

Solutions for Overcoming Fear Journal



**“I prayed to the Lord, and he answered
me. He freed me from all my fears.”**

Psalm 34:4

**This journal
belongs to:**

INTRODUCTION



Hello friend,

I'm Stacia, Executive Chef at www.thecompassionchef.com, where I can help you on your path to freedom! I provide attainable solutions for everyday life lessons that will assist you as you embark on your journey to confronting and conquering those insecurities and fears that prevent you from being who God created you to be. I wanted to create a journal that will not only bring glory to God, but comfort you through the process as you break free from the chains of your past. I pray that this journal will inspire you to seek God with your whole heart. He is the way. Your freedom is waiting!

Blessings,

Stacia



Joshua 1:9

**“This is my command—be strong and
Courageous! Do not be afraid or discouraged.
For the Lord your God is with you wherever
you go.”**

Reflect:

Pray:

Affirm:



Psalm 23:4

“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”

Reflect: _____

Pray: _____

Affirm: _____



Psalm 27:1

“The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?”

Reflect: _____

Pray: _____

Affirm: _____

Psalm 118:6

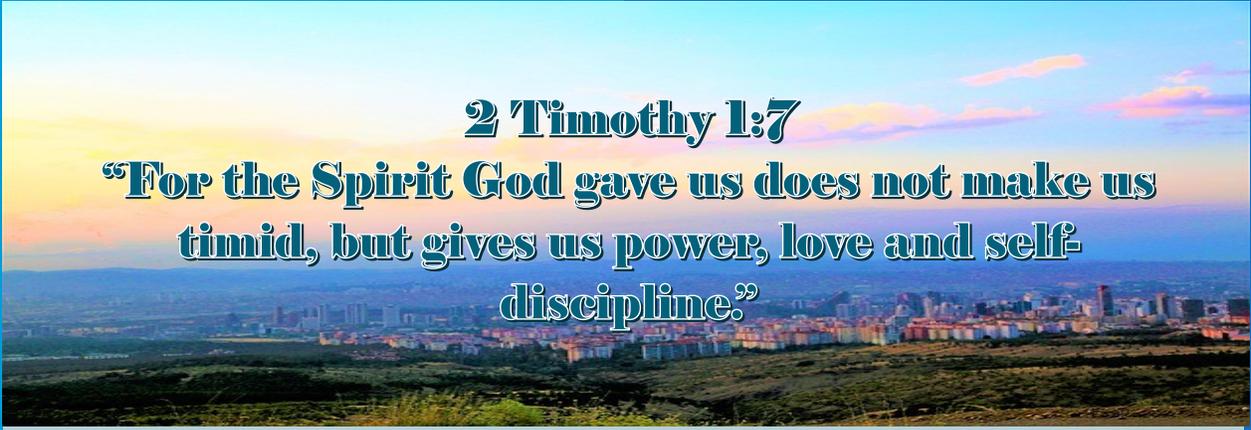
“The Lord is with me; I will not be afraid. What can mere mortals do to me?”



Reflect: _____

Pray: _____

Affirm: _____



2 Timothy 1:7

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Reflect: _____

Pray: _____

Affirm: _____

Deuteronomy 31:6

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Reflect: _____

Pray: _____

Affirm: _____

Isaiah 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my Righteous right hand.”

Reflect: _____

Pray: _____

Affirm: _____



1 John 4:18

“There is no fear in love. But love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

Reflect: _____

Pray: _____

Affirm: _____



Deuteronomy 3:22

“Do not be afraid of them; the Lord your God himself will fight for you.”

Reflect: _____

Pray: _____

Affirm: _____

Romans 8:15

“For you have not received a spirit of slavery leading to fear again, but you have received a Spirit of adoption as sons by which we cry out, “Abba! Father!”

Reflect: _____

Pray: _____

Affirm: _____



Proverbs 29:25

**“Fear of man will prove to be a snare, but
Whoever trusts in the Lord is kept safe.”**

Reflect: _____

Pray: _____

Affirm: _____



Philippians 4:7

“Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Reflect: _____

Pray: _____

Affirm: _____

EPILOGUE



Hello again,

I pray that you enjoyed this solutions for overcoming fear journal and that it was a blessing to you. My hope is that this journal has brought you closer to God and much needed freedom from fear. Prayerfully, you have been strengthened in a positive way and able to release the spirit of fear that has been wreaking havoc in your life. Fear No More! You have been #FinallySetFree. If you don't mind, your feedback would be greatly appreciated . I can be reached at info@thecompassionchef.com May God continue to bless you!

Cheerfully in Christ,

Stacia