city for free. So, let's be thankful for today's happenings, make the most of them, and leave tomorrow in God's hands. Living such a lifestyle will trounce anxiety.

### **LET'S PRAY**

Dear Jesus, Thank you for your love and faithfulness and for all the blessings you've given me today. Help me focus on the present and find joy in what I have. Please give me the strength to let go of worries about the future and trust that you're working everything out for my good. I release depression and anxiety to you and receive your peace and joy. Amen.

### **AFFIRMATION**

I declare that I live a life of faith, one day at a time, and achieve great results. I crush anxiety and depression, in Jesus' name. Hallelujah!

### **TAKE ACTION**

Take confident steps to do something about your challenges, responsibilities, or purpose today. Don't worry about tomorrow; leave it in God's hands.

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## Day 19

# LET GO OF PERFECTIONISM

*"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."*

*(Ephesians 2:10)*

Do you constantly strive for perfection in everything you do, only to get frustrated and upset when things don't go as planned? Do you have impossibly high standards for yourself, leading to feelings of anxiety and depression when they're not achieved? It's time to let go of perfectionism and embrace the idea that you were made to do good, not perfect. Pursuing perfectionism by setting unattainable goals and expectations only sets you up for disappointment. Don't let the pursuit of perfection be the enemy of your happiness. Today's verse reminds us that we are God's masterpiece, crafted with care and love. Although we may

not be perfect, we are still good enough and valued by our Heavenly Father just as we are.

God has uniquely crafted you and given you the ability to do what He has planned for you on this earth. When you cooperate with God, doing your best, it's good enough for Him. Your Father is never disappointed in you, as He knows your limitations. So, it's essential to let go of the pressure to perform perfectly and focus on doing the good things God has prepared for you. Whether in your career, business, family, or relationship with God, don't let perfectionism hold you back. Embrace the peace and fulfillment that come from doing the good God has called you to do daily.

Additionally, avoid falling into the trap of comparing yourself to others, which can fuel an unhealthy drive for perfection. Be comfortable with yourself and confident that you are God's masterpiece. Remember, you are loved and valued by God. By doing the good you can do and trusting that God is with you, you will find a peace resistant to anxiety. You will also achieve great things by adopting this approach to life.

### **LET'S PRAY**

Dear Jesus, I'm so grateful for your love and for valuing me precisely as I am. Please guide me as I let go of perfectionism and focus on doing the good work you've prepared for me. Help me achieve the great things you have in store for me. I release all feelings of anxiety and depression and receive your peace and joy. Amen.



**AFFIRMATION**

I declare that I fulfill my purpose and accomplish the good works God has planned for me. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Take bold steps to do what God has put on your heart. Don't wait for the perfect circumstances to arise, trust that He will guide you every step of the way.

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SECTION V

**TRUTHS AND BELIEFS THAT  
CRUSH ANXIETY AND  
DEPRESSION**





## Day 20

### YOU HAVE THE UPPER HAND

*"The eternal God is your refuge, and his everlasting arms are under you. He drives out the enemy before you; He cries out, 'Destroy them!'"*

*(Deuteronomy 33:27)*

Have you ever felt like life is against you? Are you currently facing challenges that seem unbeatable? Maybe you've lost a valuable investment, or a cherished relationship has gone sour. But no matter how bad things may seem, you have the upper hand. With God's promise that His everlasting arms are supporting you, you can be confident that you hold the advantage in any situation. God's hand is the upper hand because it comes from above, and its power surpasses all others. With God's hand on your side, you have the upper hand, fighting against your troubles.

No matter how difficult a situation may appear, with God's help, you have the strength to overcome it. God intends to overcome that problem and turn the situation around in your favor through the power of His everlasting arms. Instead of worrying, put your trust in His all-powerful grip. Instead of feeling down, celebrate that you hold the upper hand. It's essential always to be aware of God's presence in your life. How can you work with Him to fight for you if you forget He's there? So, make it a practice to remind yourself constantly that God is by your side. Tell yourself that His mighty hand is fighting on your behalf.

Not only should you stay conscious of His presence, but you should also entrust the battle into His mighty hands so that He can give you the advantage in the situation. If you want His hands to fight for you, you must surrender the battle to Him. God will not engage in battles where you play the lead role; He fights for you when He is the main fighter and you are cooperatively supporting Him. In fighting for your health, your children's future, or your marital future, give Him the lead role, and you will have the advantage. Allow Him to fight for you, and you will emerge victorious. Hallelujah!

### **LET'S PRAY**

Dear Jesus, thank you for always being with me and for your mighty hand that fights for me. I surrender my troubles to your almighty hands and ask you to help me cooperate with you as you resolve my current challenges. I ask for answers from your almighty hands today. I release all worries and

depression into your care and receive your peace in return.  
Amen.

**AFFIRMATION**

I declare I have the upper hand over any problematic situation because God's hand works for me. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Reflect on this verse a few more times, reminding yourself that you have the upper hand.

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## Day 21

# YOU HAVE THE BIGGEST ADVANTAGE

*"But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world."*

*(1 John 4:4)*

Do you feel like you're facing overwhelming odds and at a disadvantage? Don't worry; you still have the biggest advantage in life. Even if past mistakes or circumstances have left you beaten and battered, remember that your true advantage isn't based on your surroundings or experiences. It's based on the presence of God within you. The Spirit of God residing within you is your greatest advantage. As beloved children of God, we don't seek advantage from external sources but within ourselves. Focusing solely on external factors to determine our advantage can lead to



feelings of anxiety and depression, especially when life seems to be falling apart.

God's Spirit, residing within you, is greater and more powerful than satan, the source of all the chaos and turmoil in the world. Despite the mess you may be facing now, you hold the advantage because the power within you surpasses that of the external forces causing trouble. This realization should give you the confidence to confront your challenges head-on, even if they seem impossible. Your way forward out of the mess lies inward. That's the secret to moving ahead after a mess—look inward. By tapping into the guidance and direction of the Holy Spirit within, you can find the path forward. Following His lead will unleash solutions beyond your mind's comprehension, ultimately leading to the enemy's defeat. Figuratively, the enemy has already been defeated, so trust in the power of the Spirit within you to make this reality.

Do not let your difficulties take you down the path of despair. Remember that you have the upper hand, even amid your struggles. Don't let the devil's false illusions deceive you, even if they seem real momentarily. Keep your focus inward and rely on the guidance and direction of the Holy Spirit. With gratitude and obedience, your victory will soon become a reality.

### **LET'S PRAY**

Dear Jesus, I am grateful for the presence of the Holy Spirit within me. Thank You for revealing to me that the Spirit is my biggest advantage despite any challenges I face. Help me

follow the Spirit's guidance. I release all worries and depression into your care and receive your peace in return. Amen.

**AFFIRMATION**

I declare I have victory in all circumstances, regardless of the odds against me. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Reflect on this verse a few more times today, reminding yourself that you have the biggest advantage. Ask the Holy Spirit for guidance on what to do next.

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## Day 22

### YOU CAN DO IT

*"I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength."*

*(Philippians 4:12-13)*

At times, it may seem like our past experiences and current struggles are holding us back from achieving our life goals and attaining greatness. These feelings may stem from a history of academic failures or other types of setbacks, or persistent struggles in a particular area that seems insurmountable. However, regardless of the cause, these failures can create a limiting mindset that makes us feel that success and progress are unattainable. But that is where the message for today comes into play. It provides us with truth, strength, and direction. The truth says you can do all things



through Jesus Christ, who strengthens you. Whatever assignments Jesus has planned for you, He will empower you to complete them.

As a child of God, you possess the capability to achieve the seemingly impossible. You may not have fully embraced this fact yet, but it remains true. Today's verse highlights the key to overcoming any difficult situation: our divine ability, given by God, always to do what is right and necessary. You have this ability. So, even if you're on the brink of a significant setback, you can still bounce back and make a comeback. No matter how long you've struggled with anxiety, depression, or emotional turmoil, you can crush them and find freedom. Don't believe the negative programming your past failures and struggles have imposed on your mind. Instead, believe God's Word. That's why John 8:32 says, "You shall know the truth, and the truth shall set you free."

