

CALM IN THE CARING

A 33-Day Devotional for Single
Parents Seeking Strength, Peace, and
Steady Courage

By Anna Shepherd

Calm in the Caring

A 33-Day Devotional for Single Parents Seeking Strength, Peace, and
Steady Courage

For every single parent quietly carrying more than anyone sees.

Overcoming Fear and Anxiety — Volume 3

BY ANNA SHEPHERD

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For every single parent who wakes up early, stays up late, and holds the world together for their children—often without thanks, without rest, and without anyone to share the load. You are seen, known, and deeply loved by a God who understands the weight you carry and strengthens you in ways no one else can.

May these words bring calm where fear has whispered, and courage where anxiety has lingered.

Introduction

Single parenting through seasons of fear and anxiety is a journey few truly understand. You face decisions alone. You hold responsibilities that never seem to end. You carry private worries about safety, finances, schedules, and the emotional well-being of your children. And through it all, you try to stay strong—even on days when your heart feels anything but steady.

This devotional was created as a gentle place for your soul to breathe. Over the next 33 days, you will walk through Scripture, encouragement, and simple, steady reflections designed to help quiet anxious thoughts and strengthen you from within. These pages honor the courage it takes to keep going, the tenderness you pour into your children, and the quiet prayers you whisper at the end of long days.

You won't find pressure here. You won't find judgment. Instead, you'll find a compassionate reminder that God walks beside you—in the stress, the uncertainty, the chaos of daily life, and the moments you worry about doing it all alone. His presence is your grounding place. His peace steadies your breath. His strength holds what feels too heavy.

As you move through this devotional, let these reflections help you slow down, release what you were never meant to carry alone, and rediscover the steady courage God has already placed within you.

How to Use This Devotional

Each daily devotional includes:

- A short passage of KJV Scripture (plain text, no italics)
- A warm, anxiety-sensitive reflection written for single parents carrying heavy responsibilities
- A prayer, meditation, or reflection question to guide your heart

There is no required pace. Read one day at a time or linger longer when something speaks to you. Let each devotional meet you right where you are—in the carpool line, during a quiet moment, or before bed when the house finally settles.

You don't need to have everything figured out. You don't need to feel strong every day. These 33 days are meant to guide you gently back to God's calming presence, His sustaining strength, and His steady peace.

Move slowly. Be kind to yourself. Let God replace fear with courage, anxiety with trust, and exhaustion with renewed hope.

Week 1 — Finding Calm When Life Feels Overwhelming

DAY 1 — When Your Heart Is Tired Before the Day Begins

Scripture:

Come unto me, all ye that labour and are heavy laden, and I will give you rest. — Matthew 11:28

Reflection:

Some days begin with a sigh before your feet touch the floor. The weight of responsibilities, schedules, meals, decisions, and unseen emotional load can make you feel exhausted long before the day truly starts. As a single parent, much rests on your shoulders, and the pressure to remain steady for your children can make your own heart feel overlooked.

Yet Jesus speaks directly into this early-morning heaviness. His invitation is not vague comfort; it is an offer of real rest. He does not ask you to perform strength—He offers Himself as the strength you're missing. The rest He gives is not only physical but deeply spiritual: the rest of knowing you don't carry everything alone.

Let today begin with this truth settling softly inside you: God is already in your day. He is already in the moments that will overwhelm you, already in the places where peace may falter. You are not stepping into this day by yourself.

Reflection Question:

What burden do you need to hand over to God before your day unfolds?

Week 2 — Strength for the Responsibility You Carry Alone

DAY 8 — When the Weight Feels Too Heavy

Scripture:

Fear thou not; for I am with thee: be not dismayed; for I am thy God. — Isaiah 41:10

Reflection:

Some days the responsibilities you carry feel like more than one heart can hold. Providing, protecting, planning, comforting, deciding—all of it rests on you. And when exhaustion mixes with the pressure to stay steady for your children, the weight can feel overwhelming.

