



This is a tool to help navigate you from a place of fear to flourishing in your faith. Fear as you may know, can feel paralyzing. Through the word of God and with the Holy Spirit's help you can stop fear in its tracks and live a life full of peace, joy, and strength, despite the unknowns. Below I have placed some TRUTH that has the ability to set you free from fear, doubt, and worry.

### INSTRUCTIONS:

- Ask Holy Spirit to dismantle the spirit of fear and for him to lead you into all truth!
- Ask Holy Spirit to help you take thoughts captive and make them obedient to Christ.
- While taking your thoughts captive by partnering up with the Holy Spirit, reflect on one of two of the scriptures that are put for you below.
- In order to do this, get creative! Use notecards, sticky notes, dry erase markers on your mirror, or even sing a song. Do what is most helpful for you & put the verses Holy Spirit points out to you in places that are easily accessible.



- For God has not give us a spirit of fear, but of power and of love and of a sound mind. -2 Timothy 1:7 NKJV
- You will keep him in perfect peace, whose mind stayed on you, because he trusts in you. -Isaiah 26:3 NKJV
- God's love has reached its goal in us. So we look ahead with confidence to the day of judgment. While we are in this world, we are exactly like him [with regard to love]. No fear exists where his love is. Rather, perfect love gets rid of fear, because fear involves punishment. The person who lives in fear doesn't have perfect love. We love because God loved us first. -1 John 4:17-19 GW
- Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you. -Deuteronomy 31:6 NKJV
- From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I. -Psalm 61:2 NKJV
- And we know that all things work together for good to those who love God, to those who are the called according to His purpose. -Romans 8:28 NKJV
- What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? -Romans 8:31-32 NKJV
- Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? -Romans 8:
- As it is written:" For Your sake we are killed all day long; We are accounted as sheep for the slaughter." Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. -Romans 8:35-39