Do you remember the story of Michael Jordan? He was cut from his high school basketball varsity team in his sophomore year because he was considered too short. His taller friend was the only sophomore selected. Despite this setback, he didn't let it define him as a failure. Instead, he worked hard to overcome it and became one of the greatest basketball players of all time. The same goes for you. No matter what challenges or failures you may have faced in the past, whether in business, career, relationships, or with your mental health, you are not a failure.



Don't accept the verdict of your past failures or let other people's opinions define you. Remember, God says you can do it, and that's all that matters. Don't succumb to discouragement or depression because of the world's lies. Focus on the truth that, through Christ, you have the strength to overcome and accomplish anything. Say goodbye to addiction. Give no room to depression. Go ahead and do what's proper and necessary; accomplish great things. Hallelujah! And always remember that this ability to do the impossible is not your own but comes from your connection to Christ. Keep this in mind, and have confidence that you will always have the strength to achieve your goals through Him.

### **LET'S PRAY**

Dear Jesus, Thank you for giving me the ability to carry out Your plan in my life. Please help me do what is right and necessary, no matter how challenging. I release all worries and depression into your care and receive your peace in return. Amen.

### **AFFIRMATION**

I declare that I am reaching my goals, overcoming the impossible, and triumphing over any obstacles that may arise. In Jesus' name, I crush anxiety and depression. Hallelujah!

### **TAKE ACTION**

Take some time today to contemplate this verse and remind yourself that you have the power to do great things. Seek

guidance from the Holy Spirit and take concrete steps towards overcoming any struggles you may be facing.

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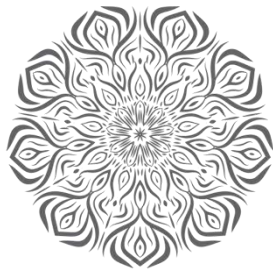
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## Day 23

# YOU ARE BORN TO WIN

*"For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith."*

*(1 John 5:4)*

As humans, we would love a guaranteed path to success in life, no matter what trials we face. While it may sound like wishful thinking to many, for believers, it's not too far-fetched. When we remember past pains or hear about others' struggles, we yearn for a promise that we won't undergo the same hardships. Thankfully, today's scripture offers us just that - God's unwavering assurance about the outcome of any situation we encounter: victory.

Simply put, whatever is born of God is guaranteed to conquer the world. As believers in Jesus, we are the only group of people with a surefire victory, no matter what life

throws our way. We are born of God, with victory in our spirits, thanks to the victory DNA that comes from our Heavenly Father. Just as our physical traits, such as height, eye color, and hair type, are predetermined by the genes we inherit from our parents, our spiritual traits, including victory in every situation, are determined by the DNA we receive from God. No matter how long you've struggled with depression, anxiety, or other challenges, you will come out on top because of your victory DNA inherited from God. So, never be intimidated by the enemy into accepting depression as your lot in life, and never succumb to worry.

Knowing you have the victory DNA, go out confidently and confront any difficulties. Be like David, who ran into Goliath as a teenager on routine errands and did not shy away from confrontation. Whether preparing for exams, a big interview, or starting a new business, don't let worries get the better of you. You have the winner's DNA. Go ahead and be victorious. And remember that to make the most of your victory DNA, it's crucial to operate by faith. Trusting in God's promises, listening for His guidance, and taking bold action is your recipe for victory. Hallelujah!

### **LET'S PRAY**

Dear Jesus, I am grateful for the victory DNA I have received from You. Help me operate by faith, listen to Your guidance, and take bold actions despite my challenges. I release all worries and depression into Your care and receive Your peace in return. Amen.

### **AFFIRMATION**

Today, I declare victory is my experience in my area of hardship. I live a life of faith. In Jesus' name, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

Take some time today to contemplate this verse and remind yourself that you have God's victory DNA. Ask the Holy Spirit for guidance and take concrete steps to overcome any struggles or difficulties you may be facing.

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## Day 24

# YOU ARE A GOD

*"Jesus answered, 'Isn't it written in your Scriptures that God said, 'You are gods?' The Scriptures cannot be denied or found to be in error. ... those who have the message of the Scriptures are said to be 'gods.'"*

*(John 10:34-35 TPT)*

It can feel like we're constantly being tossed around by events and circumstances outside our control in today's fast-paced world. This can make some feel powerless against the negativity surrounding them and adopt a victim mentality. For example, someone may lose their job due to economic downturns, be forced to stay home due to a pandemic, or be abandoned by a spouse for unexplained reasons. These negative experiences can contribute to the feeling of being a victim. But according to God, His beloved children are not victims, no matter what happens to them. The verses above,



rooted in the unchanging truth of God's word, declare that we are like gods.

Dearly beloved, it's essential to understand that you were created in the image of God, giving you the ability to function like Him here on earth. Just as every being gives birth to offspring of their kind—dogs giving birth to dogs, cows giving birth to calves, and lions giving birth to lions—the offspring of God are none other than gods. This is what Jesus was referring to in the verses mentioned. Those who believe and have the message of Jesus have been declared gods. Therefore, dear child of God, it is official: you are a god. This means that within you, in your spirit, lies the power to dominate any situation you face.

You can operate like your Heavenly Father, no matter your difficulties. You can always find a way out of the trouble and the mess. Even if you're knocked down, you can always make a comeback because you have the DNA of God in you. You are God's superhero, with authority to overcome and rule, backed by Him. Depression and anxiety cannot hold you down because you have the strength to break free in your spirit. Your Heavenly Father did not plan for you to be defeated by life's circumstances but to be strong and in charge. Take a stand today on the authority of God's word and start exercising it through bold words and actions that align with God's promises. And remember, the more you practice this, the more natural it will become. So step up and function like your Heavenly Father. Hallelujah!



**LET’S PRAY**

Dear Jesus, thank you for making me a child of yours and empowering me to live as you do. Help me to understand and embrace my identity as a god, and give me the courage to exercise my authority over any challenges that come my way. I surrender my worries and depression to you and receive your peace in return. Amen.

**AFFIRMATION**

I declare that I live an empowered life as a god, conquering obstacles and hardships. In Jesus' name, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

During the day, reflect on this verse and remind yourself that you are a god. Ask the Holy Spirit for guidance and boldly move towards overcoming an area of difficulty you may be facing.

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## Day 25

# YOUR BIGGEST PROBLEM HAS BEEN SOLVED

*"Since he did not spare even his own Son but gave him up  
for us all, won't he also give us everything else?"  
(Romans 8:32)*

Amidst the many challenges we face, we all have one or two top priorities that we want to be resolved. For some, it's the worry about children; for others, it may be health; and for others, a marital or financial crisis takes center stage. While all of these are valid concerns, our real top challenge for the highest priority resolution is centered around our salvation and eternal destination. That was the primary reason Jesus came to earth—to solve humanity's biggest problem. All our other troubles pale in comparison. Because Jesus came, we

can confidently say that the biggest problem you have ever faced or will ever face has already been resolved.

It's worth mentioning that Jesus made the ultimate sacrifice to solve the biggest problem in our lives. His death on the cross solved the complicated issue of our eternal destination. By giving up his life, he opened the way for us to access Heaven's courts. The cross simplified our responsibility for enjoying eternal happiness; all we have to do is accept his sacrifice and believe in him. This solution was a master stroke; even though it cost him everything, he was willing to pay the price for you and me.

Consider this: If Jesus went to such great lengths to solve our biggest problem, why would He not provide solutions for the more minor challenges we face today? That's the message of today's verse. After making such a tremendous sacrifice to resolve our sin problem, God will not abandon us to struggle with lesser problems. While sacrificing His life for our sins, Jesus also provided solutions for all our other issues. You can now have confidence that no trouble you encounter is beyond resolution. In Jesus, you have all the answers you need.

