

ANXIETY

A 30 Day Foster Care Devotional

A Resource Provided By:



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Introduction

Anxiety is something many of us carry—whether it comes from the uncertainty of foster care, the weight of responsibility, or simply the challenges of everyday life. For children, parents, and caregivers in the foster care journey, anxiety can feel overwhelming at times. But God promises to meet us in our worry with His presence, peace, and hope. This 30-day devotional is designed to help you bring your anxious thoughts to God, allowing His Word to remind you that you are not alone.

Each day offers a short scripture passage, a reflection that connects God's truth to the realities of foster care, and space to process your thoughts in prayer. As you move through these readings, you'll be encouraged to surrender your fears, find rest in God's promises, and take small steps of trust in Him.

How to Use This Devotional

- Set aside a quiet moment each day—morning, evening, or whenever works best.
- Read the scripture and reflection slowly, allowing the words to sink in.
- Spend time in prayer, asking God to meet you in your specific worries and challenges.
- Use the journaling space to write your thoughts, prayers, or anything God places on your heart.

Take this journey one day at a time. As you do, may you discover that even in the midst of anxiety, God's peace is steady, His love is constant, and His care is unshakable.

Day 1: Focus on God's Truth

Scripture: Philippians 4:8 – Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Reflection: As a foster parent, your mind can be overwhelmed by worries about a child's future or doubts about your ability to make a difference. God calls you to focus on what is true and praiseworthy—His love for you and the children in your care. Instead of dwelling on uncertainties, think about the moments of connection, the small victories, and God's faithfulness. This shift in focus is like tending a garden: planting seeds of truth cultivates peace in your heart. When anxiety creeps in, choose to reflect on God's promises and the beauty of your calling. This practice strengthens you to face challenges with hope, knowing God is working through you to bring healing.

Reflection Question: What true and lovely moment in your fostering journey can you focus on today to replace anxious thoughts?

Day 2: Renew Your Mind

Scripture: Romans 12:2 – Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and

acceptable and perfect.

Reflection: The world often pressures foster parents to measure success by visible outcomes, fueling worry when progress is slow. God invites you to renew your mind with His truth, transforming how you view your role. By immersing yourself in scripture, you align your thoughts with His will, finding clarity amid chaos. This renewal helps you see each child's unique journey through God's eyes, trusting His perfect plan. When self-doubt questions your impact, let His Word remind you that your love and faithfulness matter. This transformation is a daily choice to reject worldly standards and embrace God's perspective, bringing peace as you navigate the complexities of fostering.

Reflection Question: What worldly pressure can you release to embrace God's renewing truth in your fostering?

Day 3: The Mind of Christ

Scripture: 1 Corinthians 2:16 – For who has understood the mind of the Lord so as to instruct him? But we have the mind of Christ.

Reflection: Foster parenting can bring moments of self-doubt, especially when decisions feel overwhelming. Yet, as a believer, you have the mind of Christ—His wisdom and perspective to guide you. When you're unsure how to respond to a child's behavior or navigate a case, seek Christ's clarity through prayer. His mind offers compassion and insight, helping you see beyond surface challenges to the heart of each child. This divine perspective reassures you that you're not parenting alone. Lean into Christ's wisdom to make choices rooted in love, not fear. Today, trust that His guidance is available, equipping you to foster with confidence and peace, knowing you're aligned with His heart.

Reflection Question: How can you seek the mind of Christ in a fostering decision today?

Day 4: A Spirit of Power

Scripture: 2 Timothy 1:7 – For God gave us a spirit not of fear but of power and love and self-control.

Reflection: Fear can grip foster parents—fear of failing a child, of burnout, or of not being enough. God reminds you that His Spirit within you is one of power, love, and self-control. This divine gift empowers you to face challenging behaviors, advocate for a child's needs, and love unconditionally. When anxiety threatens, claim God's power to strengthen you, His love to guide your actions, and His self-control to respond with patience. You're not defined by fear but by the Spirit's strength. Today, let this truth steady you as you pour into the children in your care, trusting God to work through you to bring healing and hope.

Reflection Question: What fear in your fostering can you surrender to God's power and love today?

Day 5: Set Your Mind Above

Scripture: Colossians 3:1-4 – If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth...

