



faith

OVER FEAR

BIBLE STUDY BY
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BIG PICTURE



DAY

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|----|--------------------|
| 01 | God is with you |
| 02 | The author of fear |
| 03 | Perfect love |
| 04 | Voice Activated |
| 05 | Fear // Trust |

DAY 1

God is with you



Key Verse: “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

Fear thrives on the lie that you are alone. But over and over, God reminds His people: “I am with you.” Joshua was about to step into a huge, intimidating assignment, but God’s answer to his fear wasn’t, “Try harder.” It was, “I am with you.”

When you feel fear creeping in, shift your focus from what you can’t control to Who walks with you.

REFLECTION QUESTION

Where in your life do you need to remind yourself, “God is with me here”?

ACTIVE FAITH

Write “God is with me” on a sticky note (and place on your mirror, fridge, car dashboard etc.) or download my phone Lock Screen in the app today. Say it out loud every time fear tries to speak.

DAY 2

Fear is not from God



Key Verse: “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

If fear didn’t come from God, you don’t have to keep it. Fear may feel like part of your personality or even your “normal,” but it is not your inheritance in Christ. What IS yours? Power, love, and a sound mind.

Fear says: “You’re helpless.” God says: “You are powerful in Me.”
Fear says: “You’re unlovable.” God says: “You are loved perfectly.”
Fear says: “You can’t think clearly.” God says: “I’ve given you a sound mind.”

REFLECTION QUESTION

What fearful thought do you need to reject as “not from God” today?

ACTIVE FAITH

When fear whispers, answer out loud: “That’s not from God, and I don’t accept it.”

DAY 3

Perfect love drives out fear

Key Verse: “There is no fear in love. But perfect love drives out fear...”

– 1 John 4:18

Fear can't survive where love is fully received. Why? Because fear is rooted in punishment—“What if I mess up? What if God is disappointed in me?” But when you're convinced of His perfect love, fear loses its grip.

You are fully loved right now—not after you have it all together. His love is your safe place.



REFLECTION QUESTION

Do you believe God loves you right now, as you are? If not, what's holding you back?

ACTIVE FAITH

Spend 5 minutes today just telling God: “Thank You for loving me perfectly.” No requests, just gratitude.



DAY FOUR

Speak God's word to fear

Key Verse: "I sought the Lord, and He answered me; He delivered me from all my fears." – Psalm 34:4

David didn't just think his prayers—he sought the Lord and spoke His Word. Fear often shouts loudly, so you need to speak louder than your fear. When Jesus was tempted, He didn't stay silent; He answered with scripture.

Your weapon against fear is God's Word—out loud, again and again. God's word is voice activated.

REFLECTION QUESTION

What scripture can you speak every time fear rises up?

ACTIVE FAITH

Pick ONE verse from this week and say it out loud 3 times today whenever fear hits.

DAY 5

Trade fear for trust



Key Verse: “When I am afraid, I put my trust in You.” – Psalm 56:3

Notice David didn’t say, “If I am afraid,” but when. Feeling fear isn’t failure—it’s an invitation to trust God deeper. Every time fear shows up, you have a choice: feed fear or feed faith.

Trust doesn’t mean you won’t feel fear; it means you choose to believe God more than what you feel.



REFLECTION QUESTION

What step of trust is God asking you to take right now?



ACTIVE FAITH

Pray this simple prayer aloud:
“God, I give You this fear about _____. I choose to trust You more than I trust what I see or feel.”

LET'S DO THIS AGAIN



"You don't have to live with fear as your normal. This week, you've learned that God is with you, fear isn't from Him, His love drives fear out, His Word is your weapon, and trust is your answer.

Go back and repeat these steps whenever fear tries to creep in.

You are braver than you feel, because God is with you, and he goes before you making every crooked way straight.

You are going from Glory to Glory, Faith to Faith.

Chin up buttercup.

You've got this, because He's got you.

xo - Crystal K

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