

Think it. Speak it. Believe it.

I refuse to let fear control me.

All scriptures referred to can be found in the last three pages.

God tells His people many times throughout the Bible to not let fear control them. This doesn't mean you will never feel afraid. It means that even when you feel afraid, you can still accomplish all you need to do by doing it afraid.

Your thoughts dictate the words you speak and the actions you take. Therefore, you can't neglect your thought life and expect to be successful.

When it comes to fear, do you believe God's Word or have you been believing the lies of the enemy?


"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

- 1 John 4:18

Common Fears:

- ▶ Fear of dying
- ▶ Fear of man
- ▶ Fear of being lonely
- ▶ Fear of lack
- ▶ Fear of the past
- ▶ Fear of the unknown
- ▶ Fear of animals
- ▶ Fear of heights
- ▶ Fear of bugs
- ▶ Fear of failure
- ▶ Fear of change
- ▶ Fear of losing a loved one.

Do you have any fears you struggle with? Have they held you back in any way?

 **Read Psalm 118:6; Isaiah 41:10; 51:7; Hebrews 13:6**



Answer: What does The Bible say about how you should handle fear? Why shouldn't you let it hold you back?

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

- 2 Timothy 1:7

 **Read Psalm 34**

Although fear is powerful, gratitude is more powerful. Spend time reflecting on the things God has already blessed you with.



Identify five ways God has blessed you today that you can be grateful for.

Your thoughts are extremely important and manifest in your words, actions, and habits. Therefore, listen closely to how you speak. Then, ask yourself if those words line up with the Word of God.

Are your words and phrases full of fear? Or are they full of faith in God? Faith is the cure for fear.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

- 2 Timothy 1:7



To Do:

When you begin to feel afraid, fix your eyes on God and remember all the hard times He's already brought you through.

Don't run from fear. Face your fears head-on.

Recommendations:

- ▶ Meditate on scriptures throughout the day that addresses how the Bible sees fear.
- ▶ Become determined to believe you can handle anything life throws at you and that you can do anything while afraid.



Scripture Inventory

*"The Lord is on my side;
I will not fear.
What can man do to me?"
- Psalm 118:6*

*"Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand."
- Isaiah 41:10*

*"Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand."
- Isaiah 51:7*

*"Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand."
- Hebrews 13:6*

*I will bless the Lord at all times;
His praise shall continually be in my mouth.
My soul shall make its boast in the Lord;
The humble shall hear of it and be glad.*

*Oh, magnify the Lord with me,
And let us exalt His name together.
I sought the Lord, and He heard me,
And delivered me from all my fears.
They looked to Him and were radiant,
And their faces were not ashamed.*

*This poor man cried out, and the Lord heard him,
And saved him out of all his troubles.*

*The [a]ngel of the Lord encamps all around those who fear Him,
And delivers them.*

*Oh, taste and see that the Lord is good;
Blessed is the man who trusts in Him!*

*Oh, fear the Lord, you His saints!
There is no [b]want to those who fear Him.*

*The young lions lack and suffer hunger;
But those who seek the Lord shall not lack any good thing.*

*Come, you children, listen to me;
I will teach you the fear of the Lord.
Who is the man who desires life,
And loves many days, that he may see good?*

*Keep your tongue from evil,
And your lips from speaking deceit.*

Depart from evil and do good;

Seek peace and pursue it.

The eyes of the Lord are on the righteous,

*And His ears are open to their cry.
The face of the Lord is against those who do evil,
To cut off the remembrance of them from the earth.
The righteous cry out, and the Lord hears,
And delivers them out of all their troubles.
The Lord is near to those who have a broken heart,
And saves such as have a contrite spirit.
Many are the afflictions of the righteous,
But the Lord delivers him out of them all.
He guards all his bones;
Not one of them is broken.
Evil shall slay the wicked,
And those who hate the righteous shall be condemned.
The Lord redeems the soul of His servants,
And none of those who trust in Him shall be condemned.*

- Psalm 34