A FREE SEVEN-DAY GIFT

H E L D

Week One

A Catholic devotional journey through fear, trust, and the nearness of God

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A FREE 7-DAY INTRODUCTION FROM STEVE CORBIN

A Note Before You Begin

This is not a preview designed to give you just enough to make you curious.

This is the complete first week of Held: Volume I: seven days of Scripture, reflection, prayer, and space to be honest before God.

The full devotional continues for twelve more weeks after this one. You do not have to decide anything about that right now.

For the next seven days, this is enough.

Your Brother In Christ,
Steve Corbin

FIRST WEEK

How to Use This Week

A few things before you start.

- Read the Scripture slowly.
- Sit with the reflection.
- Pray honestly.
- Write only what is real.
- Do not rush to “finish” the week.

WEEK ONE

God’s Presence Drives Out Fear

Fear tends to grow whenever we feel alone. Alone with our thoughts, our past, or our unknown future. But Scripture anchors us in a different truth: God is present in our fear, not just after it. His presence isn’t frail. It doesn’t pull away when we feel overwhelmed. This week, allow those moments when fear and anxiety may be entering in to become a small doorway into awareness of God beside you, holding you, steadying you, and walking with you.

Fear not, for I am with you, be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.

ISAIAH 41:10

This Week’s Practice

Twice a day, morning and night, pause for one minute and pray slowly: “Lord, You are here with me right now.” Let this truth settle into your breathing and into your body.

DAY 1

Isaiah 41:10

Fear not, for I am with you,
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.

During the Babylonian exile Isaiah shares God’s words to console the Israelites and strengthen their resolve. Know that in those moments that you feel distant from God, alone and fearful, He whispers these same words to you.

Take a moment to record your thoughts

Use a notebook, Notes app, or blank page nearby.

DAY 2

Psalm 23:4

Even though I walk through the valley of the shadow of death,
I fear no evil;
for thou art with me;
thy rod and thy staff, they comfort me.

As David faces persecution from King Saul, he reminds himself that God is with him and comforts him in those moments of fear and perhaps despair. No matter how great the challenge you may face, God never leaves us. We are never alone. He wants to be our comfort.

Take a moment to record your thoughts

Use a notebook, Notes app, or blank page nearby.

DAY 3

Joshua 1:5

No one shall be able to stand against you all the days of your life.
As I was with Moses, so I will be with you;
I will not fail you or forsake you.

As Joshua mourns the death of his mentor, Moses, the weight of his new responsibilities surely was heavy. The Lord spoke to him, assuring him that He was with him. As you face challenges, rest assured, our Lord makes these same promises to you.

Take a moment to record your thoughts

Use a notebook, Notes app, or blank page nearby.

DAY 4

Psalm 46:1–2

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea.

One may fear as our world changes. Politics, war, protests. These weigh heavy on hearts. God is a place of protection during chaotic times. Look to Him and He will give you the strength needed to persevere.

Take a moment to record your thoughts

Use a notebook, Notes app, or blank page nearby.

DAY 5

Matthew 28:20

And teaching them to obey everything that I have commanded you.
And remember, I am with you always, to the end of the age.

In the closing verse of Matthew’s Gospel, Jesus reminds us that He will never leave us. There is a power in you that, recognized or not, can overcome what you on your own simply could not. In those moments of fear and anxiety, be open to that, knowing you are not alone.

Take a moment to record your thoughts

Use a notebook, Notes app, or blank page nearby.

DAY 6

John 14:16–18

And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. “I will not leave you orphaned; I am coming to you.”

The Holy Spirit, the Paraclete, Advocate, the helper and counselor. Jesus promises that we will not be left alone. The Spirit that dwells in us will bring us peace amidst chaos. Call upon the Holy Spirit often and find peace with Him.

Take a moment to record your thoughts

Use a notebook, Notes app, or blank page nearby.

DAY 7

Romans 8:38–39

For I am convinced that neither death, nor life, nor angels, nor rulers,
nor things present, nor things to come, nor powers, nor height, nor depth,
nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Amidst persecution, St. Paul reminds the Christians in Rome that no matter what happens, they cannot be separated from God’s love. The same holds true for you today. Amid what persecutes you, rest assured that nothing at all can separate you from the love of Christ.

Take a moment to record your thoughts

Use a notebook, Notes app, or blank page nearby.

END OF WEEK ONE

You Finished the First Week

Seven days of Scripture. Seven days of sitting with fear instead of running from it. That is not nothing.

You do not have to know yet what comes next. If you want to keep going, the path continues. If you want to sit here a while longer before moving on, that is the right answer too.

CONTINUE THE JOURNEY

Continue with Held: Volume I

This is the first week of a fifty-two-week journey through fear, trust, and the nearness of God. Held: Volume I contains the first thirteen weeks of Scripture, reflection, prayer, and dedicated writing space to help you slow down, reflect honestly, and return to God day by day.

Held: A Daily Devotional on Fear, Trust, and the Nearness of God is available now.

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A portion of proceeds from every copy supports Catholic Mental Health Ministers (catholicmhm.org).

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Steve Corbin