

FACING THE MONSTERS

VISION
C H U R C H

FROM FEAR TO FREEDOM

A 21 day devotional to face the
monsters of anxiety, fear, scarcity,
technology, and even death.

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Welcome to “Facing the Monsters”, a seven-week devotional designed to help you **confront the real struggles that quietly shape our lives**. Anxiety, shame, fear, scarcity, distraction, apathy, and even death can feel overwhelming—but Scripture reminds us that **none of these monsters are stronger than the grace of God revealed in Jesus Christ**.

Each day invites you to slow down, reflect on Scripture, and open your heart to God’s transforming work. **The goal is not quick fixes, but deeper formation**—learning to trust, love, and live more like Christ in every area of life.

Whether you are walking through a difficult season or simply seeking to grow, my prayer is that this journey will help you **discover courage, freedom, and hope**. God is present, faithful, and at work—even in the places we fear most.

May this time draw you closer to Him as you learn to face the monsters, and as you **walk in victory because of Jesus and the power of His Holy Spirit in you**.

Walking with you,

Matt Vanderbilt

Lead Pastor, Vision Church

Week 1: Facing the Monster of Anxiety

Theme: Learning to trust God with what we cannot control.

Day 1 – When Worry Takes Over

Primary Scripture: Matthew 6:25-34

Additional Readings: Psalm 94:19; Psalm 55:22

Devotional Thought:

Anxiety often begins when tomorrow feels heavier than today. Jesus does not shame us for worrying; He invites us to look again at who our Father is. The birds and flowers do not deny reality—they simply live under God's care. Anxiety loosens its grip when we remember that God is already present in the future we fear.

Reflection Questions:

1. What worries are currently occupying the most space in your mind?
2. What would it look like to entrust those concerns to God today?

Prayer:

Father, You know my needs before I ask. Teach me to trust You with today and leave tomorrow in Your hands. Amen.



Week 1: Facing the Monster of Anxiety

Theme: Learning to trust God with what we cannot control.

Day 2 – Peace Beyond Understanding

Primary Scripture: Philippians 4:6–7

Additional Readings: Isaiah 26:3; John 14:27

Devotional Thought:

God's peace does not always remove the situation, but it guards our hearts within it. Prayer becomes the exchange point where anxiety is handed over and peace is received. This peace is not logical—it is relational, rooted in God's nearness.

Reflection Questions:

1. How do you usually respond first—panic or prayer?
2. What would it mean to let God's peace “stand guard” over your thoughts?

Prayer:

Lord, I bring You my anxious thoughts. Guard my heart and mind with Your peace today. Amen.



Week 1: Facing the Monster of Anxiety

Theme: Learning to trust God with what we cannot control.

Day 3 – Casting Your Cares

Primary Scripture: 1 Peter 5:6–7

Additional Readings: Psalm 34:4; Matthew 11:28–30

Devotional Thought:

God does not ask us to carry what He is willing to bear. Humility admits our limits and releases control. Anxiety shrinks when we remember that God genuinely cares—not distantly, but personally.

Reflection Questions:

1. What burdens have you been holding onto instead of releasing?
2. How does knowing God cares for you reshape your response to stress?

Prayer:

God, I place my burdens at Your feet. Thank You for caring deeply for me. Amen.

Week 1: Facing the Monster of Anxiety

Theme: Learning to trust God with what we cannot control.

Day 4 – God Is Near

Primary Scripture: Psalm 34:17–19

Additional Readings: Deuteronomy 31:8;
Romans 8:38–39

Devotional Thought:

Anxiety tells us we are alone. Scripture reminds us that God is near, even in trouble. His presence does not eliminate hardship, but it ensures we are never abandoned in it.

Reflection Questions:

1. When have you felt God's nearness during a difficult season?
2. How might remembering His presence change how you face today?

Prayer:

Lord, thank You that You are close to the brokenhearted. Help me sense Your nearness today. Amen.



Week 1: Facing the Monster of Anxiety

Theme: Learning to trust God with what we cannot control.

Day 5 – Trusting One Step at a Time

Primary Scripture: Proverbs 3:5–6

Additional Readings: Psalm 37:5; Isaiah 41:10

Devotional Thought:

Trust is built daily, not all at once. God rarely reveals the whole path, but He promises to direct each step. Anxiety lessens when obedience replaces overthinking.