So, don't let the weight of your hardships get you depressed or panicked. There is a solution waiting for you. Refrain from allowing the overwhelming nature of your situation to cloud your vision and keep you from seeing the light. Don't let the devil convince you that there's no escape because there was already a way out before you were born. Don't let negative thoughts weaken your will to live. Jesus died for



you. Your life has a purpose and has too much value to go to waste. If He made the ultimate sacrifice to solve your greatest problem before you even asked, He would do what it takes to solve your current struggles because you have asked Him to.

**LET'S PRAY**

Dear Jesus, I am grateful for the incredible sacrifice of Your life for me. Your love has resolved the biggest challenge I will ever face: my eternal destination. Please guide me to the solutions You have provided for all the other difficulties I face today. I release depression and anxiety to you and receive your peace and joy. Amen

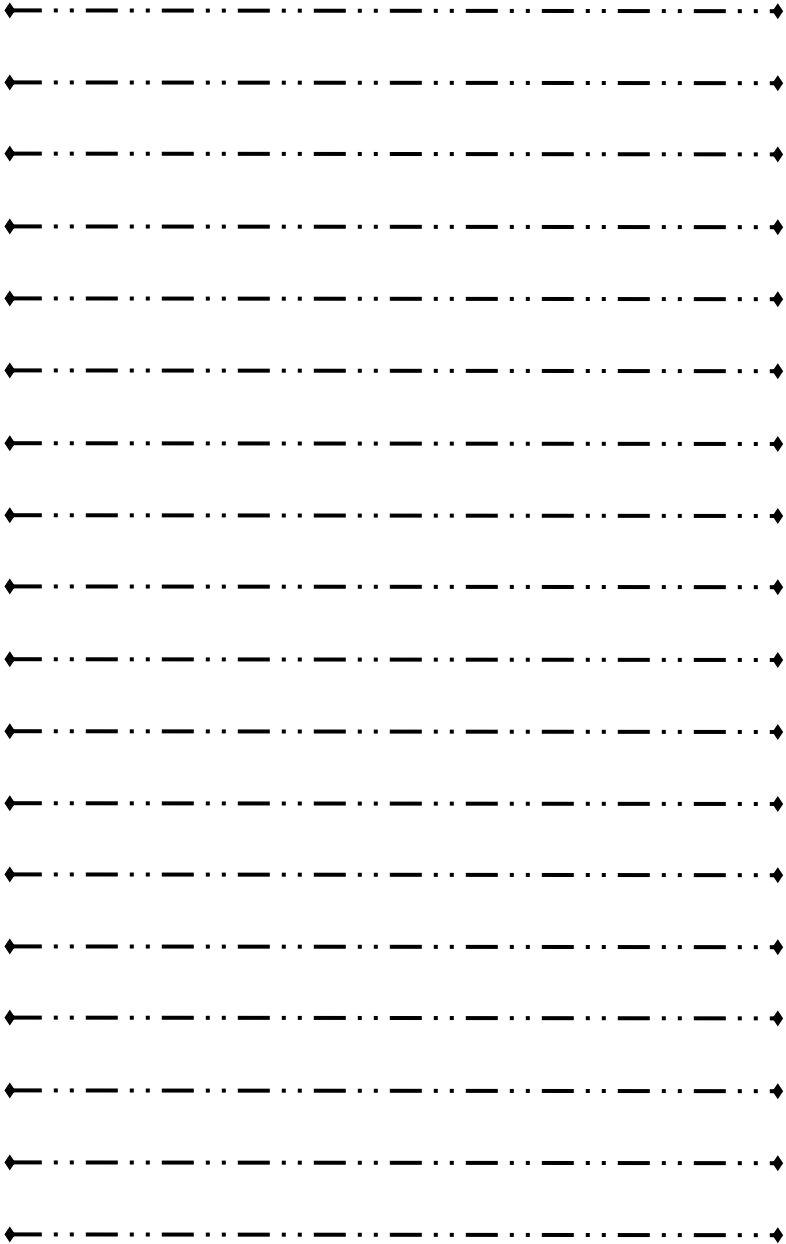
**AFFIRMATION**

I declare that I receive answers to my problems according to God's promises. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Reflect on this truth as you go through your day. Remind yourself that God has solved your greatest challenge and will help you overcome your current difficulties.

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SECTION VI

**OPPORTUNITIES AND  
BLESSINGS IN DISGUISE THAT  
CRUSH ANXIETY AND  
DEPRESSION**





## Day 26

# YOU CAN TURN DISAPPOINTMENTS INTO BLESSINGS

*"Stepping into one of the boats, Jesus asked Simon, its owner, to push it out into the water. So he sat in the boat and taught the crowds from there. When he had finished speaking, he said to Simon, "Now go out where it is deeper, and let down your nets to catch some fish." "Master," Simon replied, "we worked hard all last night and didn't catch a thing. But if you say so, I'll let the nets down again." And this time their nets were so full of fish they began to tear! "*

*(Luke 5:4-6)*

Nothing hurts us emotionally like major disappointments or shattered expectations. These types of events can evoke



negative emotions and even trigger anxiety or depression. For example, when a long-term husband or wife suddenly strays with someone else, their significant other may experience heartbreak and even depression. There are many other big disappointments that, if not dealt with properly, can lead to panic and depression. That's where today's verse comes in handy.

Simon was facing considerable work disappointment. He had put in much effort all night but didn't catch anything. He felt discouraged and overwhelmed and was on the verge of giving up when Jesus stepped into his boat. It's important to note that Jesus has a way of appearing during times of disappointment. If your expectations have yet to be met, whether in your career, relationship, or business, do not lose hope. Pay attention to Jesus, reach out to Him in prayer, and let Him guide you. He will step in to turn things around and bless you even during your most challenging moments.

Even though his hopes had been dashed, Simon put his disappointment aside. He focused on meeting Jesus' demand to use his boat for preaching. Simon put God's needs ahead of his dilemma. One of the ways to escape the downward spiral of anxiety and depression is to make yourself a channel of blessing to others by serving in your local Church and community. When we are inwardly focused, and our world is only about us, we may miss opportunities for a turnaround that Jesus will bring to us out there as we serve and bless. Simon put out his boat to serve Jesus, and his disappointment was eventually turned into joy. By doing what Simon did, we can experience the



same joy that he experienced. Don't focus on your disappointment; it may lead you into despair and depression. Focus on blessing others, and blessings will flow toward you despite the disappointment. That's how to turn your disappointment into a blessing.

**LET'S PRAY**

Dear Jesus, thank you for being a guiding light in times of disappointment. Please help me hear and follow your guidance. Help me focus on serving You and blessing others as You turn my disappointments into blessings. I release all anxieties and depression to your care and receive your peace. Amen.

**AFFIRMATION**

I live a life of service to God and blessing to others. My disappointments are turned into blessings. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Take a step to help or serve someone today. Look for ways to serve God through your local Church.

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**Day 27**

## **YOUR PRESSURE CAN PRODUCE PROMOTION**

*"But Joseph replied, ... You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people."*

*(Genesis 50:19-20)*

It's common for us to have second thoughts about some aspects of our past or present lives. Maybe you regret not attending a top-tier university or wish you had married someone else when you were younger, started your business sooner, or pursued a different career. Despite your regrets, God can use your current situation to bring glory to His name in your life. With Him, your current pressure will lead to your next promotion, just as it did for Joseph.

God's omnipotence means He can use whatever situation He is presented with to achieve whatever He has promised. In the case of Joseph, his brothers had done him wrong by selling him into slavery. However, God used that difficult experience to bring about Joseph's success, elevating him to the position of Prime Minister in Egypt. Despite Joseph's trials and betrayals, God transformed that pressure into a promotion. This is a testament to God's transformative power and ability to use any situation for His ultimate glory.

You may be facing challenges right now that are causing you stress and pressure. It could be betrayal, financial struggles, expensive legal battles, or something else. But I want you to understand that, in God's hands, all of these struggles are just the building blocks for your next level of success. God can turn what was meant for harm into something good. So don't let worry or depression take over. Even if you are currently going through a furnace of affliction right now, know that, just like gold, you will emerge shining and glorious on the other side. Keep this in mind at all times. I recall the story of someone with whom I once counseled and prayed. He lost his job. But as a result, he started a business that became a multi-million dollar success. That's how God turned pressure into promotion for him.

