

# FEARLESS

overcoming the things  
that scare us the most

## Pt. 1: Fearology 101

Questions for further study and application:

**Day 1** Fear is a basic human emotion and your fears are likely not the same as someone else's. Fears can be so strong that they can cripple you with anxiety and worry. Fear forces you to forfeit God's best in your life. The enemy uses fear against you to make you unhappy and miss out on God's blessings. Yet, the Bible says time and again, do not fear. Read John 14:27 and Joshua 1:9. God tells you to not be afraid because he knew you would encounter fear sooner or later. The next time you become fearful of something, ask yourself what that fear could be keeping you from. Remember fear will hold you back, but faith in God will move you forward.

**Day 2** Read 2 Timothy 1:7. The spirit of fear does not come from God. Fear always originates with deception and it can prompt you to make a foolish decision or decline doing something that would be good for you. When you sense God is asking you to do something greater or bigger than what you've done before, the devil is quick to put doubts in your mind. Things like "You're not good enough." or "What would everyone think of you?" When you believe these types of lies, you've fallen victim to the enemy. Read Ephesians 2:10. This week, when fear and doubt creep into your mind, push back by remembering that you are God's masterpiece.

**Day 3** The closer to God you are, the more you will be filled with faith. Conversely, the further away you are from Him, the more fear you will experience. There are all kinds of things you can do to move closer to God. You can listen to worship music, you can choose to fast, or you can find a devotional to complete. Read Matthew 9:29. According to this verse, it's up to you what God is doing in your life. Don't let fear hinder God's plans for you. He is moved by your faith, so tell Him today you are giving everything to Him and you trust His plans for your life.

**Day 4** Fear gives attention to the circumstances and situation around you; fear looks out and around. Meaning, it draws your attention to all the negative things that are happening on social media, or on the news, or tension in a relationship. This is where anxiety and fear has an opportunity to grow and then lead you to take your eyes off God. To turn that around, you have to ask yourself what that fear is keeping you from. Giving your fear and worries to God frees you to pursue your destiny. Read Psalm 56:3-4a. Today, focus on this verse and resist the worry and anxiety that can creep into your day.

**Day 5** Storms can show up unexpectedly in your life in the form of a crisis or a tragedy. Situations like those can make you lose hope. Read Romans 8:28. This verse reassures you that God works all things for the good of those who love him. When the storms of your life are causing you to lose sight of God, use this verse to help you see beyond the storm. It won't last forever, and Jesus will always be there to help bring you through. Read Deuteronomy 31:8. Don't forget that Jesus is always on your side and fighting your battles.

## What's New?

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