Reflection Questions:

1. Where is God asking you to trust Him today?
2. What is one faithful step you can take right now?

Prayer:

God, I trust You with my path. Lead me one step at a time. Amen.

Week 2: Facing the Monster of Shame

Theme: Embracing forgiveness and new identity in Christ.

Day 1 – Covered, Not Condemned

Primary Scripture: Romans 8:1

Additional Readings: Psalm 103:10–12; John 8:1–11

Devotional Thought:

Shame tells us we are defined by our worst moments. The gospel declares that in Christ, condemnation is gone. God does not ignore sin—He forgives it fully and restores us completely.

Reflection Questions:

1. What past failures still speak loudly in your mind?
2. How does God's forgiveness challenge those voices?

Prayer:

Jesus, thank You that there is no condemnation in You. Help me live in freedom today. Amen.

Week 2: Facing the Monster of Shame

Theme: Embracing forgiveness and new identity in Christ.

Day 2 – From Hiding to Healing

Primary Scripture: Genesis 3:1-24

Additional Readings: Psalm 32:3-5; Hebrews 4:13

Devotional Thought:

Shame drives us to hide, but healing begins when we come into the light. God already sees us fully and invites honesty, not performance. Confession restores intimacy with Him.

Reflection Questions:

1. Where do you tend to hide when you feel shame?
2. What would honesty with God look like today?

Prayer:

God, I bring my whole self before You. Heal what shame has wounded. Amen.

Week 2: Facing the Monster of Shame

Theme: Embracing forgiveness and new identity in Christ.

Day 3 – A New Identity

Primary Scripture: 2 Corinthians 5:17

Additional Readings: Ephesians 1:4–10; Isaiah 43:1

Devotional Thought:

In Christ, your past no longer gets the final word. You are made new, chosen, and redeemed. Shame fades as we learn to live from our new identity, not our old stories.

Reflection Questions:

1. How do you usually define yourself?
2. Which truth about your identity in Christ do you need to embrace?

Prayer:

Lord, help me live as a new creation. Teach me who I truly am in You. Amen.

Week 2: Facing the Monster of Shame

Theme: Embracing forgiveness and new identity in Christ.

Day 4 – God Removes Our Shame

Primary Scripture: Isaiah 54:4

Additional Readings: Joel 2:25–27; Romans 10:11

Devotional Thought:

God promises not only forgiveness but restoration. Shame may have shaped seasons of your life, but God is able to redeem what was lost and restore dignity.

Reflection Questions:

1. Where have you seen God redeem broken areas of your life?
2. What would restoration look like for you now?

Prayer:

God, thank You for restoring what shame has tried to steal. Amen.

Week 2: Facing the Monster of Shame

Theme: Embracing forgiveness and new identity in Christ.

Day 5 – Walking in Freedom

Primary Scripture: John 8:31-36

Additional Readings: Galatians 5:1; Psalm 34:1-7

Devotional Thought:

Freedom is not pretending the past never happened—it is living unchained from it. Jesus sets us free to walk in light, confidence, and joy.

Reflection Questions:

1. What does freedom in Christ mean for you personally?
2. How can you continue walking in that freedom?

Prayer:

Jesus, thank You for setting me free. Help me live unashamed today. Amen.

Week 3: Facing the Monster of Technology

Theme: Reordering our attention to love God and people well.

Day 1 – What Has Your Attention?

Primary Scripture: Psalm 46:10

Additional Readings: Colossians 3:1-2; Proverbs 4:25

Devotional Thought:

Technology is not evil, but it is powerful. What we give our attention to slowly shapes what we love. God invites us to stillness—not to escape the world, but to re-center our hearts on Him.

Reflection Questions:

1. What most often captures your attention during the day?
2. How might stillness before God reshape your habits?

Prayer:

God, help me be still and recognize Your presence today. Amen.



Week 3: Facing the Monster of Technology

Theme: Reordering our attention to love God and people well.

Day 2 – Distracted Hearts

Primary Scripture: Luke 10:38-42

Additional Readings: Matthew 22:34-40;
Hebrews 12:1

Devotional Thought:

Jesus does not condemn productivity, but He calls us to prioritize presence. Technology can keep us busy while leaving our hearts distracted. Choosing the “better part” means making space for what matters most.

Reflection Questions:

1. Where do distractions most interfere with your walk with God?
2. What is one way to choose presence over productivity today?

Prayer:

Lord, reorder my priorities so You come first. Amen.