Amid your trials, remember that God is at work. Trust in Him and follow His lead. Take an active role in the situation by being diligent in your responsibilities and helping others. Despite being his father's beloved, Joseph humbled himself and was kind and diligent even as an enslaved person. His diligence and kindness in prison eventually opened the door



for him to meet with Pharaoh. Let Joseph's example of faithfulness to God and perseverance in extreme hardship inspire you. Trust God, obey Him, and be diligent and kind to others. He will come through for you just as He did for Joseph.

**LET'S PRAY**

Dear Jesus, thank you for your love and support. I am grateful that you are using my challenges as a stepping stone for my growth and advancement. Please guide me and help me be diligent in my responsibilities. I surrender my worries and depression to you and receive your peace in return. Amen.

**AFFIRMATION**

I declare that my struggles lead to my advancement. In Jesus' name, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

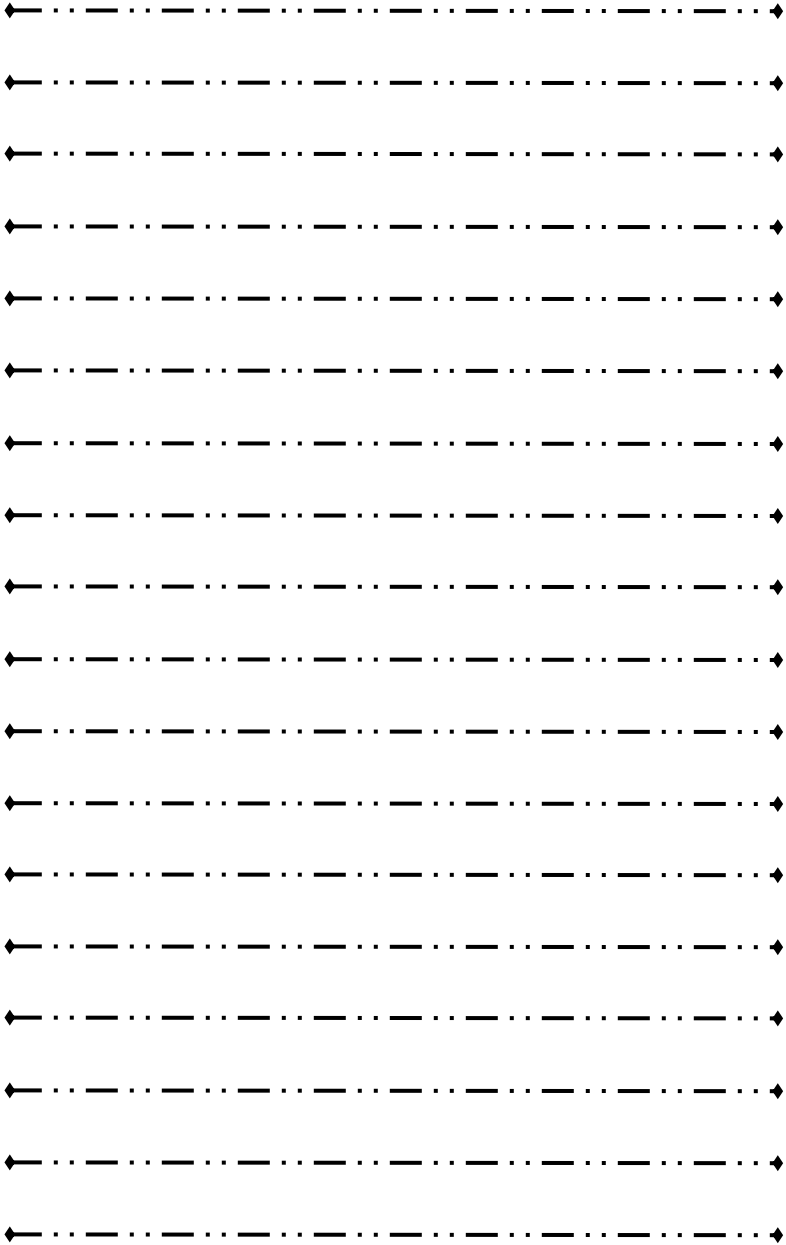
Take some time to reflect on this truth throughout the day. Ask the Holy Spirit for guidance and direction. Remind yourself that your pressure will lead to your promotion.

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## Day 28

# YOUR LOSSES CAN BE TURNED INTO GAINS

*"One day Kish's donkeys got lost. So he said to his son Saul, 'Take one of the servants and go look for the donkeys.' ... Then Saul traveled through the land of Benjamin. ... When Samuel saw Saul, the Lord said to Samuel, 'This is the man I told you about. He will rule my people.' ... Samuel answered, ... don't worry about the donkeys that you lost three days ago. They have been found. ... Samuel ... said, 'The Lord has anointed you to be the leader'"*  
*(1 Samuel 9:3-4, 17, 19-20; 10:1 ERV)*

As a child of God, don't see any loss as permanent. Any losses you may have experienced can be restored or even surpassed by the blessings of God. Whether it's a missed opportunity, a lost property, a broken relationship, or

anything else, God can turn your losses into gains. Trust in your Heavenly Father to turn every situation around for your benefit, no matter how significant the adversity may seem. Keep this truth in mind and stay strong in your faith.

Today's scripture is a powerful illustration of God's restorative power. Saul was searching for his father's lost donkeys when God used that situation to guide him to Samuel to anoint him as the next king of Israel. Instead of just finding donkeys, Saul found a royal destiny. In the same way, God can take your lost opportunities, relationships, or possessions and use them to bring about His greater plans for your life. Trust that He is at work, even when everything seems to fall apart.

It's also worth mentioning Samuel's encouragement to Saul to let go of his worries because God was working out something beautiful for him. During moments of loss, always remember that God is at work behind the scenes, orchestrating restoration and bringing His promises to life. So, don't let anxiety or depression overwhelm you. Your Heavenly Father is not powerless in the face of adversity. Reach out to Him in prayer, and let Him guide you. You'll find a path that transforms your loss into gain when you follow His lead.

I have personally witnessed the incredible restorative power of God in my life. At a point in time, my severance package from a previous job was delayed due to bureaucratic issues. It was a frustrating and challenging situation, but eventually, the payment came through. As it turned out, the



delay ended up being a blessing in disguise, as I was able to invest the funds in a new opportunity that came my way. This experience is a testament to the fact that with God, even our losses can ultimately turn into gains.

**LET'S PRAY**

Dear Jesus, I am so grateful for Your presence in my life. I trust that You are working to overturn my losses. Please help me follow Your lead into restoration. I surrender my worries and depression to You and receive Your peace in return. Amen.

**AFFIRMATION**

I declare that I am being restored from loss and transitioned to gain. In Jesus' name, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

Reflect on this truth repeatedly today. Ask the Holy Spirit for guidance on how to handle your current situation of adversity or loss.

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## Day 29

### YOUR MAIN OPPOSITION IS DEFEATED

*"The devil is your enemy, and he goes around like a roaring lion looking for someone to attack and eat."*

*(1 Peter 5:8 ERV)*

*"He defeated the rulers and powers of the spiritual world. With the cross he won the victory over them and led them away, as defeated and powerless prisoners for the whole world to see."*

*(Colossians 2:15 ERV)*

Many people question why there is so much suffering in the world. They ask why trouble and chaos seem abundant and available for everyone. The answer is straightforward. 1 John 5:19 states, "The world around us is under the control of the evil one." Satan is the main adversary, directly or indirectly, behind our troubles, including anxiety, depression, etc. His main agenda is to oppose God's agenda.



He came to steal, kill, and destroy whatever is valuable to God (John 10:10). But, the good news is, satan has already been utterly defeated. Through Jesus' sacrifice on the cross, satan was crushed, and our current spiritual laws now codify his defeat.