But God meets you in that heaviness, not with demands but with presence. He does not tell you to “try harder” or “be stronger.” He tells you not to fear because He is with you. His companionship is the strength you cannot manufacture. His presence is the calm that steadies your trembling places.

Even in the busiest moments, you are not carrying this alone. God walks with you through every decision and every responsibility. His nearness becomes your quiet courage.

Reflection Question:

Where do you feel the weight most deeply today, and how can God meet you there?

Week 3 — Peace for Anxious Hearts and Uncertain Futures

DAY 15 — When the Future Feels Too Big to Hold

Scripture:

Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. — Psalm 37:5

Reflection:

Uncertainty has a way of expanding in your mind until it feels larger than the present moment. You may find yourself worrying about future needs, upcoming decisions, or possibilities that have not yet unfolded. When so much rests on your shoulders, the unknown can feel intimidating, even overwhelming.

God invites you to commit—not to control—your way to Him. He does not ask you to solve tomorrow, only to place it in His hands. Trust is not pretending you're unafraid; it is choosing to lean on God even when you feel unsure. He brings things to pass at the pace wisdom requires, not the pace anxiety demands.

Your future is not a burden you carry alone. The God who has walked with you this far is already present in the days ahead. His care is not confined to today; it stretches into every tomorrow.

Reflection Question:

What part of your future feels the heaviest, and how can you commit it to God today?

Week 4 — Courage, Faith, and Standing Firm in Everyday Challenges

DAY 22 — Courage for the Challenges You Face Today

Scripture:

Wait on the LORD: be of good courage, and he shall strengthen thine heart. — Psalm 27:14

Reflection:

Daily challenges come in many forms—emotional strain, financial pressure, parenting demands, or moments when fear whispers that you are not strong enough. These challenges may not be dramatic, but they require courage all the same. Courage to keep going, courage to make decisions, courage to stay steady when your heart feels unsure.

God does not ask you to summon this courage alone. He strengthens your heart as you wait on Him. Courage grows not from forcing yourself to be bold, but from trusting that God is present in each challenge and will meet you with the strength you need. His help is not distant; it is immediate and personal.

Let today be a reminder that courage is not loud. Sometimes it looks like simply showing up with faith, believing God will supply what you lack.

Reflection Question:

Where do you need God to strengthen your heart for today's challenges?

Week 5 — Restored Peace, Renewed Strength, and Hope for What's Ahead

DAY 29 — Peace That Calms What Comes Next

Scripture:

Peace I leave with you, my peace I give unto you. — John 14:27

Reflection:

As you look toward the future, it's natural for questions to rise. What will change? What will remain uncertain? What responsibilities will you need to face next? Yet Jesus offers a peace that reaches into the places where tomorrow feels unclear. His peace is not fragile, conditional, or temporary. It speaks directly to the parts of your heart that feel unsettled.

This peace is something He gives, not something you must earn. It settles over fears gently, quieting the noise of what-ifs and reminding you that God does not abandon you between seasons. His presence fills the spaces where anxiety once grew, helping your heart breathe again.

Let this be a week where peace takes deeper root—where your heart begins to rest in the One who already holds every tomorrow.

Reflection Question:

Where do you long for God's peace to settle as you look ahead?

Closing Blessing

May the Lord steady your heartbeat when anxiety rises, strengthen your hands when the day feels long, and surround your home with a peace that softens every corner. May He guide your decisions, protect your children, and remind you that you are never walking this road alone.

May His presence calm what overwhelms you, renew what feels depleted, and light the path ahead with hope.

Also by the Author

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About the Author

Anna Shepherd writes devotionals for believers navigating modern life with timeless faith. Her work brings peace, clarity, and Scripture-driven encouragement to readers in every season.

If this devotional blessed you, Anna invites you to stay tuned for future titles in the Overcoming Fear and Anxiety series and other upcoming works from NSH Publishing.

Acknowledgments

Every devotional book is a partnership—between the writer, the readers, and the God who inspires every word.

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May God continue to guide you, strengthen you, and speak to you through His Word.

Publisher

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Notes