Week 3: Facing the Monster of Technology

Theme: Reordering our attention to love God and people well.

Day 3 – Guarding Your Mind

Primary Scripture: Philippians 4:8-9

Additional Readings: Romans 12:1-2; Psalm 101:1-3

Devotional Thought:

What we consume consistently shapes how we think. God invites us to intentionally fill our minds with what is true and life-giving. Wisdom means choosing inputs that form Christlike character.

Reflection Questions:

1. What kind of content most shapes your thinking?
2. What might God be inviting you to change?

Prayer:

God, help me fix my mind on what honors You.
Amen.

Week 3: Facing the Monster of Technology

Theme: Reordering our attention to love God and people well

Day 4 – Technology and Community

Primary Scripture: Hebrews 10:23–25

Additional Readings: Ecclesiastes 4:9–12;
Romans 12:9-13

Devotional Thought:

Technology can connect us—or isolate us. God designed us for embodied community. Digital tools are meant to serve relationships, not replace them.

Reflection Questions:

1. How does technology affect your relationships?
2. How can you pursue deeper connection this week?

Prayer:

Lord, help me love people well, not just stay connected digitally. Amen.

Week 3: Facing the Monster of Technology

Theme: Reordering our attention to love God and people well

Day 5 – Redeeming Our Tools

Primary Scripture: 1 Corinthians 10:31

Additional Readings: Colossians 3:17, 23;
Matthew 5:13-16

Devotional Thought:

God can redeem every part of our lives—including our devices. When surrendered, technology becomes a tool for worship, witness, and encouragement.

Reflection Questions:

1. How can you use technology for God's glory?
2. What boundaries would help you do that well?

Prayer:

God, may everything I do—even online—honor You.
Amen.

Week 4: Facing the Monster of Scarcity

Theme: Learning to trust God's provision and live generously.

Day 1 – God Is Enough

Primary Scripture: Psalm 23:1-6

Additional Readings: Matthew 6:9-11;
Philippians 4:19

Devotional Thought:

Scarcity whispers that there will never be enough. Scripture reminds us that the Lord is our shepherd, and He provides what we truly need.

Reflection Questions:

1. Where do you feel a sense of lack?
2. How does trusting God as your provider shift your perspective?

Prayer:

Lord, thank You for being my provider. Help me trust You. Amen.

Week 4: Facing the Monster of Scarcity

Theme: Learning to trust God's provision and live generously.

Day 2 – Daily Bread

Primary Scripture: Exodus 16:1-18

Additional Readings: Psalm 34:9-10;
Lamentations 3:22-24

Devotional Thought:

God often provides daily, not all at once. Dependence grows as we learn to trust Him one day at a time.

Reflection Questions:

1. What would it look like to trust God for today's needs?
2. How have you seen His faithfulness before?

Prayer:

God, give me what I need for today and help me trust You for tomorrow. Amen.

Week 4: Facing the Monster of Scarcity

Theme: Learning to trust God's provision and live generously.

Day 3 – Contentment

Primary Scripture: Hebrews 13:5-6

Additional Readings: Philippians 4:11-13;
1 Timothy 6:6-10

Devotional Thought:

Contentment is learned when our security is rooted in God's presence, not possessions.

Reflection Questions:

1. What competes with contentment in your life?
2. How does God's presence bring security?

Prayer:

Lord, teach me to be content in You. Amen.

Week 4: Facing the Monster of Scarcity

Theme: Learning to trust God's provision and live generously.

Day 4 – Generosity Breaks Fear

Primary Scripture: 2 Corinthians 9:6–15

Additional Readings: Proverbs 11:24–25; Luke 6:38

Devotional Thought:

Generosity loosens the grip of scarcity. When we give, we declare trust in God's abundance.

Reflection Questions:

1. Where might God be inviting you to give?
2. What fears surface around generosity?

Prayer:

God, make my heart generous and trusting. Amen.

Week 4: Facing the Monster of Scarcity

Theme: Learning to trust God's provision and live generously.

Day 5 – Seeking the Kingdom First

Primary Scripture: Matthew 6:25-34 (esp v.33)

Additional Readings: Colossians 3:1-2; Psalm 37:3-4

Devotional Thought:

When God's kingdom comes first, our needs find their proper place.

Reflection Questions:

1. What currently comes first in your life?
2. How can you seek God's kingdom today?

Prayer:

Lord, help me seek Your kingdom above all else.
Amen.

