



## Fear

**Prayer:** Lord, I love you, praise you and seek your guidance. Please help me to live courageously to trust you more, and to be aware of your Holy Spirit living and guiding me today.

**Scripture:** Psalm 16 Read this Psalm two times each day. The first time read it slowly and reflectively. The second time repeat the refrain, “And so, (pause) I can, (Pause) RELAX” after each verse.

**Worship Music:** “No Longer Slaves” by Jonathan David and Melissa Helser  
<https://www.youtube.com/watch?v=XxkNj5hcy5E>

### **Reflection**

On Saturday morning of your WWWC weekend, you were able to identify where fear resides in your body. You gave fear a color. You gave it a sound. You had the opportunity to put words to your fears and share them with another woman. When fear is not identified in your life, you may stuff it, manage it or attempt to control it rather than choosing to live in the truth and confidence that only Jesus can provide. In order to walk in freedom *through* your fear, it is important to be aware of what is going on within your body and heart, clarify where the fear is coming from, and surrender it in prayer to Jesus.

### **Journal:**

***Psalm 34:4-10*** “I sought the Lord, and he answered me; he delivered me from all my fears; Those who look to him are radiant; their faces are never covered with shame. The poor woman called and the Lord heard her; he saved her out of all her troubles. The angel of the Lord encamps around those who fear him, and he delivers them. Taste and see that the Lord is good; blessed is the woman who take refuge in him. Fear the Lord you his saints, for those who seek the Lord lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing.”

- Have you experienced fear this week? Journal about it.
- Brainstorm and in your journal, write about the times you looked to God and asked him to deliver you from your fears and he did!! Add to your list as things come to mind.
- As you reflect on your life, were there times when God saved you? (from physical, relational, spiritual or emotional harm?) In your journal thank him for sending his angel armies to protect you in specific situations.



**Romans 8:28** says “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

· Do you really believe God is good? Be honest (and know that God loves you right now with whatever you are feeling.) If you struggle with believing he is good all the time, take the opportunity to tell him how you feel in your journal.

**Soul Training Exercise: Scripture memory**

This week as you become aware of fear in your body -attend to it, gently acknowledge it and offer it up to Jesus in prayer. Allow Him to replace the fear with trust, courage and strength.

Remind yourself that God has his angels fighting for you and protecting you. (Psalm 34:7)

Prayerfully choose and memorize scriptures to anchor your faith with his promises, so that when fear arises in your life you have the Word stored up in your heart. Write your verses on a 3×5 card or on your cellphone and practice memorizing word-perfect.