As a beloved child of God, you can rest easy knowing that your biggest enemy has been defeated. This truth should bring peace and confidence to your life, no matter the challenges. There's no need for fear, anxiety, or panic because the opposition has already been overcome. But you may ask, "If satan has been defeated, why am I still facing trouble?" Consider it like this: laws prohibit criminal activity, yet crime persists in our society. That's why we have law enforcement officers who ensure that laws are followed and that consequences are imposed when broken.

The same is true when it comes to spiritual laws. We already know that satan and all of his henchmen have been defeated. However, he is a lawless spirit who doesn't follow spiritual laws. That's why there is a need for spiritual law enforcement. In this regard, you are the spiritual law enforcement officer. Matthew 16:19 says, "Whatever you forbid on earth will be forbidden in heaven, and whatever you permit on earth will be permitted in heaven." When you resist the enemy and his attempts to interfere in your life, Heaven backs you up. When you enforce satan's defeat in your affairs, Heaven approves it. You don't have to give into satan's attempts to control your thoughts, emotions, health, or family. Instead, you can resist him, and he will flee from

you (James 4:7). You have the power to overcome anxiety, depression, and other negative emotions.

I recall a dear lady from our church with whom I had the privilege of counseling and praying. She was going through a tough time in her marriage, which triggered depression, including suicidal thoughts and memory loss. Her friend brought her to me, and after some prayers and counseling sessions, there was a miraculous change. She found the freedom and strength to pursue her career, start a side business, and raise her daughter. Though her marital situation is still difficult, she has overcome depression. If you're facing difficult times, know you can rise above them. Through your prayers, faith declarations, and bold actions, you can enforce Satan's defeat. Additionally, seeking support from spiritually mature individuals can help you along. According to Matthew 18:19, there is spiritual power when two agree in prayer.

### **LET'S PRAY**

Dear Jesus, Thank You for utterly crushing Satan on my behalf. Please help me to enforce Satan's defeat in my life. Guide me in using this victory to overcome any challenges in my life. I lay my worries and depression at Your feet and receive Your peace in return. Amen.

### **AFFIRMATION**

I declare peace amid any turmoil I face. Satan, I command you to stop your attacks against me. In Jesus' name, I crush anxiety and depression. Hallelujah!



**TAKE ACTION**

Think about this truth as you go about your day. Ask a spiritually mature Christian or your Pastor for necessary support and prayers of agreement.

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## Day 30

# YOU ARE MORE THAN A CONQUEROR

*"Can anything separate us from Christ's love? Can trouble or problems or persecution separate us from his love? If we have no food or clothes or face danger or even death, will that separate us from his love?"*

*(Romans 8:35 ERV)*

*"Yet in all these things we are more than conquerors through Him who loved us."*

*(Romans 8:37 NKJV)*

Sometimes, we may question if we can achieve consistent victories in life, particularly in the future. Such doubts and uncertainties about our ability to overcome future challenges may lead to anxiety. But no matter what obstacles we face in health, finances, marriage, or overall happiness, we must keep our minds anchored in God's truth so we don't get consumed by doubts and fears. That's where



today's passage can help us. The Bible clearly states that we are more than conquerors, meaning we can expect to overcome any difficult situation and achieve victory.

Dear child of God, embrace the truth that your Heavenly Father, out of His love for you, has provided for your complete victory in every situation, no matter how difficult. Rest assured that no trial or struggle can separate you from the victory God's love has secured for you. Nothing can sever your connection to His love, whether you're facing financial struggles, health challenges, or personal failures. It's important to remember that our victory is not earned through our perfection or performance but rather through God's love for us. So don't let feelings of unworthiness or inadequacy cause you to become anxious or depressed. Instead, rejoice and be expectant, knowing you are qualified for victory through God's love alone.

How do I tap into this victory? First, turn to Him in prayer and make your requests; second, allow Him to lead you to victory. Remember that, despite your shortcomings, you are still worthy of victory. Though you may have messed up, you can forsake your mess, come to Him with a repentant heart, and be guided to victory. Regardless of your failures, God's love remains steadfast and will always bring you victory if you seek Him for it. Don't fall into Satan's trap of keeping yourself down in depression due to your personal failures. Instead of dwelling on your shortcomings and flaws, focus on God's love and be strengthened to overcome your weaknesses. Don't let yourself be consumed by your inadequacies, but focus on God's immense love for you.

When you focus on His love, you will experience more victories than when you focus on yourself and your imperfections. What a joy! It's time to start experiencing victory over your weaknesses, difficulties, and hardships. Hallelujah!

**LET'S PRAY**

Dear Jesus, Thank you for your unconditional love and grace. I am grateful for the victory you have provided for me, no matter my challenges. I lay my current struggles at your feet and ask for your guidance toward victory. I surrender anxiety and depression to You and receive Your peace in return. Amen.

**AFFIRMATION**

I declare that I am triumphant over weaknesses, difficulties, and hardships. In Jesus' name, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

Take some time today to reflect on this truth and remind yourself that you are more than capable of overcoming any challenge.

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## Day 31

### YOU CAN RESIST AND WIN

*"Be on your guard and stay awake. Your enemy, the devil, is like a roaring lion, sneaking around to find someone to attack. But you must resist the devil and stay strong in your faith."*

*(1 Peter 5:8–9 ERV)*

We often see a reflection of spiritual laws and principles in our physical world. For example, cause and effect is a universal principle in both the physical and spiritual realms. One of Newton's laws of motion explains this principle in the physical realm, stating that for every action, there is an equal and opposite reaction. Similarly, this same principle of cause and effect applies in the spiritual realm, where spiritual forces create spiritual effects that impact events and circumstances in our lives, either directly or indirectly. Today's verse sheds light on the posture of spiritual forces.



On the one hand, the forces of Heaven—the Angels are working to bring about God's blessings and promises in your life. On the other hand, the forces of evil led by satan are actively seeking to attack and prevent you from experiencing these same blessings.

So, satan is the chief architect of disorder, including health and emotional turmoil such as anxiety and depression. While he may not always be directly responsible, he often operates through indirect means, such as inducing physical conditions that lead to stress and anxiety or orchestrating biological disorders that lead to depression. Satan is a master at working behind the scenes. As today's verse points out, the devil sneaks around, looking for someone to harm. He doesn't make a grand entrance introducing himself as the devil. Instead, he uses deception, manipulating situations and people to achieve his goals. So it's essential to be vigilant and watch for seemingly coincidental events that threaten to steal your peace and joy and deny satan the opportunity to disrupt your life.

Another point to keep in mind is that, like a predator, satan is always searching for vulnerable individuals to attack. He seeks out those who let their guard down so that he can catch them off guard. That is why vigilance is crucial to prevent the devil from stealing your peace and happiness. Being alert is accomplished through a consistent practice of prayer. As Jesus said in Mark 14:38 (MSG), "Stay alert, be in prayer, so you don't enter the danger zone without even knowing it." Through prayer, the Holy Spirit will prompt, speak to, guide, give you dreams, etc., to prepare you for

satan's activities. When you sense the devil trying to make his move, you can resist him with bold, faith-filled words and practical acts of faith. This devotional emphasizes the importance of proclaiming God's word in defeating satan's schemes. Wherever the devil sees consistent resistance, he goes for the exit. James 4:7 (NKJV) says, "Resist the devil, and he will flee from you." So keep up your resistance and hold on to your peace and joy. Hallelujah!

**LET'S PRAY**

Dear Jesus, thank you for giving me the power to stand up against the devil. Help me stay vigilant in my faith and alert to his tactics. Guide me as I resist his plans and protect me from his influence. I release depression and anxiety to you and receive more peace and joy. Amen

**AFFIRMATION**

I declare that no matter the hardship I face, satan will not have my peace, happiness, or joy. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

When unfavorable situations try to bring on feelings of anxiety or depression, take a moment to reflect on today's devotional.

