



HOPE IN THE
HARDEST
SEASONS

**7 DAYS OF SCRIPTURE FOR
ANXIOUS HEARTS AND HEAVY DAYS**

BY KRISTEN L. SCHINDLER

FOR GAVIN

THIS WAS WRITTEN IN THE SPACE WHERE GRIEF
AND HOPE MEET.

YOUR LIFE CHANGED MINE IN WAYS I AM STILL
LEARNING TO UNDERSTAND. LOVING YOU WAS ONE
OF THE GREATEST GIFTS OF MY LIFE, AND LOSING
YOU RESHAPED MY HEART FOREVER.

EVEN IN YOUR ABSENCE, YOUR STORY CONTINUES
TO SHINE LIGHT FOR OTHERS WHO MAY BE
WALKING THROUGH THEIR OWN DARKEST SEASONS.

IF THESE PAGES HELP EVEN ONE PERSON FEEL
LESS ALONE, THEN YOUR LIFE IS STILL TOUCHING
THIS WORLD IN BEAUTIFUL WAYS.

I WILL CARRY YOUR LOVE, YOUR MEMORY, AND THE
LESSONS YOUR LIFE TAUGHT ME FOR THE REST OF
MY DAYS.

WITH LOVE, ALWAYS.

— MOM

FOR YOU

THIS DEVOTIONAL WAS WRITTEN IN THE SPACE
WHERE GRIEF AND HOPE MEET.

AFTER LOSING MY SON GAVIN, I FOUND MYSELF
RETURNING AGAIN AND AGAIN TO THE WORDS OF
SCRIPTURE—ESPECIALLY JESUS' REMINDER IN

MATTHEW 6:34:

**"DO NOT BE ANXIOUS ABOUT TOMORROW... TODAY
HAS ENOUGH TROUBLE OF ITS OWN."**

THESE REFLECTIONS WERE BORN OUT OF A SEASON
WHERE TOMORROW FELT TOO HEAVY TO CARRY.

MY PRAYER IS THAT IF YOU FIND YOURSELF IN A
HARD SEASON, THESE PAGES REMIND YOU THAT
YOU ARE NOT ALONE AND THAT HOPE CAN STILL
GROW, EVEN HERE.

TODAY IS ENOUGH.

MATTHEW 6:25

"THEREFORE I TELL YOU, DO NOT WORRY ABOUT YOUR LIFE, WHAT YOU WILL EAT OR WHAT YOU WILL DRINK; NOR ABOUT YOUR BODY, WHAT YOU WILL WEAR. IS NOT LIFE MORE THAN FOOD, AND THE BODY MORE THAN CLOTHING?"

Context

Jesus speaks these words during the Sermon on the Mount to people who understood daily uncertainty. Many of them lived one bad harvest away from hunger. In that setting, Jesus reminds them that life is not defined by survival alone. God sees their needs and values their lives beyond what they can provide for themselves.

Reflection

There are seasons when life can shrink down to the basics: getting through the day, making it to tomorrow, holding together what feels fragile. Grief and anxiety have a way of doing that. They narrow our vision until all we can see are the immediate pressures around us.

But Jesus gently widens the lens. Life is more than the weight we are carrying today. More than the fears about what might happen next. There is a deeper story unfolding, even when we can't yet see it.

A Moment to Rest

***Where has worry caused your world to shrink?
What would it look like to remember that your life is
more than this moment of survival?***

MATTHEW 6:27

**"AND WHICH OF YOU BY BEING ANXIOUS CAN
ADD A SINGLE HOUR TO HIS SPAN OF LIFE?"**

Context

Jesus asks a question that exposes the limits of worry. His listeners knew the feeling well—the constant mental spinning about things they could not control. His point is simple: worry promises control, but it rarely delivers it.

Reflection

Anxiety often convinces us that if we think about something long enough, we can somehow solve it. But most of the time, we're simply carrying weight that doesn't move anything forward.

After loss, the mind can replay a thousand "what ifs." What if I had noticed sooner? What if I had said something different? What if I had done more? Those questions may come, but they don't have to stay. Jesus reminds us that worry doesn't give us control over the past or the future. Sometimes the most faithful thing we can do is loosen our grip on questions that will never give us peace.

A Moment to Rest

***What question or worry have you been replaying
that isn't giving you peace?***

What might it look like to release it today?

MATTHEW 6:28

"CONSIDER THE LILIES OF THE FIELD, HOW THEY GROW: THEY NEITHER TOIL NOR SPIN."

Context

Jesus points to something simple and ordinary: wildflowers growing in the fields. They are not striving or worrying about their appearance, yet God has clothed them with beauty.

Reflection

There is something healing about remembering that the world keeps growing even when we are hurting. Flowers bloom. Seasons turn. Life continues in quiet ways we may not notice at first.

God's care for creation is not accidental. The same God who tends the lilies also sees the hidden places of our lives.

When grief or anxiety feels overwhelming, sometimes the invitation is not to figure everything out, but simply to notice the small reminders of God's care around us.

A Moment to Rest

What small sign of beauty or life can you notice today?

MATTHEW 6:31

"THEREFORE DO NOT BE ANXIOUS, SAYING, 'WHAT SHALL WE EAT?' OR 'WHAT SHALL WE DRINK?' OR 'WHAT SHALL WE WEAR?'"

Context

Jesus speaks about the worries that dominate daily life—food, clothing, and security. These were real concerns for many of His listeners. His teaching is not dismissing their needs but redirecting their trust.

Reflection

Much of our anxiety comes from trying to carry responsibility for things that were never meant to rest entirely on our shoulders.

There is a difference between being responsible and believing everything depends on us. One leads to wisdom. The other leads to exhaustion.

Jesus reminds His listeners that provision ultimately comes from a God who sees them. Trust doesn't mean life will be easy—but it does mean we don't have to carry it alone.

A Moment to Rest

Where have you been carrying responsibility that feels too heavy for one person?

MATTHEW 6:34

"THEREFORE DO NOT BE ANXIOUS ABOUT TOMORROW, FOR TOMORROW WILL BE ANXIOUS FOR ITSELF. SUFFICIENT FOR THE DAY IS ITS OWN TROUBLE."

Context

Jesus closes His teaching on worry by acknowledging something we often forget and that is today already holds enough. He doesn't pretend life is easy. He simply says—don't borrow tomorrow's weight.

Reflection

After losing my son, tomorrow became a word I couldn't hold. The future I had imagined was gone. And yet—this verse met me differently than it had before.

Jesus isn't dismissing pain. He's giving permission to set down what we were never meant to carry all at once. Some days, staying present to this hour is the bravest thing we do.

That's not weakness. That's wisdom.

A Moment to Rest

***What are you carrying today that actually belongs to tomorrow?
Can you set it down, even for this moment?***

LUKE 12:22

"AND HE SAID TO HIS DISCIPLES, 'THEREFORE I TELL YOU, DO NOT BE ANXIOUS ABOUT YOUR LIFE, WHAT YOU WILL EAT, NOR ABOUT YOUR BODY, WHAT YOU WILL PUT ON.'"

Context

Jesus speaks these words directly to His disciples after warning about the danger of storing up earthly wealth while neglecting what matters to God. The conversation turns to anxiety about everyday needs—food, clothing, survival. Jesus reminds them that life is more than the constant pressure to secure what tomorrow might require.

Reflection

Anxiety often grows from the belief that everything depends on us. That if we stop holding it all together—even for a moment—things might fall apart.

But Jesus gently shifts that burden. He reminds His followers that they are not alone in carrying the weight of life. Provision, purpose, and tomorrow itself ultimately rest in God's hands.

In the hardest seasons, it can feel like we must constantly brace ourselves for what might happen next. Yet Jesus speaks a quieter truth: you were never meant to carry the whole future by yourself.

A Moment to Rest

***Where in your life do you feel like everything depends on you?
What might it look like to loosen your grip on that pressure today?***

LUKE 12:22

"AND WHICH OF YOU BY BEING ANXIOUS CAN ADD A SINGLE HOUR TO HIS SPAN OF LIFE?"

Context

Jesus continues His teaching about worry by asking a question that exposes its limits. His listeners knew the exhausting cycle of anxiety—thinking, planning, worrying, trying to control what cannot be controlled. Jesus invites them to recognize that worry, despite its intensity, has very little power to change outcomes.

Reflection

Anxiety has a way of convincing us that if we keep thinking about something long enough, we will eventually solve it. Our minds circle the same fears, the same questions, the same unknowns.

But sometimes the bravest thing we can do is acknowledge that not every outcome belongs to us.

After loss, the mind searches endlessly for explanations and answers. It tries to rewrite moments and imagine different endings.

Yet peace often begins not when every question is answered, but when we release the belief that we were meant to control everything in the first place.

A Moment to Rest

What situation in your life are you trying to control through worry?

What might it look like to entrust that outcome to God today?

IF YOU ARE WALKING THROUGH ONE OF LIFE'S HARDEST SEASONS, I WANT YOU TO KNOW SOMETHING:

YOU ARE NOT ALONE.

THESE PAGES WERE WRITTEN IN THE SPACE WHERE GRIEF AND HOPE MEET. MY PRAYER IS THAT SOMEWHERE IN THESE REFLECTIONS YOU FOUND A REMINDER THAT EVEN WHEN LIFE FEELS HEAVY, **GOD IS STILL NEAR.**

HE LOVES YOU BEYOND MEASURE.
TO HIM YOU ARE A GREAT TREASURE.

TAKE LIFE ONE DAY AT A TIME.
TODAY IS ENOUGH.

AND REMEMBER:
**YOUR HARDEST SEASON DOES NOT HAVE TO BE
YOUR FINAL SEASON.**

— KRISTEN