Higher Purpose Church | Pastor Lawrence Williams

5-DAY DEVOTIONAL

Why Am I Anxious All the Time?

Mental Health: Why Is This So Hard? — Message 1

Real People. Real Life. Real Love.

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DAY 1: Fear Doesn't Cancel Your Calling

Scripture

1 Samuel 21:12 — "David took these words to heart and was very much afraid of Achish king of Gath."

Devotional

David had already been anointed king. He had already killed Goliath. And he still walked into Gath very much afraid. Fear showing up in your life does not mean God has changed His mind about you. Fear doesn't cancel your calling.

Reflection Question

Where are you carrying fear right now while still carrying a calling from God?

Prayer

Lord, You called me before I ever felt this fear, and You haven't taken that calling back. Help me be honest about what scares me without letting it tell me who I am.

Notes

DAY 2: A Signal, Not a Sentence

Scripture

Psalm 34:6 — "This poor man called, and the LORD heard him; he saved him out of all his troubles."

Devotional

Fear is a God-given alarm, and it is supposed to settle once you're safe. But the world keeps pulling the alarm, and you can't live on high alert all the time. Persistent anxiety is a real condition, not weak faith, and God's help can come through a doctor, a counselor, or medication. Whatever help you get, don't leave out the provision only God can give.

Reflection Question

What is pulling the alarm in your life this week, and who do you need to talk to about it?

Prayer

Father, show me what keeps setting off the alarm in me. Give me the courage to get help where I need it, and draw me back to You through all of it.

Notes

DAY 3: Say It to Him

Scripture

Psalm 13:1–2 — "How long, LORD? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?"

Devotional

David said hard things to God, but he never walked away. We act like we have it together; David laid it all out. God can handle it. You can unpack it in detail, and He won't talk about you behind your back.

Reflection Question

What have you been performing in prayer instead of actually telling God?

Prayer

Lord, I'm going to stop performing my prayers. Here is what I'm really carrying tonight. I'm bringing it to You, and I'm not walking away.

Notes

DAY 4: Two Prayers

Scripture

2 Corinthians 12:9 — "But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness.""

Devotional

Sometimes God delivered David fast: the lion, the bear, Goliath. With Saul and Absalom, He sustained David for years. Paul asked three times for his thorn to be removed and heard, "My grace is sufficient for you." He can bring you out, or He can bring you through.

Reflection Question

Where do you need to pray "deliver me," and where do you need to pray "give me grace"?

Prayer

God, I'm asking You to deliver me. And while I wait, I thank You for the grace that is sustaining me right now.

Notes

DAY 5: Taste and See

Scripture

Psalm 34:8 — "Taste and see that the LORD is good; blessed is the one who takes refuge in him."

Devotional

David wrote this while he was still being hunted, on his way to a cave. He didn't just find relief; he found God. You may come into God's presence because you're going through, but then you want it on the way, in the middle, and when you don't even need it. His presence is worth seeking even when nothing is wrong.

Reflection Question

What would it look like this week to seek God's presence when nothing is wrong?

Prayer

Lord, I don't just want relief; I want You. Make time with You my priority, in the storm and after it.

Notes