Week 5: Facing the Monster of Fear

Theme: Trusting God's presence and power.

Day 1 – God Is With You

Primary Scripture: Isaiah 41:10

Additional Readings: Joshua 1:7-9; Psalm 27:1-14

Devotional Thought:

Fear loses its power when we remember God's presence.

Reflection Questions:

1. What fears feel strongest right now?
2. How does God's presence change them?

Prayer:

God, remind me that You are always with me, every day and everywhere. Amen.

Week 5: Facing the Monster of Fear

Theme: Trusting God's presence and power.

Day 2 – Perfect Love

Primary Scripture: 1 John 4:16-18

Additional Readings: Romans 8:15; Psalm 56:1-4

Devotional Thought:

God's love drives out fear by assuring us we belong.

Reflection Questions:

1. Where does fear affect your decisions?
2. How does God's love speak into that fear?

Prayer:

Father, help me rest in Your perfect love, confident that it is strong enough and big enough to drive out any fear I face today. Amen.

Week 5: Facing the Monster of Fear

Theme: Trusting God's presence and power.

Day 3 – Courage to Obey

Primary Scripture: Deuteronomy 31:6

Additional Readings: Acts 4:13 and 4:23-31
(especially verse 29); Proverbs 29:25

Devotional Thought:

Courage is choosing obedience despite fear.

Reflection Questions:

1. Where is God calling you to act courageously?
2. What step of obedience is needed?

Prayer:

Lord, give me courage to follow You. I can be bold because of Your power in me and my confidence that I can trust in You. Amen.

Week 5: Facing the Monster of Fear

Theme: Trusting God's presence and power.

Day 4 – Fear of the Lord

Primary Scripture: Proverbs 9:9-12 (esp v. 10)

Additional Readings: Ecclesiastes 12:13;
Psalm 111:1-10 (esp v.10)

Devotional Thought:

Reverence for God reorders all other fears.

Reflection Questions:

1. What do you fear most?
2. How does revering God change that?

Prayer:

God, help me fear You above all else. Nothing else can compare to You, and no one is above You. My fear, awe and respect of You will change the way I see everything and everyone else. Amen.

Week 5: Facing the Monster of Fear

Theme: Trusting God's presence and power.

Day 5 – Living Fearlessly

Primary Scripture: Psalm 112:1-8 (esp v. 7)

Additional Readings: Romans 8:31-39 (esp v. 31);
John 16:33

Devotional Thought:

Faith enables us to live steady, even in uncertain times.

Reflection Questions:

1. What would fearless faith look like today?
2. How can you practice trust?

Prayer:

Lord, strengthen my faith. May I always be confident in Your power and in Your presence with me. Amen.

Week 6: Facing the Monster of Apathy

Theme: Awakening love and spiritual passion.

Day 1 – Stirring the Heart

Primary Scripture: Revelation 3:15–16

Additional Readings: Romans 12:9-13 (esp v. 11);
Psalm 63:1-5 (esp v. 1)

Devotional Thought:

Apathy dulls our love for God, but He invites refreshing renewal into our lives.

Reflection Questions:

1. Where do you feel spiritually numb?
2. What stirs your love for God?

Prayer:

God, awaken my heart again. I don't want to be lukewarm. I want sincere spiritual fervor, including a love for You and a love for people. Amen.

Week 6: Facing the Monster of Apathy

Theme: Awakening love and spiritual passion.

Day 2 – Remembering First Love

Primary Scripture: Revelation 2:4–5

Additional Readings: Jeremiah 2:2;
Psalm 51:10-19 (esp v. 10)

Devotional Thought:

Remembering where we began can reignite devotion.

Reflection Questions:

1. What first drew you to God?
2. How can you return to that love?

Prayer:

Lord, restore my first love. I want to be excited each day about spending time with You and walking with You throughout the day. Amen.

Week 6: Facing the Monster of Apathy

Theme: Awakening love and spiritual passion.

Day 3 – Living on Mission

Primary Scripture: Matthew 28:19–20

Additional Readings: Isaiah 6:1-8 (esp v. 8);
2 Corinthians 5:16-21 (esp v. 20)

Devotional Thought:

Purpose combats apathy. God sends us on mission with His love.

Reflection Questions:

1. Where is God sending you?
2. How can you live on mission today?

Prayer:

God, use me for Your purposes. Keep my eyes and my mind focused on Your kingdom and Your purposes. Amen.