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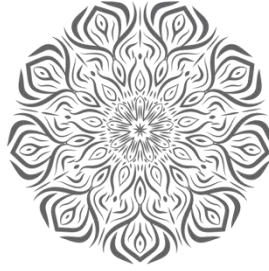
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SECTION VII

**PROMISES THAT REIGNITE  
HOPE AND CRUSH ANXIETY  
AND DEPRESSION**





## Day 32

### YOUR TOUGH TIMES WILL PASS

*"He sent a man before them, Joseph, who was sold as a slave. His feet they hurt with shackles; He was put in chains of iron, **Until the time** that his word [of prophecy regarding his brothers] came true, The word of the Lord tested and refined him. The king sent and released him, The ruler of the peoples [of Egypt], and set him free."  
(Psalms 105:17-20 AMP)*

During times of difficulty, it's natural to ask ourselves, "When will this end?" But the good news is that every challenge we face has an expiration date. It's similar to taking a timed test or exam. Each trial or test we go through has a limited lifespan, and this should give us great hope. No matter how long we've been enduring the hardship, the clock is ticking on its duration, and it will soon be over.

In today's Bible verses, God revealed to Joseph, a powerful dream about his future leadership. But soon after, Joseph was betrayed by his brothers and was forced into slavery in a foreign land. It appeared as if his dreams were shattered and that he was stuck in a difficult trial. But here's the thing, this trial was temporary. Behind the scenes, God's promises for Joseph were at work, ticking away the time until fulfillment. If you're currently facing a tough time, it may seem the opposite of what God promised you. But rest assured; the countdown is on your side. God's promises are ticking away to their eventual realization, while the hardship is ticking away to its expiration. Hallelujah!

Therefore, remain strong and hopeful, and reject despair and depression because it will soon be over. Keep your faith and concentrate on God's promises. Continue to trust Him because He has never failed and will never fail you. You are the one having the last laugh. You can even start laughing at your trouble now because your problem is in trouble. Time is running out for your difficulties. Glory to Jesus!

### **LET'S PRAY**

Dear Lord Jesus, thank you for your unwavering promises for my future. I am grateful that the struggles I face are temporary and have an expiration date. Please help me keep my focus on your promises and on maintaining strong faith. I surrender my worries and depression to You and receive Your peace in return. Amen.



**AFFIRMATION**

I declare that I am triumphant over my troubles. I stand firm in my faith and confidence until God's promises are fulfilled. In Jesus' name, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

Take time today to reflect on this truth and remind yourself that the countdown has begun on your troubles.

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## Day 33

# GOD WILL NEVER LEAVE YOU

*"For He Himself has said, 'I will never leave you nor forsake you.' So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?"  
(Hebrews 13:5-6 NKJV)*

Sometimes it's possible to get worried about losing a beloved relationship or losing a marriage, or experiencing loneliness because companionship is a fundamental human need. We are social beings who thrive in the company of family and community. The fear of loneliness can lead to anxiety and depression, impacting our well-being. However, as God's cherished children, He reassures us that we will never be alone. He is always with us and will never abandon us. So, let's find comfort in His love and trust that He will always be there for us.



No matter who has left your life or how lonely you may feel, the most important person in your life will never abandon you—your Heavenly Father. Embrace and enjoy His presence by speaking to Him as if He were a beloved family member. He eagerly awaits to hear from you. Express your gratitude for His love and support, share your struggles, and listen to your heart for His comforting response. Pray and make your requests, knowing His invisible presence is as real as your loved ones. Treat Him like the cherished person He is in your life.

The verses for today remind us of the immense impact that being conscious of God's presence can have on our lives. Just as children feel secure and confident with their parents, we should also feel assured and protected because of God's presence. That means we should have the courage and confidence to speak boldly and exercise our authority in Jesus' name. We can approach the devil, challenges, and obstacles with unwavering faith, knowing that our Heavenly Father is always by our side.

Don't let the pain of abandonment dictate your thoughts or plunge you into depression. Instead, focus on the unwavering presence of God, who is always with you. Let His words and promises fill your mind and dominate your thoughts. It's time to have confidence and certainty, knowing you will never be alone.

### **LET'S PRAY**

Dear Jesus, thank you for your constant presence in my life. I am grateful for your protection and care. Please help me to

stay attuned to your presence and to always listen for your guidance in my heart. I bring my challenges to you today and ask for your help finding solutions. I release anxiety and depression to you and receive your peace and joy. Amen.

**AFFIRMATION**

I declare that I am protected and confident in all aspects of my life because God is with me. I declare that I am victorious over anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Think about this truth as you go about your day. Make a habit of talking to your Heavenly Father and connecting with him regularly.

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## Day 34

### YOU ARE FULL OF TREASURE

*"We have this treasure from God, but we are only like clay jars that hold the treasure. This is to show that the amazing power we have is from God, not from us."*

*(2 Corinthians 4:7 ERV)*

Regardless of how badly others have treated you or how you have failed or messed up in the past, there is treasure in your earthly vessel of clay. You will be astounded when you fully grasp the abundant treasure that lies within you. God intentionally placed precious things within you that cannot be found anywhere else. Today's verse brings this to our attention. So, let's pay more attention to what God's Word says to us than what the world says about us.

The value and usefulness of the treasure deposited in you do not depend on you, just as the value and usefulness of gold

do not depend on where it was mined. The value of the fabulous treasure you carry comes from God. So, within you lies a powerful potential to bring forth value and glory. Don't let lies and negativity from Satan, or even people, make you doubt your worth. Let God's Word be the standard by which you measure your self-worth, not the opinions of others or past negative experiences. Remember, you have every right to feel confident and capable because great treasure is within you.

Your future holds the potential to showcase God's incredible power to the world. Even though it may seem like nothing good will come from your life, great things are coming from you. Take, for example, a successful lawyer I know in Africa who, due to poverty, had to educate himself from early childhood until high school. To attend university, he had to work menial jobs. Yet today, he is at the height of his legal career. Trust in the power of God's gifts within you to withstand pressure and flourish. Indeed, pressure has a way of bringing out the treasure in people. Just like squeezing a fruit brings out its juice, if pressure increases in your life, know that the outcome will be for the better. Hallelujah!

Your duty is to continually work with God to unleash the valuable treasure within you. You should not let past failures, negative experiences, or what others may say diminish your sense of self-worth. See yourself as God sees you, someone of great value.



**LET'S PRAY**

Dear Jesus, I am grateful for the treasure you have placed within me. Thank you for reminding me of my worth today. Please help me see myself through your eyes and reject false beliefs about my value. Teach me how to work with you to unleash the treasure within me fully. I release depression and anxiety to you and receive your peace and joy. Amen.

**AFFIRMATION**

I declare that I am full of treasure shining forth in my life. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Reflect on this truth throughout your day and remind yourself of your great value from God's perspective. Take bold steps to pursue your God-given purpose and utilize your gifts and talents.

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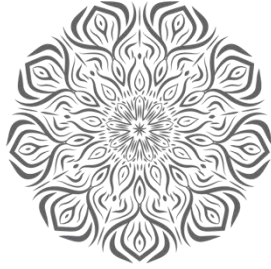
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## Day 35

### TRUST GOD AND FLOURISH

*"Trust in the Lord and do good. Then you will live safely in the land and prosper. ... Commit everything you do to the Lord. Trust him, and he will help you."*

*(Psalms 37:3,5)*

Our power to control the situations and circumstances around us is limited in this world. We often face unexpected twists and turns whether in marriage, with grown-up children, work, or relationships. Even those who hold positions of power in governments or totalitarian regimes are not immune to the limitations of being human. Our inability to control things necessitates trust in the One who is truly in control. Trust anchors our lives to God, the Rock of Ages so that we don't get swept away by the twists and turns of life.



When you trust God and believe in His word, you are in the best possible position. The timeless counsel from Psalms remains priceless in this regard. By letting go of our attempts at control and entrusting everything to God, we give Him supremacy over our lives. This grants Him the authorization to guide, instruct, correct, and ultimately help us. Our loving Heavenly Father is always willing to come to our aid in times of trouble, pain, and heartache. So let go of your worries and let Him intervene on your behalf. If you're feeling overwhelmed by challenging situations or struggling to sleep, turn to God and let Him guide and help you. Trusting God during difficult times opens the door to His help and blessings.

A beloved brother in one of our churches shared a remarkable story with me. I had the privilege of counseling and praying with him during a difficult time when he was between jobs. He took up the ride-hailing business as an Uber driver after committing the situation to God in prayer, and God came through for him. A passenger he drove connected him with contacts, ultimately leading to an international job opportunity. What a beautiful display of God's help! When God helps you, the result is always prosperity and flourishing. His help will not bring you down but lift you and set you apart from the crowd.

With God's help, you can solve stubborn problems and achieve mighty triumphs. With God's assistance, you can crush anxiety and depression. God's help will make you a positive surprise in your world. In addition, always strive to do good for others, as helping others sets you up to receive



help in your life continually. Remember the golden rule of life: do to others what you would have others do to you (Matthew 7:12 NKJV). Helping others also shows that you have placed your faith in God concerning your situation. It will connect you to your harvest of help.

**LET’S PRAY**

Dear Jesus, I am grateful for Your plans to make me flourish. Help me to trust You completely. I surrender my current challenges to Your care. Help me with solutions that bring glory to Your name. I release anxiety and depression to You and receive Your peace and joy. Amen.

**AFFIRMATION**

I declare that God mightily helps me and that my circumstances are turning around for the better. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Place your difficulties in the hands of God. Look for ways to help others, whether through your church or in your community.

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## Day 36

### GOD IS WITH YOU, NO MATTER WHAT

*"King David said this about him: 'I see that the Lord is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and my tongue shouts his praises! My body rests in hope. 'For you will not leave my soul among the dead or allow your Holy One to rot in the grave.'"*

*(Acts 2:25-26)*

Have you ever felt lonely and deserted despite being surrounded by people? Maybe it was because someone important in your life walked away, a problematic situation left you feeling isolated, or a debilitating illness took hold. Despite all this, the truth remains that you are never truly alone. Today's verse brings to mind David's exemplary response when he was in peril. He focused on God's invisible presence and declared, "I see the Lord is always

with me; He is right beside me." By focusing on God's presence, David found the strength to overcome his challenge.

King David was unwavering in his confidence in God's presence, declaring, "I will never be shaken." When you become aware of God's constant presence, your strength, confidence, and faith will be elevated, empowering you to persevere and emerge victorious. By keeping in mind that the Almighty is always with you, you can overcome feelings of depression and hopelessness, even when the harshest challenges threaten to shake everything in your life. So, remember that God is always with you, no matter what. This perspective was the source of David's unwavering joy. Despite his numerous difficulties and grave circumstances, David found hope and joy knowing God was always by his side. This joy is reflected in many of the Psalms he wrote.

The presence of your Heavenly Father will bring you joy when you remain mindful that He is with you. This awareness will lead to praise and gratitude. So, keep the reality of God's presence at the forefront of your mind, even in the face of extreme difficulties. Shift your focus from the trouble to God's presence. Regardless of what you face today, find comfort knowing God is always by your side. Turn to Him in prayer for strength and guidance. Trust that He is working everything out for your good and will see you through the challenges that have come your way.



**LET'S PRAY**

Dear Jesus, thank you for always being with me. I trust you and know that you are always close. Help me maintain awareness of your presence to find peace and calm. Please give me the strength to tackle any obstacles that come my way and help me overcome my difficulties. I release depression and anxiety to you and receive your peace and joy. Amen.

**AFFIRMATION**

I declare that I live with the consciousness of God's presence and have unbreakable joy and peace no matter the difficulty. Good things happen in my life because God works everything out for the best. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Reflect on God's presence with you amidst any challenges you may be facing. Continuously think about this and offer Him thanks.

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## Day 37

# YOU CAN TRUST GOD'S TIMING

*"God gave us the ability to think about his world, but we can never completely understand everything he does. And yet, he does everything at just the right time."*

*(Ecclesiastes 3:11 ERV)*

We sometimes find ourselves in circumstances over which we lack control, despite our best efforts to shape things to our liking and make things happen on our timing. This lack of control can fuel feelings of anxiety and frustration. Whether dealing with a challenging spouse, an unserious potential partner, a misbehaving child, a serious health issue, or something else, these are challenging situations where our inability to control things can lead to negative emotions. But today's verse reminds us that God is in control and has perfect timing for every aspect of our lives.



You'll find peace when you let go of your attempts to control and begin to trust in His timing.

God's plan for your life is always superior to anything you could ever develop on your own. (Check out Jeremiah 29:11!) Our ability to plan is limited because we don't know what the future holds. But with God, His plan takes into account all the unknowns and still leads to our ultimate victory. So, surrendering to His plan is the smart choice to make. It'll eliminate any anxiety or depression that may come from unmet expectations. So hand over your worries to Him, and trust in His timing, knowing He has a plan for you and is working everything out for the best.

To help you surrender to God's plan, understand that you don't need all the answers before you put your faith in your Heavenly Father. It's okay if you don't comprehend why certain things happen, don't happen, or happen at a specific time. That's why the Bible reminds us that we can't fully understand everything God is doing. This makes sense since God's thinking capacity is infinite, while ours is limited. We can't always grasp what God is doing, but we must always trust Him as our loving Father who always works for our good. Trusting God's timing and yielding to His plan is not about understanding everything but about knowing Him as a Father who loves us deeply.

I recall my experience of having a severance package from one of my previous employers that was frustratingly delayed, only to be paid at the perfect time for a fresh investment opportunity. As today's verse says, God did it

just at the right moment, and it turned out beautifully. That's why we should trust in His timing.

**LET'S PRAY**

Dear Jesus, Thank you for Your beautiful plans and impeccable timing in my life. Please help me surrender control, trust in Your timing, and find peace in Your plan. Guide me into the solutions You have prepared for my current challenges. I release depression and anxiety to You and receive Your peace and joy.

**AFFIRMATION**

I declare that I live a life full of trust in God's timing. Peace overflows in my mind. Solutions come to me at the right moment. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Think about today's devotion and remind yourself to let go of control and find peace in God's timing.

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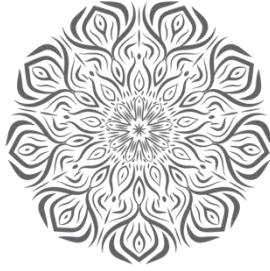


SECTION VIII

**TRUST AND GRATITUDE WILL  
CRUSH ANXIETY AND  
DEPRESSION**







## Day 38

### TURN PANIC TO PRAISE

*"Messengers came and told Jehoshaphat, "A vast army from Edom is marching against you from beyond the Dead Sea. They are already at Hazazon-tamar ... Jehoshaphat was terrified by this news and begged the Lord for guidance ... After consulting the people, the king appointed singers to walk ahead of the army, singing to the Lord and praising him for his holy splendor. This is what they sang: "Give thanks to the Lord; his faithful love endures forever!" At the very moment they began to sing and give praise, the Lord caused the armies of Ammon, Moab, and Mount Seir to start fighting among themselves.'*

*(2 Chronicles 20:2-3, 21-22)*

Singing and praising are typically things we do when life is going well and we feel happy. It can be difficult to sing and give thanks when faced with tough challenges, such as the

threat of foreclosure or other significant losses. Yet, God teaches us through today's verse that praise and gratitude are how He wants us to respond to panic and problems. In times of adversity, praise and thanksgiving are powerful spiritual tools that can bring comfort, peace, and victory.

Jehoshaphat faced a daunting challenge when a colossal enemy army threatened his people. Instead of succumbing to panic, he turned to God in prayer and received guidance and inspiration. He led his army into battle by praising God, and through this, he defeated a coalition of three kings. Imagine an army marching into battle, led by musicians singing praises to God, not by chariots or armored divisions—that was Jehoshaphat's inspired army. As they gave thanks to God, their enemies turned on each other, leading to their defeat. Praise has the power to move God to action, and that's why He wants us to embrace this principle. When you're faced with panic, respond with praise and watch God work in your favor.