Reflection: Foster parenting brings earthly worries—court dates, behavioral challenges, or uncertain futures. These can consume your thoughts, fueling anxiety. God calls you to set your mind on things above, where Christ reigns. This focus on His eternal love and promises lifts you above temporary struggles. Your calling is rooted in His kingdom, where every act of love matters. When doubts arise, picture your efforts as part of God's greater story of redemption for each child. This perspective brings peace, reminding you that your life—and the children's—are hidden in Christ. Today, focus on His eternal purpose, letting it guide your fostering with hope and calm.

Reflection Question: What fostering worry can you release to focus on Christ's eternal purpose today?

Day 6: Peace Through Prayer

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

Reflection: Foster parenting can stir anxiety about a child's well-being or your own capacity. God offers a remedy: prayer with thanksgiving. Bringing your concerns to Him—whether about a child's trauma or a tough day—invites His peace to guard your heart. Thanksgiving shifts your focus to God's faithfulness, like the moments of connection with a child. This peace, beyond understanding, protects you from worry's grip. As you pray, entrust each child and challenge to God, trusting He's at work. Today, make prayer your first response, thanking God for His presence in your fostering journey. His peace will steady you, equipping you to love with confidence.

Reflection Question: What fostering worry can you bring to God in prayer with gratitude today?

Day 7: Let Go of Bitterness

Scripture: Ephesians 4:31-32 – Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Reflection: Foster parenting can bring frustrations—perhaps with systems, biological families, or even yourself—leading to bitterness that fuels anxiety. God calls you to release these feelings, choosing kindness and forgiveness instead. This act mirrors His grace toward you, freeing your heart from resentment's weight. Forgiving doesn't mean ignoring pain but entrusting justice to God. As you extend tenderheartedness to a child or a difficult person in your journey, you reflect Christ's love, creating space for healing. Today, choose to let go of bitterness, knowing God's forgiveness empowers you to foster with compassion, replacing

anxiety with His peace.

Reflection Question: Who in your fostering journey can you forgive today to lighten your heart?

Day 8: Put on the New Self

Scripture: Ephesians 4:22-24 – To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God...

Reflection: Self-doubt can haunt foster parents, whispering that past mistakes or weaknesses disqualify you. God invites you to shed this “old self” and embrace your new identity in Him, created in His likeness. This renewal begins in your mind, where His truth counters lies about your worth. You’re not defined by failures but by God’s righteousness. As you foster, put on this new self by acting with love and patience, even when it’s hard. This choice reflects God’s heart for the children in your care. Today, let His truth renew your confidence, empowering you to parent with holiness and purpose, free from doubt’s grip.

Reflection Question: What self-doubt can you surrender to embrace your new identity in Christ?

Day 9: Commit Your Work

Scripture: Proverbs 16:3 – Commit your work to the Lord, and your plans will be established.

Reflection: Foster parenting involves countless tasks—appointments, advocacy, nurturing—that can spark worry about outcomes. God invites you to commit these efforts to Him, trusting He will guide your path. This surrender doesn’t guarantee smooth days but aligns your work with His purpose. When you’re anxious about a child’s progress or a case decision, pray over your efforts, trusting God’s timing. Committing your work means seeing each act of love as part of His plan, bringing peace amid uncertainty. Today, offer your fostering tasks to God, knowing He establishes your steps, equipping you to parent with confidence and hope in His faithful guidance.

Reflection Question: What fostering task can you commit to God today to trust His guidance?

Day 10: Prepare Your Mind

Scripture: 1 Peter 1:13 – Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you...

Reflection: Foster parenting demands mental resilience, as challenges like trauma behaviors can scatter your thoughts. God calls you to prepare your mind, staying focused and anchoring your hope in His grace. This preparation involves rejecting anxious thoughts and choosing faith. When a child’s needs feel overwhelming, set your hope on God’s promise to sustain you. His grace is sufficient for every meltdown, meeting, or moment of doubt. A sober mind trusts His provision, allowing you to respond with clarity and love. Today, center your thoughts on His

grace, letting it guide your actions and calm your fears as you navigate the complexities of fostering.

Reflection Question: How can you prepare your mind to focus on God's grace in fostering today?

Day 11: Christ's Peace

Scripture: John 14:27 – Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Reflection: The demands of foster parenting—paperwork, behaviors, uncertainties—can trouble your heart. Jesus offers a peace unlike the world's, one that steadies you amid chaos. This peace is a gift, not earned, rooted in His presence. When anxiety about a child's future or your role surfaces, receive His calm through prayer and trust. His peace doesn't depend on resolved cases or perfect days but on His unchanging love. Today, let His words sink deep: "Do not be afraid." As you care for children, rest in this peace, knowing it guards your heart, empowering you to foster with confidence and love.