Week 6: Facing the Monster of Apathy

Theme: Awakening love and spiritual passion.

Day 4 – Serving with Love

Primary Scripture: Galatians 5:13-15

Additional Readings: John 13:14-17;
Hebrews 6:10-12 (esp v. 10)

Devotional Thought:

Love expressed through service rekindles passion.

Reflection Questions:

1. Who can you serve this week? Who is God putting on your heart to bless in His Name?
2. How does serving shape your heart?

Prayer:

Lord, help me serve with joy. I want Your Spirit to fill me and lead me so I can make a difference in the lives of people that you put in my path today. Amen.

Week 6: Facing the Monster of Apathy

Theme: Awakening love and spiritual passion.

Day 5 – Renewed Zeal

Primary Scripture: Deuteronomy 6:1-9 (esp v. 5)

Additional Readings: Psalm 100:1-5; Joshua 24:15

Devotional Thought:

God renews passion when we offer ourselves fully, especially as we lead those in our homes to also have zeal for the Lord.

Reflection Questions:

1. Where do you need renewed zeal?
2. How can you offer yourself to God today?

Prayer:

God, renew my passion for You. As I lead myself and those in my home, I want to have a daily passion for You that shows people that You are my God and my life is dedicated to serving You. Amen.

Week 7: Facing the Monster of Death

Theme: Living with hope in Christ's victory.

Day 1 – Death Is Not the End

Primary Scripture: John 11:1-44 (esp v. 25)

Additional Readings: 1 Corinthians 15:54-57;
Psalm 116:15

Devotional Thought:

Jesus reframes death as a doorway, not a defeat.

Reflection Questions:

1. What fears do you associate with death?
2. How does Jesus' promise bring hope?

Prayer:

Jesus, thank You for eternal life. May Your promises about life change the way I live today. I can face any fears about life and about death because of Your great victory over the grave. Amen.

Week 7: Facing the Monster of Death

Theme: Living with hope in Christ's victory.

Day 2 – Hope of Resurrection

Primary Scripture: 1 Peter 1:3-5 (esp v. 3)

Additional Readings: Romans 6:5-7; John 14:1-3

Devotional Thought:

Our hope is living because Christ is alive.

Reflection Questions:

1. How does resurrection shape your outlook?
2. What does eternal hope mean for today?

Prayer:

God, anchor me in resurrection hope. Thank You for preparing a place for me in heaven, and I thank You daily that Your Spirit lives in me now so I can have hope and peace today. Amen.

Week 7: Facing the Monster of Death

Theme: Living with hope in Christ's victory.

Day 3 – Grief with Hope

Primary Scripture: 1 Thessalonians 4:13–18 (esp
verses 13-14)

Additional Readings: Psalm 34:17-18;
Revelation 21:4

Devotional Thought:

Christians grieve honestly but not hopelessly.

Reflection Questions:

1. Where are you grieving right now?
2. How does the hope and victory of Jesus comfort you?

Prayer:

Lord, comfort me with Your promises. Even as I face fear or grief because of death, I know that Your promises are true and that you care deeply about me. Amen.



Week 7: Facing the Monster of Death

Theme: Living with hope in Christ's victory.

Day 4 – Living Ready

Primary Scripture: Matthew 24:36-51 (esp v. 44)

Additional Readings: Psalm 90:12; Philippians 1:21

Devotional Thought:

Awareness of eternity shapes how we live today.

Reflection Questions:

1. How does eternity influence your priorities?
2. What changes might God be inviting in your life today?

Prayer:

God, teach me to live wisely. May my daily life be a witness of my belief in eternity with You. My focus on eternity needs to rise above my focus on the things of this world. Amen.

Week 7: Facing the Monster of Death

Theme: Living with hope in Christ's victory.

Day 5 – Victory in Christ

Primary Scripture: Romans 8:38–39

Additional Readings: Hebrews 2:14–15; John 16:33

Devotional Thought:

Nothing—not even death—can separate us from God's love.

Reflection Questions:

1. How does Christ's victory bring peace?
2. How can you live confidently in that truth?

Prayer:

Jesus, thank You for victory over death. I want to live in full assurance that You have overcome the world and therefore I can overcome the world. I want my life to be a testimony to others so they can come to know You personally as well. Amen.

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Our mission is to lead people to
Jesus Christ and help them
live out God's vision for their life.

