

A 30- DAY DEVOTIONAL

STAND STILL

FINDING COURAGE
WHEN RUNNING FEELS EASIER



CLAUDIA LUCERO

STAND STILL: A 30-Day Devotional

Finding Courage When Running Feels Easier

CLAUDIA LUCERO

Dedication

This book is dedicated to every weary heart that has ever felt the urge to run—from fear, from failure, from pain, or even from God.

May you discover that His love always finds you, His grace always restores you, and His presence always gives you the courage to stand still.

To the ones who feel weak, may you know His strength.

To the ones who feel broken, may you find His healing.

And to the ones who feel unseen, may you hear His voice whisper, *“I am with you.”*

This devotional is for you—a reminder that God doesn’t just change circumstances... He changes lives.

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Introduction

We live in a world that teaches us to run. Run from pain. Run from responsibility. Run from fear. Run from anything that makes us feel small, unworthy, or uncomfortable. But no matter how fast we run, we eventually realize that our struggles are not behind us—they're within us.

The truth is, God rarely changes our situation first. Instead, He changes *us*. His greatest work is not in moving mountains around us, but in shaping hearts within us. That's why Scripture continually calls us to stand firm, to be still, to trust—not because the storm stops immediately, but because God's presence is greater than the storm.

This devotional, *Stand Still: Finding Courage When Running Feels Easier*, invites you on a 30-day journey through the lives of men and women in the Bible who faced fear, failure, temptation, and trials. Some ran. Some stood firm. But in every story, we see God's faithfulness and His desire to transform His people.

As you walk through these devotionals, may you find the courage to stop running. May you discover that God is not asking you to be perfect—He's asking you to be present. And may you rest in the truth that the Lord who calls you to stand still is the same Lord who fights for you.

Week 1

Running from Fear



Day 1 – Adam & Eve Hiding in the Garden

Scripture:

“Then the man and his wife heard the sound of the Lord God... and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, ‘Where are you?’” – *Genesis 3:8-9*

Story & Reflection:

Adam and Eve disobeyed God, and instead of running to Him, they ran away. Shame drove them to hide, but God's love sought them out. He didn't abandon them—He called them. In the same way, God calls us out of hiding to walk in His grace. Running from God delays healing, but standing still in His presence restores us.

Prayer:

Lord, when I'm tempted to hide in shame, draw me back to Your presence. Help me to trust that Your love is greater than my failures. Amen.

Reflection Question:

Where am I hiding from God today, and what would it look like to step into His light?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 2 – Cain Leaving God’s Presence

Scripture:

“So Cain went out from the Lord’s presence and lived in the land of Nod, east of Eden.”

– *Genesis 4:16*

Story & Reflection:

Cain chose jealousy, anger, and violence. Instead of repenting, he walked away from the Lord's presence. Many of us respond the same way—we let guilt or pride push us farther from God rather than closer to Him. But leaving God's presence never brings peace; it only deepens emptiness. True courage is not in running but in confessing and allowing God to transform us.

Prayer:

Father, forgive me for the times I let pride or guilt push me away from You. Keep me close to Your presence, for only there can I find life and peace. Amen.

Reflection Question:

Am I running away in guilt or shame instead of drawing closer to God for forgiveness?

[illegible]

Day 3 – Jacob Running from Esau

Scripture:

“Esau held a grudge against Jacob... When Rebekah was told what her older son had said, she sent for her younger son Jacob and said to him, ‘Your brother Esau is planning to kill you. Now then, my son, do what I say: Flee at once...’” – *Genesis 27:41-43*

Story & Reflection:

Jacob ran from Esau after deceiving him. For years, Jacob lived as a fugitive, carrying guilt and fear. But God eventually called him back, not to run, but to reconcile. Running delays healing; standing still in God's strength opens the door to forgiveness and restoration.

Prayer:

Lord, help me stop running from broken relationships. Give me courage to seek reconciliation where You call me to. Amen.

Reflection Question:

Who in my life do I need to stop running from and seek peace with?

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Day 4 – Moses Fleeing Egypt

Scripture:

“When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian.” – *Exodus 2:15*

Story & Reflection:

Moses ran after killing an Egyptian, thinking his calling was lost. But in Midian, God shaped him into the leader he was meant to be. Sometimes, when we run, God still meets us in the wilderness. He doesn't cancel our purpose; He refines us until we're ready.

Prayer:

God, thank You that my failures don't cancel my calling. Use even my wilderness seasons to prepare me for what You've planned. Amen.

Reflection Question:

Am I allowing past mistakes to make me run from my calling instead of trusting God to redeem me?

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Day 5 – Elijah Hiding in the Wilderness

Scripture:

“Elijah was afraid and ran for his life... He came to a broom bush, sat down under it and prayed that he might die. ‘I have had enough, Lord,’ he said.” – *1 Kings 19:3-4*

Story & Reflection:

After a great victory, Elijah ran in fear and despair. He wanted to give up. But God met him not with condemnation, but with comfort, food, and a gentle whisper. Sometimes fear makes us run, but God patiently reminds us that He is still with us.

Prayer:

Lord, when I feel overwhelmed and afraid, remind me that You are near. Help me to rest in Your presence instead of running in panic. Amen.

Reflection Question:

Where do I need to stop running in fear and listen for God's whisper today?

[illegible]

Day 6 – Jonah Running from God’s Call

Scripture:

“But Jonah ran away from the Lord and headed for Tarshish.” – *Jonah 1:3*

Story & Reflection:

Jonah didn't want to face God's mission, so he ran in the opposite direction. Yet even in his disobedience, God pursued him with grace. We often run from what God asks of us, but His mercy chases us down—not to punish, but to redirect us. Standing still means surrendering to His call, even when it's uncomfortable.

Prayer:

Father, forgive me for the times I resist Your calling. Teach me to trust Your plan and obey with courage. Amen.

Reflection Question:

What call of God am I resisting, and what step of obedience can I take today?

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Week 2

Standing Still in Faith



Day 8 – Israel at the Red Sea

Scripture:

“Moses answered the people, ‘Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today... The Lord will fight for you; you need only to be still.’” – *Exodus 14:13-14*

Story & Reflection:

The Israelites had just escaped Egypt, but when they saw Pharaoh's army chasing them, fear rose. They wanted to run, but there was nowhere to go—the sea before them, enemies behind them. Moses reminded them: *stand still*. God parted the Red Sea, proving He fights for His people.

Sometimes God allows us into “Red Sea moments” to show that deliverance comes not by running, but by trusting. Standing still is an act of courage that invites God to do the impossible.

Prayer:

Lord, when I feel trapped by fear, help me to stand firm in faith, knowing You fight for me. Amen.

Reflection Question:

Where in my life do I need to stop panicking and instead let God fight for me?

[illegible]

Day 9 – David Facing Goliath

Scripture:

“David said to the Philistine, ‘You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty...’” – *1 Samuel 17:45*

Story & Reflection:

Everyone else ran from Goliath, but David stood still. He didn't trust in armor or weapons but in the name of the Lord. His courage came not from his strength but from God's.

Like David, we face “giants”—fear, insecurity, obstacles. Courage isn’t the absence of fear, but choosing to stand still, declaring that God is greater.

Prayer:

Father, give me David's boldness to face the giants in my life, trusting in Your power and not my own. Amen.

Reflection Question:

What “giant” am I facing today, and how can I declare God’s power over it?

This image shows a single sheet of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it is resting on a surface.

Day 10 – Shadrach, Meshach, and Abednego in the Fire

Scripture:

“Shadrach, Meshach and Abednego replied to the king, ‘We do not need to defend ourselves... The God we serve is able to deliver us... But even if He does not, we want you to know... we will not serve your gods.’” – *Daniel 3:16-18*

Story & Reflection:

When commanded to bow to an idol, these three young men refused. They didn't run or compromise. They stood firm, declaring their faith whether God delivered them or not.

Standing still doesn't mean the fire won't come—but it does mean we won't stand in it alone. Their story reminds us that God is present in the flames.

Prayer:

Lord, give me unshakable faith to stand firm even when the fire comes, knowing You are with me. Amen.

Reflection Question:

Am I willing to trust God even if His answer looks different than I expect?

[illegible]

Day 11 – Daniel in the Lion’s Den

Scripture:

“Now when Daniel learned that the decree had been published, he went home... Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.” – *Daniel 6:10*

Story & Reflection:

Daniel could have stopped praying to save his life, but he stood firm in faith. His habit of prayer mattered more than his safety. Because of his courage, God shut the lions' mouths.

We too face pressures to compromise. But courage is choosing prayer over panic, devotion over fear.

Prayer:

God, help me to stand firm in prayer when the world pressures me to bow to fear. Amen.

Reflection Question:

Where am I tempted to compromise my faith, and how can I stand still like Daniel?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 12 – Esther Before the King

Scripture:

“For if you remain silent at this time, relief and deliverance... will arise from another place... And who knows but that you have come to your royal position for such a time as this?” – *Esther 4:14*

Story & Reflection:

Esther risked her life to approach the king on behalf of her people. Fear could have kept her silent, but she stood still in faith, choosing courage over safety.

Sometimes courage is simply showing up, speaking up, or standing up when it matters most. God places us in moments where our obedience can impact generations.

Prayer:

Lord, give me Esther's courage to speak when silence feels safer. Help me see that You have placed me here "for such a time as this." Amen.

Reflection Question:

Where is God asking me to show courage and step out in faith right now?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Day 13 – Ruth Choosing to Stay

Scripture:

“But Ruth replied, ‘Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.’” – *Ruth 1:16*

Story & Reflection:

Ruth could have gone back to her old life after losing her husband. Instead, she stood firm beside Naomi, choosing loyalty and faith in God's plan. That decision positioned her to be part of Jesus' family line.

Courage often looks like staying when it's easier to leave. Standing still in faith allows God to write His story through us.

Prayer:

Father, give me Ruth's loyalty and trust, to remain faithful where You have planted me.
Amen.

Reflection Question:

Where in my life am I tempted to walk away, and how might God be calling me to stay?

This image shows a single page from a notebook or ledger. It features ten evenly spaced horizontal grey lines across its entire width. The background is white, and there are no margins, text, or other markings present.

Day 14 – Reflection & Prayer: Standing Still in Faith

Scripture:

“Be on your guard; stand firm in the faith; be courageous; be strong.” – *1 Corinthians 16:13*

Story & Reflection:

This week we saw the Israelites at the Red Sea, David before Goliath, three young men in the fire, Daniel in the lions' den, Esther before the king, and Ruth beside Naomi. Each chose faith over fear, standing still in courage. Their strength came not from themselves, but from God's presence.

Prayer:

Lord, thank You for the examples of faith in Scripture. Teach me to stand still in trust, courage, and obedience, knowing that You are always with me. Amen.

Reflection Question:

What area of my life is God calling me to stop running and instead stand firm in faith?

This image shows a single sheet of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 3

**When God Changes You,
Not the Situation**



Day 15 – Joseph in Prison

Scripture:

“But while Joseph was there in the prison, the Lord was with him; He showed him kindness and granted him favor in the eyes of the prison warden.” – *Genesis 39:20-21*

Story & Reflection:

Joseph was betrayed, falsely accused, and imprisoned. He could have given up, but he stood still and trusted God. Though the prison didn't change, *he* changed—growing in faith, character, and leadership. Later, God used him to save nations.

Our prisons—hard seasons, unfair trials—don't always disappear. But God is with us in them, shaping us for His greater purpose.

Prayer:

Lord, help me to trust You in the “prison seasons.” Even if my circumstances don’t change, change me to be more like You. Amen.

Reflection Question:

How is God shaping me in my current trial instead of simply removing it?

[illegible]

Day 16 – Job in Suffering

Scripture:

“Then Job fell to the ground in worship and said: ‘The Lord gave, and the Lord has taken away; may the name of the Lord be praised.’ – *Job 1:20-21*

Story & Reflection:

Job lost everything—wealth, children, health—yet he refused to curse God. His situation didn't change quickly, but through it, he gained deeper faith and a greater revelation of who God is.

When suffering lingers, God often uses it to refine us. Standing still in trust, like Job, means worshiping God even when life hurts.

Prayer:

Father, teach me to worship You even in pain. Strengthen my faith when life doesn't make sense. Amen.

Reflection Question:

Am I focusing more on my suffering changing, or on how God wants to change me through it?

[illegible]

Day 17 – Paul’s Thorn in the Flesh

Scripture:

“But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’” – *2 Corinthians 12:9*

Story & Reflection:

Paul prayed for God to remove a thorn—a weakness or trial in his life. God didn't remove it, but promised grace to endure. Paul learned that God's strength shines brightest in human weakness.

Sometimes God doesn't change the struggle because He's using it to reveal His grace. Standing still means relying on His strength, not our own.

Prayer:

Lord, thank You that Your grace is enough. When I feel weak, let Your power rest on me.
Amen.

Reflection Question:

Where do I need to stop asking God to remove something and instead lean on His grace in it?

[illegible]

Day 18 – Hannah’s Prayer

Scripture:

"In her deep anguish Hannah prayed to the Lord, weeping bitterly." – 1 Samuel 1:10

Story & Reflection:

Hannah longed for a child, but year after year her situation didn't change. Still, she poured her heart out to God. Her prayer wasn't just about getting what she wanted—it was about surrender. God eventually blessed her, but more importantly, He transformed her heart in the waiting.

Our deepest prayers aren't wasted. God uses waiting to shape us into people who trust Him more fully.

Prayer:

God, help me to keep praying even when answers don't come quickly. Change my heart while I wait on You. Amen.

Reflection Question:

Am I using my waiting season to grow closer to God or to grow frustrated with Him?

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Day 19 – Mary at the Cross

Scripture:

“Near the cross of Jesus stood His mother...” – *John 19:25*

Story & Reflection:

Mary couldn't change the cross. She couldn't rescue Jesus from suffering. But she stood still in love, faith, and courage. God didn't change her situation—He strengthened her to endure it.

We often want God to remove the cross, but sometimes He asks us to carry it. His presence gives us courage to stand even in heartbreak.

Prayer:

Lord, give me Mary's courage to stand still in faith, even when I can't change my circumstances. Amen.

Reflection Question:

Am I asking God to remove the cross in my life instead of asking Him to give me strength to bear it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 20 – Stephen Before His Accusers

Scripture:

“But Stephen, full of the Holy Spirit, looked up to heaven and saw the glory of God, and Jesus standing at the right hand of God.” – *Acts 7:55*

Story & Reflection:

Stephen preached boldly and was stoned for his faith. God didn't save him from the situation, but He gave Stephen a heavenly vision that filled him with peace and courage. His testimony still speaks today.

Sometimes God doesn't change the outcome we want—but He changes our perspective, lifting our eyes to Jesus.

Prayer:

Holy Spirit, help me fix my eyes on Jesus, not on my enemies or circumstances. Fill me with courage to stand in truth. Amen.

Reflection Question:

What would it look like for me to shift my perspective from fear of people to focus on Jesus?

[illegible]

Day 21 – Reflection & Prayer: God Changes Us First

Scripture:

“Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.” – *James 1:2-3*

Story & Reflection:

This week we saw Joseph, Job, Paul, Hannah, Mary, and Stephen. None of their situations changed quickly, but *they* changed. God used suffering, waiting, weakness, and trial to build faith, perseverance, and courage.

We often want God to remove the trial, but His greater work is shaping us to reflect Christ.

Prayer:

Lord, thank You for using trials to shape me. I surrender my desire for quick fixes and ask You to change me from the inside out. Amen.

Reflection Question:

Where is God asking me to stop waiting for things to change and instead let Him change me?

[illegible]

Week 4

From Running to Resting



Day 22 – Peter Denying Jesus

Scripture:

“Then Peter remembered the word Jesus had spoken: ‘Before the rooster crows, you will disown me three times.’ And he went outside and wept bitterly.” – *Luke 22:61-62*

Story & Reflection:

Peter loved Jesus, but when pressure came, he ran with his words—denying Him three times. Guilt overwhelmed him. Yet this failure was not the end. Sometimes we run because of our mistakes, but God’s mercy is bigger than our failures.

Prayer:

Lord, forgive me when fear makes me deny You in my actions or words. Thank You that Your grace is greater than my failures. Amen.

Reflection Question:

Where do I struggle with fear of rejection or failure, and how is it keeping me from standing for Jesus?

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Day 23 – Peter Restored by Jesus

Scripture:

“Jesus said, ‘Simon son of John, do you love Me?’ ... ‘Yes, Lord, You know that I love You.’ Jesus said, ‘Feed My sheep.’” – *John 21:17*

Story & Reflection:

Jesus didn't leave Peter in shame. After the resurrection, He restored him with love and recommissioned him to ministry. Peter learned that grace doesn't just forgive—it empowers us to move forward.

God doesn't want us stuck in regret. Standing still means receiving His forgiveness and stepping into our purpose again.

Prayer:

Thank You, Jesus, for restoring me when I fall. Help me accept Your forgiveness and walk boldly in my calling. Amen.

Reflection Question:

Am I allowing shame to keep me running, or am I letting God's grace restore me?

[illegible]

Day 24 – Paul & Silas in Prison

Scripture:

“About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.” – *Acts 16:25*

Story & Reflection:

Paul and Silas were beaten and chained in prison. Instead of despair, they chose worship. Their praise shook the prison and set captives free.

Worship is an act of courage that shifts our focus from chains to the Chain-Breaker. Standing still in praise reminds us that God is greater than any prison.

Prayer:

Lord, give me a song of praise even in the darkest places. Let my worship bring freedom to me and those around me. Amen.

Reflection Question:

What is one situation I can respond to with worship instead of worry?

This image shows a single sheet of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 25 – Jesus in Gethsemane

Scripture:

“Father, if You are willing, take this cup from Me; yet not My will, but Yours be done.” –
Luke 22:42

Story & Reflection:

In the garden, Jesus faced the weight of the cross. His human heart longed for escape, but He surrendered to the Father's will.

Courage is not pretending we're not afraid—it's choosing obedience even when it costs us. Jesus shows us that surrender is the pathway to strength.

Prayer:

Father, help me surrender my will to Yours. Give me courage to obey even when it's hard. Amen.

Reflection Question:

What part of my life do I need to surrender to God instead of running from His will?

[illegible]

Day 26 – Jesus on the Cross

Scripture:

“When He had received the drink, Jesus said, ‘It is finished.’ With that, He bowed His head and gave up His spirit.” – *John 19:30*

Story & Reflection:

Jesus didn't run from the cross. He endured it to complete God's plan of salvation. His courage to finish what God started gives us eternal life.

Sometimes standing still means finishing the assignment God gave us, even when it's painful. True courage is perseverance to the end.

Prayer:

Jesus, thank You for not running from the cross. Help me to finish the work You've called me to, trusting that You are with me. Amen.

Reflection Question:

What assignment in my life do I need to finish faithfully instead of giving up?

This image shows a single sheet of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 27 – The Early Church Facing Persecution

Scripture:

“After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.” – Acts 4:31

Story & Reflection:

The early believers faced threats and persecution, but they didn't run or hide. They prayed, were filled with the Spirit, and spoke with boldness.

We too live in a world where faith can be costly. But the same Spirit who gave them courage lives in us.

Prayer:

Holy Spirit, fill me with boldness to live out my faith, even when it's unpopular or dangerous. Amen.

Reflection Question:

Where do I need to pray for boldness instead of shrinking back in fear?

[illegible]

Day 28 – Your Story of Courage

Scripture:

“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.” – *Joshua 1:9*

Story & Reflection:

The Bible is full of people who ran, feared, and struggled—but God gave them courage to stand. You, too, are part of that story. God calls you not to run from fear but to rest in His presence, trusting that He is with you.

Prayer:

Lord, thank You that my story is in Your hands. Help me to live with courage, trusting that You are with me wherever I go. Amen.

Reflection Question:

What part of my story is God asking me to stand in courage today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 29 – Final Reflection: From Running to Resting

Scripture:

“Be still and know that I am God.” – *Psalms 46:10*

Story & Reflection:

All throughout Scripture we've seen the choice—run or stand still. God's heart is not for us to live in fear, but in rest. Being still isn't passivity; it's trust. It's the choice to stop striving, stop running, and rest in the God who fights for us.

Prayer:

Lord, I choose to rest in You. Teach me to be still, to stop running, and to trust that You are God. Amen.

Reflection Question:

Am I striving in my own strength, or resting in God's power and presence?

This image shows a blank sheet of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 30 – Closing Prayer & Scripture Affirmations

Scripture:

“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.” – *Isaiah 41:10*

Closing Reflection:

Your journey from running to resting is not about changing every situation—it's about letting God change *you*. Courage is found not in escape, but in standing still in faith. God is with you, and His presence gives you the strength to face whatever comes.

Closing Prayer:

Father, thank You for walking with me through fear, weakness, and trials. I no longer run from You or from life's challenges. I choose to stand still, trust You, and live with courage. Amen.

Affirmations to Declare Daily:

- I will not run—I will stand firm in the Lord.
- God is my strength and my shield.
- His grace is sufficient for me.
- I am courageous because God is with me.
- I rest in His presence, not in my own striving.

Bonus Section: Reflection & Affirmations

Reflection Journal Pages

Use these guided questions to reflect, pray, and write as God works in your heart.

Week 1: Running from Fear

- Where in my life am I tempted to hide from God?
- What fears am I running from right now?
- How has God been calling me to trust Him instead of running?
- What would it look like for me to stand still in this season?

Week 2: Standing Still in Faith

- What “giants” or challenges am I facing that make me want to run?
- How can I respond like David, Daniel, or Esther—with courage and trust?
- Where is God calling me to stay faithful instead of leaving?
- How can I remind myself daily that God is greater than my fear?

Week 3: When God Changes You, Not the Situation

- In what trial am I asking God to change things quickly?
- How might God be trying to change *me* instead?
- What weaknesses can I surrender to God, so His strength shines through?
- How do I see God’s grace working in my waiting season?

Week 4: From Running to Resting

- Where have I let shame or failure keep me running from God?
- What situation do I need to surrender to Him fully?
- How can worship shift my perspective in difficult times?
- What would it look like to live in rest instead of striving?

Scripture Affirmations

Speak these aloud daily to strengthen your courage and faith.

- “I will not run—I will stand firm in the Lord.” (*Ephesians 6:13*)
- “The Lord will fight for me; I need only to be still.” (*Exodus 14:14*)
- “God has not given me a spirit of fear, but of power, love, and self-discipline.” (2 *Timothy 1:7*)
- “I can do all things through Christ who strengthens me.” (*Philippians 4:13*)
- “The Lord is my light and my salvation—whom shall I fear?” (*Psalms 27:1*)
- “Be still and know that He is God.” (*Psalms 46:10*)
- “I am strong and courageous, for the Lord my God is with me wherever I go.” (*Joshua 1:9*)
- “Even when I walk through the valley, I will not fear, for You are with me.” (*Psalms 23:4*)

Prayer of Commitment

Father, today I choose to stop running from fear, failure, and difficulty. I surrender my life, my struggles, and my future into Your hands. Give me courage to stand still in Your presence, faith to trust Your timing, and peace to rest in Your strength. I declare that I am not defined by fear but by Your love. From this day forward, I will walk in courage, not because of who I am, but because of who You are in me. Amen.

Conclusion

Over the past 30 days, you've journeyed with Adam and Eve in their hiding, Jonah in his running, Moses in his wilderness, David in his courage, Esther in her obedience, and Paul in his perseverance. You've seen that fear is real, failure happens, and trials often remain—but God is faithful in it all.

Standing still does not mean doing nothing. It means choosing to trust instead of panic, to worship instead of worry, to stay instead of running. It means anchoring your heart in the One who never leaves your side.

You don't have to run anymore. The God who parted seas, shut lions' mouths, walked through fire, and overcame the cross is the same God who walks with you. Your story is still being written, and His presence gives you the courage to face it.

So today, take a deep breath. Lay down the weight of fear and striving. Stand still in His presence. And know that even if the situation doesn't change, you will—because God is making you strong, courageous, and unshakable in Him.

“Be strong and courageous... for the Lord your God will be with you wherever you go.” – Joshua 1:9

Acknowledgments

First and foremost, I give all glory to God—the One who gives us strength when we feel weak, courage when we feel afraid, and peace when we are tempted to run. Without His presence, this book would not exist.

To my family, thank you for your love, patience, and encouragement.
Your prayers and support have been a steady reminder of God's faithfulness.

To my readers, thank you for opening these pages and walking this journey with me.
It is my prayer that these devotionals bring you closer to the heart of God
and remind you that you are never alone.

And to every person who has ever struggled with fear, failure, or doubt—this book is for you.

May you find the courage to stand still and discover the strength that comes from God alone.

With gratitude and love,

Claudia Lucero

About the Author

Claudia Lucero is a writer, entrepreneur, and faith encourager with a passion for helping people live with courage and clarity in their God-given calling. Through her brand, **Faith Grows Co.**, she creates devotionals, journals, and resources designed to strengthen faith, conquer fear, and inspire purposeful living.

As a stay-at-home mom and homeschooler, Claudia knows the challenges of balancing family, faith, and personal calling. Her writing reflects her heart to encourage others that no matter where they are in life—whether in seasons of uncertainty, fear, or transition—God has a plan and purpose for them.

Her devotional series, including *Called & Chosen*, blends Scripture, reflection, and practical steps to help readers not only grow spiritually but also live boldly with faith over fear. She believes that discovering your purpose is not about striving for perfection but about daily walking with God, trusting Him to lead the way.

When Claudia isn't writing or creating resources for Faith Grows Co., she enjoys reading, learning new things, thrifting finds, teaching her son, and building businesses that empower others to step into their dreams.

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Thank You for Reading

I pray this devotional has encouraged you to stop running, to stand still in God's presence, and to discover His strength and courage within you. Remember, God doesn't always change your situation—He changes *you*.

Your journey doesn't end here. Keep growing in faith daily and surround yourself with reminders of who you are in Christ.

✦ Stay connected with **Faith Grows Co** for more devotionals, encouragement, and faith-based resources:

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Let's keep walking this journey of faith together—one step, one prayer, one courageous stand at a time.

With love and faith,

Claudia Lucero

Faith Grows Co