Reflection Question: How can you rest in Jesus' peace in your fostering today?

Day 12: Strength in Christ

Scripture: Philippians 4:13 – I can do all things through him who strengthens me.

Reflection: Foster parenting can feel overwhelming, with self-doubt whispering you're not enough for the task. God declares that through Christ, you have strength for every challenge. This isn't about your own ability but His power working in you. Whether facing a child's trauma, a tough conversation, or exhaustion, Christ equips you to persevere. Lean into Him through prayer, trusting His strength to carry you. This promise transforms doubt into courage, reminding you that your efforts, however small, are empowered by Him. Today, step forward in your fostering, confident that Christ's strength sustains you, enabling you to love and lead with resilience.

Reflection Question: What fostering challenge can you face with Christ's strength today?

Day 13: Fruit of the Spirit

Scripture: Galatians 5:22-23 – But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Reflection: Foster parenting tests your patience and strength, especially when children's behaviors challenge you. The Holy Spirit produces fruit like peace, patience, and self-control, equipping you to respond with love. These qualities grow as you abide in God's presence, helping you navigate tough moments with grace. When anxiety or frustration arises, lean into the Spirit, asking for His peace to calm your heart and His patience to guide your actions. This fruit reflects God's character, transforming your home into a place of healing. Today, invite the Spirit to cultivate these qualities in you, trusting they'll strengthen your fostering and bring hope

to the children in your care.

Reflection Question: Which fruit of the Spirit do you need to cultivate in your fostering today?

Day 14: Love Endures

Scripture: 1 Corinthians 13:4-8 – Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things... endures all things. Love never ends.

Reflection: Foster parenting requires a love that endures—through tantrums, setbacks, and uncertainties. God's love, described here, is patient and kind, never failing. When you're tempted to feel irritable or discouraged, this love guides you to respond with compassion. It's the love you show a child who tests boundaries, reflecting God's heart for them. This enduring love also applies to yourself, replacing self-doubt with kindness. By embracing God's love, you find strength to bear the challenges of fostering, trusting it will make a difference. Today, let this love shape your actions, bringing hope and healing to your home.

Reflection Question: How can you show God's enduring love to a child or yourself today?

Day 15: One Day at a Time

Scripture: Matthew 6:34 – Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Reflection: Foster parenting can bring worries about a child's future—reunification, adoption, or long-term well-being. Jesus teaches you to focus on today, trusting God for tomorrow. This perspective frees you from the burden of unknowns, allowing you to pour love into the present moment. God provides grace for today's challenges, whether a difficult behavior or a caseworker meeting. By living one day at a time, you create space for connection and peace in your home. When anxiety about the future arises, pause and trust God's provision. Today, focus on the small acts of love you can offer, knowing God is with you in each moment.

Reflection Question: What future worry about fostering can you release to live in today's grace?

Day 16: The Lord is My Shepherd

Scripture: Psalm 23 – The Lord is my shepherd, I lack nothing... Even though I walk through the darkest valley, I will fear no evil, for you are with me...

Reflection: Foster parenting can feel like a dark valley, with challenges like trauma or uncertainty testing your strength. God, your Shepherd, promises to provide and protect you and the children in your care. His presence comforts you, assuring you that no fear is greater than His love. When a child's pain or a system's complexity overwhelms, trust that He guides you along right paths. His goodness pursues you, filling your home with hope. Today, rest in the image of God as your Shepherd, leading you and the children through every trial. Let His

presence calm your fears, empowering you to foster with confidence and love.

Reflection Question: How can you trust God as your Shepherd in a fostering challenge today?

Day 17: Hope Against Hope

Scripture: Romans 4:18-22 – Against all hope, Abraham in hope believed... Yet he did not waver through unbelief regarding the promise of God...

Reflection: Foster parenting can feel hopeless when progress is slow or outcomes are uncertain. Abraham's story inspires you to hope against hope, trusting God's promises despite challenges. His faith wasn't in his circumstances but in God's power. When you doubt your impact or worry about a child's future, cling to God's faithfulness. Your love and care are part of His redemptive plan, even when results aren't immediate. This hope strengthens you to persevere, giving glory to God for His work in each child's life. Today, hold fast to His promises, trusting that your fostering is a testament to His power and love.

Reflection Question: What promise of God can you hold onto to strengthen your fostering faith?

Day 18: Trust in the Lord

Scripture: Proverbs 3:5-6 – Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Reflection: Foster parenting often brings situations—behaviors, decisions, or systems—that defy your understanding, sparking anxiety. God calls you to trust Him fully, surrendering your need to control outcomes. Submitting to Him means seeking His guidance in every aspect of fostering, from daily routines to big decisions. His promise to make your paths straight assures you that He's leading, even when the way feels unclear. When worry creeps in, pray for His wisdom, trusting He's working for the good of the children in your care. Today, let go of your own understanding, allowing God's guidance to bring peace and direction to your fostering journey.

Reflection Question: What fostering situation can you surrender to God's understanding today?

Day 19: Blessed Trust

Scripture: Jeremiah 17:7 – But blessed is the one who trusts in the Lord, whose confidence is in him.

Reflection: As a foster parent, you face uncertainties that can shake your confidence. God promises blessings to those who trust in Him, anchoring their hope in His faithfulness. This confidence isn't in your abilities or the system but in God's unchanging love. When you feel overwhelmed by a child's needs or case complexities, place your trust in Him. His presence brings assurance, reminding you that your efforts are part of His plan. This trust transforms anxiety into peace, as you rely on the One who holds every child's future. Today, shift your

confidence to God, letting His blessings strengthen you to foster with hope and resilience.

Reflection Question: How can you shift your confidence to God in your fostering today?

Day 20: Perfect Peace

Scripture: Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Reflection: Foster parenting can be a whirlwind, with constant demands testing your peace. God promises perfect peace to those who keep their minds steadfast, trusting in Him. This peace comes from fixing your thoughts on His faithfulness, not the chaos around you. When a child's behavior or an uncertain future stirs anxiety, focus on God's love and power. A steadfast mind chooses trust over worry, creating a calm that sustains you. Today, as you navigate fostering challenges, meditate on His promises, letting His peace guard your heart. This discipline strengthens you to parent with patience and hope, reflecting God's calm to the children in your care.

Reflection Question: How can you keep your mind focused on God in fostering today?

Day 21: God is With You

Scripture: Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Reflection: Foster parenting can bring fears—about a child's healing, your strength, or the future. God's promise is clear: He is with you, your source of strength and help. His presence dispels dismay, assuring you that you're not alone in this calling. His righteous right hand upholds you, giving you resilience to face tough days. When anxiety about a child's trauma or a case decision arises, trust that God is near, strengthening you to love well. Today, let His presence comfort you, empowering you to foster with courage and confidence, knowing He's working through you to bring hope to each child.

Reflection Question: How does knowing God is with you change how you face fostering fears today?

Day 22: Be Courageous

Scripture: Joshua 1:9 – Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Reflection: Foster parenting requires courage—courage to advocate, to love through challenges, to face uncertainty. God commands you to be strong and courageous, not because of your own strength, but because He is with you. His presence is your foundation, dispelling fear and discouragement. When you feel overwhelmed by a child's needs or a system's complexities, trust that God walks with you. This courage enables you to take bold steps, like setting boundaries or seeking support, knowing He guides your path. Today, embrace His

command, fostering with confidence that His presence empowers you in every moment.

Reflection Question: What bold step in fostering can you take today, trusting God's presence?

Day 23: The Helper's Guidance

Scripture: John 14:26 – But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

Reflection: Foster parenting can feel like navigating uncharted waters, with decisions that stir anxiety. The Holy Spirit, your Helper, guides you with God's truth, bringing Jesus' words to mind when doubt clouds your heart. Whether responding to a child's trauma or making a tough call, the Spirit offers wisdom and peace. Invite Him into your fostering, trusting His guidance to shape your responses with love and clarity. His presence reminds you of God's promises, calming fears about your adequacy. Today, lean on the Spirit's teaching, letting His truth guide your actions and bring peace to your home as you care for children.

Reflection Question: How can you invite the Holy Spirit to guide your fostering decisions today?

Day 24: The Spirit Intercedes

Scripture: Romans 8:26 – Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Reflection: Foster parenting brings moments of weakness—when you're unsure how to pray for a child's healing or your own strength. The Holy Spirit intercedes, carrying your deepest needs to God with groans beyond words. This promise assures you that your prayers, even when faltering, are heard. When anxiety about a child's future or your role overwhelms, trust the Spirit to pray on your behalf. His intercession bridges your weakness to God's strength, bringing peace to your heart. Today, rest in this truth, knowing the Spirit is advocating for you and the children in your care, empowering you to foster with hope.

Reflection Question: What fostering burden can you entrust to the Spirit's intercession today?

Day 25: Love One Another

Scripture: John 13:34-35 – A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.

Reflection: Foster parenting is a call to love sacrificially, reflecting Christ's love for you. This love shines when you show patience to a child, kindness to a caseworker, or grace to yourself. It shifts your focus from self-doubt to God's purpose, creating a home where children feel safe. Loving others as Christ loves you is a testimony of your faith, impacting those around you. When fostering feels hard, let His love guide your actions, replacing anxiety with compassion. Today, choose to love intentionally, knowing your efforts reflect God's heart and bring healing to

the children in your care.

Reflection Question: Who in your fostering journey can you show Christ's love to today?

Day 26: Grace in Weakness

Scripture: 2 Corinthians 12:9 – But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Reflection: Foster parenting exposes weaknesses—moments when you feel inadequate or exhausted. God’s promise is that His grace is sufficient, and His power shines in your limitations. Instead of hiding your struggles, embrace them as opportunities for Christ’s strength to work through you. When self-doubt creeps in, trust that His grace equips you to love and lead. Your weaknesses don’t disqualify you; they invite God’s power into your fostering. Today, boast in your reliance on Him, knowing His strength sustains you through every challenge, transforming doubt into confidence as you care for children with His love.

Reflection Question: How can you rely on God’s grace in a fostering weakness today?

Day 27: The Lord is My Helper

Scripture: Hebrews 13:6 – So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

Reflection: Foster parenting can bring fears—of judgment, failure, or a child’s struggles. God declares He is your helper, giving you confidence to face any challenge. His presence outweighs human opinions or system obstacles, assuring you that no fear is greater than His care. When anxiety about a child’s behavior or a case outcome arises, declare, “The Lord is my helper.” This truth empowers you to advocate boldly and love deeply, knowing God supports you. Today, let His help calm your fears, strengthening you to foster with courage and peace in His unfailing presence.

Reflection Question: What fostering fear can you release by declaring God as your helper?

Day 28: Fearfully and Wonderfully Made

Scripture: Psalm 139:14 – I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Reflection: Self-doubt can make foster parents feel inadequate for their calling. God reminds you that you—and the children in your care—are fearfully and wonderfully made. His craftsmanship in you equips you to love and guide each child, who is also His creation. When you doubt your impact, praise God for how He designed you for this role. This truth extends to the children, affirming their worth despite their pasts. Today, celebrate your unique calling and the children’s inherent value, letting this perspective replace doubt with confidence. Your fostering reflects God’s wonderful work, bringing hope to your home.

Reflection Question: How can you praise God for how He made you or a child in your care today?

Day 29: Guard Your Thoughts

Scripture: Philippians 4:8 – Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Reflection: Foster parenting can flood your mind with worries—about a child’s trauma, your decisions, or the future. God calls you to guard your thoughts, focusing on what is true and lovely. This discipline counters anxiety’s lies with His truth. Reflect on moments of progress, a child’s smile, or God’s faithfulness in your journey. By choosing these thoughts, you build a mental shield against fear, creating a peaceful environment for your home. Today, intentionally dwell on God’s goodness, letting it guide your fostering with hope and calm, knowing your thoughts shape your ability to love well.

Reflection Question: What negative fostering thought can you replace with a true one today?

Day 30: Strengthened by Christ

Scripture: Philippians 4:13 – I can do all things through him who strengthens me.

Reflection: Foster parenting brings moments when you feel stretched beyond your limits. God promises that through Christ, you have strength for every challenge. This isn’t about your own power but His, enabling you to face tough behaviors, advocate fiercely, or persevere through exhaustion. When self-doubt questions your ability, lean into Christ’s strength through prayer. Your small acts of love are empowered by Him, making a difference in each child’s life. Today, trust His strength to carry you, transforming doubt into courage. As you foster, know that Christ equips you to love with resilience, bringing hope and healing to your home.

Reflection Question: How can you rely on Christ’s strength in a fostering challenge today?

Conclusion: Over these 30 days, you’ve explored God’s promises to renew your mind, replace fear with peace, and overcome self-doubt as a foster parent. These scriptures are a lifeline, guiding you to trust God’s presence in your calling. Continue to meditate on His Word, pray with thanksgiving, and lean on His strength. May His peace guard your heart, empowering you to foster with confidence, love, and hope.