Praise is one of the most compelling reactions to troubling situations. Praising God leads you to victory and away from anxiety and depression. If you face an unexpected job loss or an adverse medical report, turn to praise. Sing God's praises even during a storm when it seems hopeless. Giving thanks creates an atmosphere for God to fulfill His promises for you. It's a hidden path to overturning panic. So choose to praise instead of panic because praise conquers panic.

**LET'S PRAY**

Dear Jesus, I am grateful for your love and care for me. Thank you for opening my eyes to the power of praise and gratitude. Despite the challenges I face today, I choose to give you praise. I trust in your promises of help and victory, so I release all anxieties and depression to your care and receive your peace. Amen.

**AFFIRMATIONS**

I overcome difficulties through my praise. I crush anxiety and depression in Jesus' name. Hallelujah!

**TAKE ACTION**

Write down a few of your most significant sources of worry or panic. Then, praise God for His help in those areas.

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## Day 39

### TRUST BRINGS PEACE

*"You will keep in perfect peace all who trust in you, all  
whose thoughts are fixed on you!"  
(Isaiah 26:3)*

As humans, it's natural to feel stressed and worried when we can't control the outcome of something important. It's a reality we face daily, and we don't always like it. For example, when you're on a plane, you have no say in how it's flown. Although this is generally true, the level of anxiety we feel in situations where we lack control may vary depending on the stakes involved. During a high-stakes job interview or student scholarship board evaluation, there tend to be higher anxiety levels because the personal stakes are higher. Fortunately, God has a solution to help us overcome anxiety even when we can't control the situation: trust.

In human terms, peace and confidence come from being able to control the outcome of what we face. But from a divine point of view, peace comes from trusting God, who has the power to control every situation. So, even when we can't control the outcome, we can still find peace by trusting God. That means replacing worry and fear with confidence in His plan. For instance, when parents can't control the wayward actions of a grown child, they need to turn to God in prayer and trust Him for guidance and help. When you're facing a crucial exam or decision in your career, it's essential to trust that God has a plan for your success.

When we trust God, we place our faith in His Word and depend on His promises. Trusting God means saying, "I believe what Your Word says about my situation and have faith that Your promises will come true for me." Trust is built on God's Word and His promises, so studying and understanding them for your circumstances is essential. Regularly thinking about these promises can boost your faith and give you peace of mind. Trusting God during tough times may be challenging, but it is achievable. Trusting Him is one effective way to find lasting peace and crush anxiety.

### **LET'S PRAY**

Dear Jesus, Thank you for the power of your Word and the peace from trusting you. Help me focus my mind on your Word. Help my faith in you grow. I release anxiety and depression into your care and receive your peace and joy. Amen.

**AFFIRMATION**

I declare that I live a trusting and peaceful life. In the name of Jesus, I crush anxiety and depression. Hallelujah!

**TAKE ACTION**

Keep filling your mind with Bible promises that apply to your area of difficulty so that you can trust God better in those areas.

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## Day 40

### ALWAYS PRACTICE GRATITUDE

*"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."*

*(1 Thessalonians 5:18)*

The constant pressures that come with challenging situations can sometimes cause us to focus solely on the negative aspects of our lives, forgetting about all the good things we have. For instance, financial stress may consume us to the point where we forget about our good health. Today's verse offers us guidance for such situations. The Bible reminds us to give thanks in all circumstances, good or bad. It's important to be grateful for the good things and also thankful for the challenges, as they could have been worse, were it not for God's mercy. According to the wisdom of this verse, there is always a reason to be thankful.



Although it's easier to give thanks when things are going well, it can be challenging to do so during tough times. That's where the power of your imagination can come in handy. Think about all the things that could have gone wrong, and imagine what it would have been like if they had. By doing this, you'll start to feel grateful that God has protected you and kept things from getting even worse. For example, if you lost your house in a disaster, be thankful you didn't lose your life. If you lost your job, be thankful you still have health. The bottom line is that there's always something to be grateful for if you look for it.

Practicing gratitude can be a powerful way to shift your focus away from negativity. It will help you see things from God's perspective so that your mind can find rest. Thankfulness can break the downward spiral of anxiety and depression. Expressing gratitude releases pent-up negative energy that sustains anxiety and depression. God wants you to be grateful because it allows you to better understand what He is doing and how you can cooperate with His plans. Additionally, taking the time to thank God will help you feel more positive and hopeful, even in difficult circumstances.

Today, make a concerted effort to practice gratitude. Write down a list of things you're grateful for and thank God for each. You'll be amazed at how much it helps to shift your focus to God's perspective and bring peace to your life, even in difficult times. To further enhance your gratitude practice, consider using the 40-day gratitude journal worksheet accompanying this book. Click the link (or type it



in your browser) or scan the QR code under the "free gift" section to access it.

**LET'S PRAY**

Dear Lord Jesus, thank you for all the blessings you've bestowed upon my life. I trust your love and faithfulness and know you're always by my side. Please give me the strength to remain thankful even in tough times and to see things from your perspective. I release depression and anxiety to you and receive your peace and joy. Amen.

**AFFIRMATION**

I declare that I live a life of gratitude and view my life's circumstances from God's perspective. I comprehend and put into action the steps that will bring me success. I crush anxiety and depression, in Jesus' name. Hallelujah!

**TAKE ACTION**

Download the gratitude journal worksheet and start or continue your 40-day gratitude journey.

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## CONCLUSION

As you finish this devotional, I believe you have experienced the peace and hope that God's Word brings to those on their journey to crush anxiety and depression. By following the steps outlined in this book, I anticipate you have reached significant milestones in your ongoing victory march.

The 40 days or more you spent using this devotional have equipped you with the power of God's promises, the comfort of His presence, and the strength to face any challenge. You have learned how to use your tongue and thoughts to control your life, how to fill your mind with God's promises, and how to turn disappointments into blessings. You have discovered that God's timing is perfect, that He is always with you, and that you can trust Him to bring peace and hope amid any trial.

This journey does not end here. The truths and insights in this devotional aren't just for 40 days but for a lifetime. Keep putting them into action, and you will continue to experience the peace, hope, and victory God offers.

Finally, I pray that you will continue to experience the power of God's Word in crushing anxiety and depression in your life. May God's peace, love, and grace be with you always.

***If you want to learn more about other aspects of living an anxiety-free life, including how to crush stress, fear, a hurtful past, doubt, panic, and the like, check out my other devotional books in this series on Amazon. It's titled the "Crush Anxiety Plus More" series. I share even more inspiring Bible insights and strategies in greater detail!***





## **a PRAYER OF SURRENDER TO JESUS**

Dear Jesus, today I give myself to you. I hand you my life and heart as my Lord and savior. I ask for and accept your forgiveness. I take hold of your Grace to live a righteous life. Use me for your Glory. Fill me with passion and give me the strength to continue following you every day. In Jesus' name. Amen.



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- **Actionable Steps for Building a Positive Mentality:** These include cultivating contentment and developing healthy habits and routines.
- **Your Roadmap to Experiencing True Joy and Happiness in every season:** And unlock a life filled with peace and contentment!
- **And so much more!**

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## ABOUT THE AUTHOR

Dr. Daniel Ufaruna, a Medical Doctor turned Preacher, has been actively involved in ministry work as a Pastor, Counselor, and Evangelist for decades. Through the power of God's Word, he has transformed countless lives for over 25 years. His itinerant ministry and church work extend to the United States, the United Kingdom, and Africa. He is the Founder and Global Senior Pastor of Bethel Glory Church and is happily married to his anointed sweetheart, Pastor Dolapo Ufaruna. Together, they have three children. Dr. Ufaruna's ministry has been instrumental in bringing hope, healing, and joy to many people over the years. His impact is felt locally and internationally through his counseling, teachings, and ministry of God's Word and Power.

To contact him about speaking at your conference or church, please email [daniel@wisdomspiritbooks.com](mailto:daniel@wisdomspiritbooks.com).



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