

Growing in Christ's Grace 21-Day Devotional Study for Women

Fearless & Free: Living Abundantly in Christ's Peace

Introduction

Every Christian, every woman, has at some point had to confront fear and worry. Some live with it more constantly than others, and this can prevent us from experiencing the fullness of God's presence and the abundant joy He has for us on Earth.

This **21-Day Devotional Study** is crafted for women in every walk of life who are ready to face fear, overcome worry, and live freely in Christ's peace. You'll read Scripture, reflect through journaling, and take practical steps toward *living abundantly* in God's love.

Week 1: Naming the Fear—But Not Living in It

Day 1: When Fear Has a Grip

 **Scripture: Psalm 56:3–4**

 **Devotional Thought:**

God invites us to trust Him even when we are afraid. Start where you are.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 2: Jesus in My Storm

 **Scripture: Matthew 14:26–27**

 **Devotional Thought:**

Like the disciples, we may panic—but Jesus speaks peace.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 3: Afraid but Not Alone

 **Scripture: Isaiah 41:10**

 **Devotional Thought:**

God holds us up in our weakness and fear.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 4: Do Not Be Afraid

 **Scripture: Matthew 10:28–31**

 **Devotional Thought:**

Fear loses its power when we understand our worth to God.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 5: Hidden Behind Locked Doors

 **Scripture: John 20:19–22**

 **Devotional Thought:**

Even behind locked doors, Jesus appears and speaks, “Peace be with you.”

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 6: Peace in the Panic

 **Scripture: Mark 4:35–41**

 **Devotional Thought:**

Even the wind and waves obey Him. Will you trust Him too?

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 7: Reflection & Prayer

 **Scripture:** —

 **Devotional Thought:**

Journal: What fears have kept you from experiencing God's peace this week?

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Week 2: Releasing the Weight—Casting Every Care

Day 8: Cast Your Cares

 **Scripture: 1 Peter 5:7**

 **Devotional Thought:**

God cares for you deeply. Nothing is too small to surrender.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 9: The Peace That Guards

 **Scripture: Philippians 4:6–9**

 **Devotional Thought:**

Prayer and thanksgiving change your atmosphere.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 10: God Is Our Refuge

 **Scripture: Psalm 46:1–3**

 **Devotional Thought:**

When chaos hits, God remains our strength.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 11: Surrendering Control

 **Scripture: Proverbs 3:5–6**

 **Devotional Thought:**

Let go of needing to know and start trusting.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 12: Jesus Knows Our Fear

 **Scripture: Mark 14:32–42**

Devotional Thought:

Jesus showed how to bring fear honestly to the Father.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 13: Anxious for Nothing

 **Scripture: Matthew 6:25–34**

 **Devotional Thought:**

God provides. Focus on today.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 14: Reflection & Prayer

 **Scripture:** —

 **Devotional Thought:**

Write your recurring worries. What does God want you to surrender?

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Week 3: Rising in Grace—Living Fearless, Fruitful, and Free

Day 15: Living in Abundance

 **Scripture: John 10:10**

 **Devotional Thought:**

Jesus came to give life to the full—fear is not part of His promise.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 16: Spirit of Power

 **Scripture: 2 Timothy 1:7**

 **Devotional Thought:**

You've been given power, love, and a sound mind. Walk in it!

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 17: Secure in His Love

 **Scripture: Romans 8:38–39**

 **Devotional Thought:**

Nothing can separate you from God's love.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 18: Clothed in Strength

 **Scripture: Proverbs 31:25**

 **Devotional Thought:**

The virtuous woman is clothed with strength and dignity.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 19: Fruit of the Spirit: Peace

 **Scripture: Galatians 5:22–23**

 **Devotional Thought:**

True peace is spiritual fruit, not circumstantial.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 20: Walking in Victory

 **Scripture: Joshua 1:9**

 **Devotional Thought:**

Be strong. Be courageous. God is with you.

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:

Day 21: Commissioned & Free

 **Scripture: Matthew 28:18–20**

 **Devotional Thought:**

You've faced fear. Now go—empowered to lead others!

 Reflection:

 Reflection:

 Reflection:

 Reflection:

 Prayer:

 Prayer:

 Prayer:

 Prayer:
