



FEARLESS

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FEARLESS

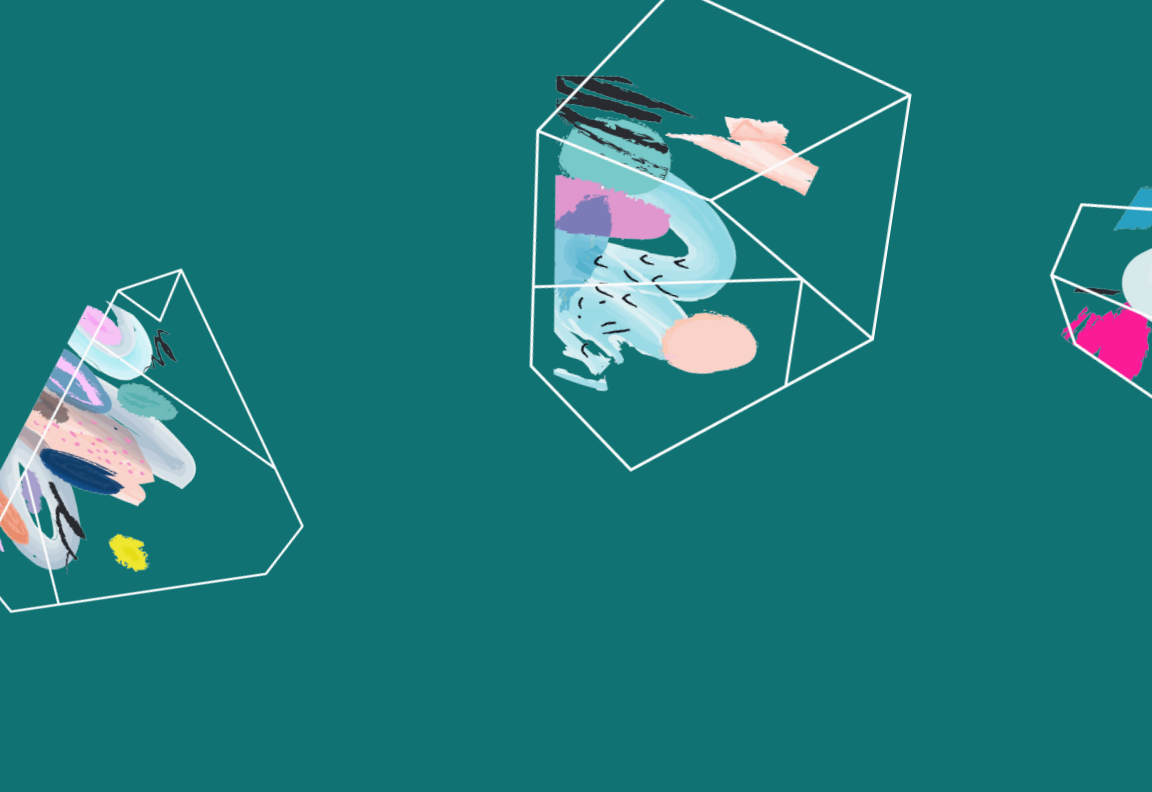
CONQUERING THE FEAR
THAT HOLDS YOU BACK

FOLLOW-UP DEVOTIONAL JOURNAL

THIS BOOK BELONGS TO: _____

DATE STARTED: _____

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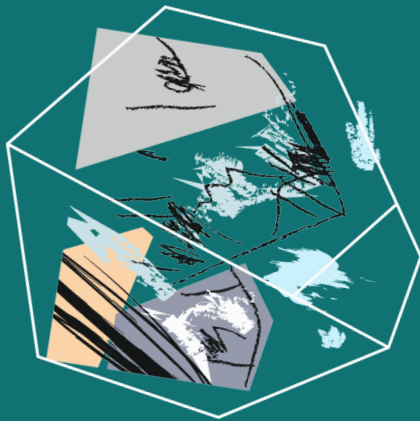
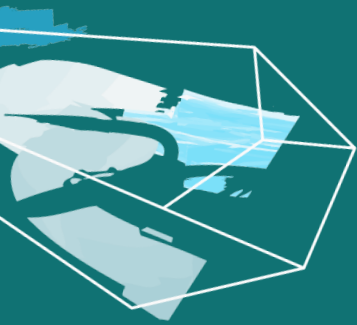
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“FOR GOD
GAVE US
A SPIRIT NOT
OF FEAR BUT
OF POWER AND
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2 TIMOTHY 1:7

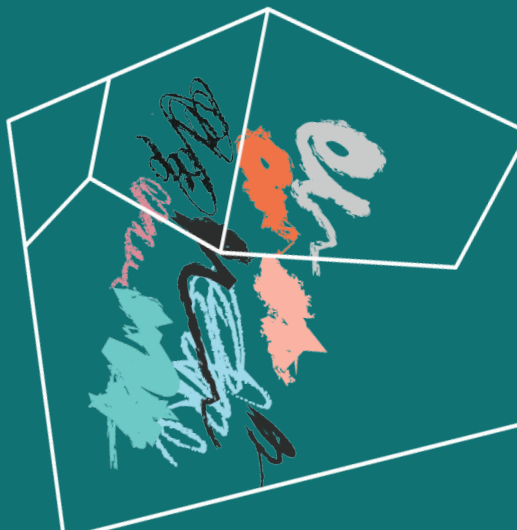
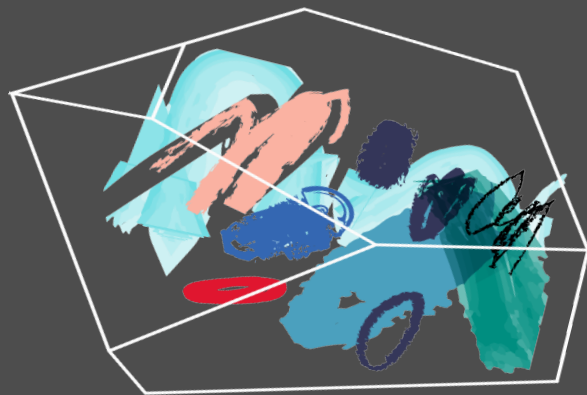


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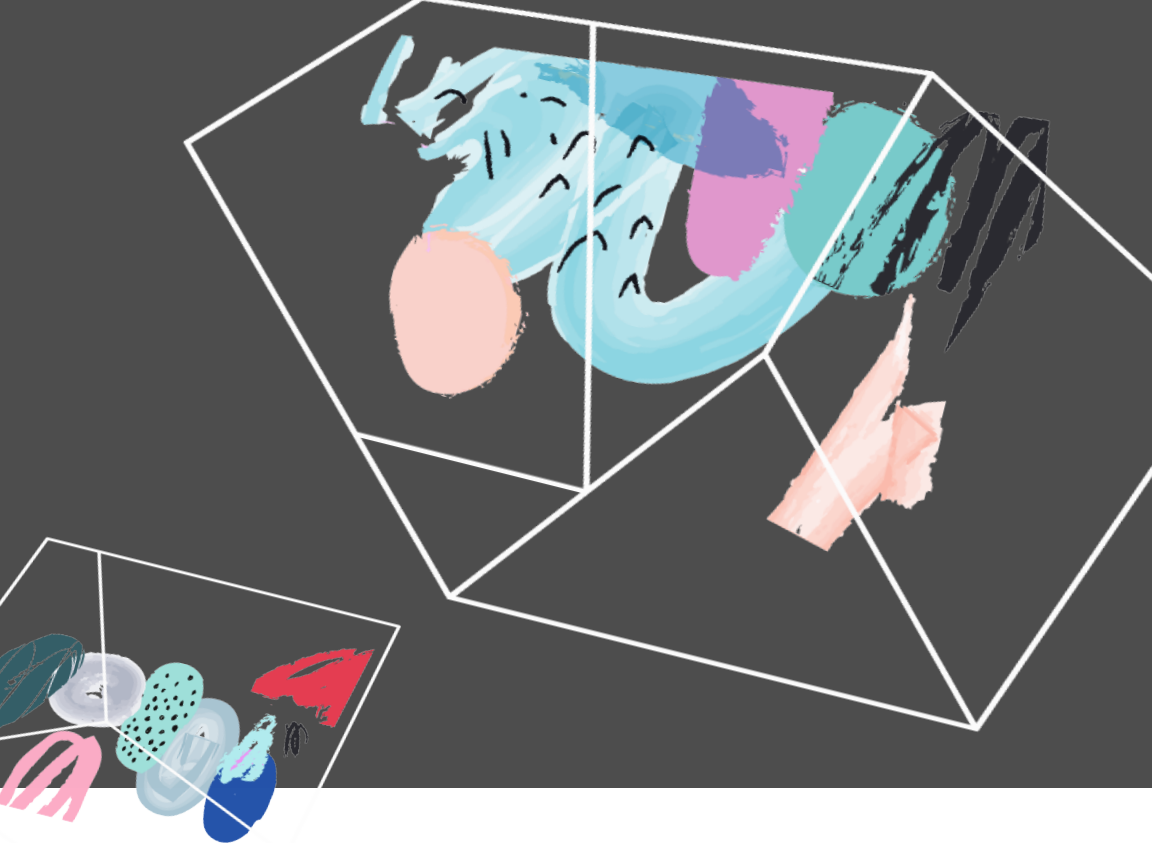
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GETTING STARTED

Every morning when you get out of bed, you're confronted by things to be afraid of. Inadequacies, insecurities, doubts, rejections, pain, or un-met expectations: they all lurk around every corner. The issue of fear is prevalent in all of our lives.

But God is clear with us: we are not to live in fear. He has a bigger and better plan for us than one ruled by fear. He has given us everything we need to live as He intended: fearlessly.

If you have recently gone through a study of Fearless with your church or youth group, you may feel like you've already learned a lot about this concept. You may have been challenged to be bold in the face of your fears. Maybe you understand more fully what Scripture says about how we can live fearlessly. Perhaps you're already partnering with God to face your fears for His glory.

But guess what? You're just getting started.

This book will take you on a four-week journey of going deeper into exactly what it means to be fearless as a follower of Christ. Embrace this journey. Give it your best. Commit to sticking with this book until the end. It will only take a few minutes each day. And you'll find that your life will be more vibrant as a result of spending such quality time in God's presence.

LET'S GET STARTED. LOOK AT THE NEXT PAGE TO LEARN HOW THIS BOOK WORKS.



HOW THIS BOOK WORKS

Here are a few things you need to know to put this book to good use.

START WITH THIS ADVICE

Whether you're super-committed and read your Bible each day or struggle to read a few verses a couple of times a week, the key to sticking with this through four weeks is commitment. Your routine may change, but your commitment to meet God each day has to be there. Tell yourself that whether or not you read this journal at the same time each day, or if you read it whenever you get a few extra minutes, you'll make it a priority in your daily life.

HAVE YOUR BIBLE OPEN

Resist the urge to ignore the spots where this book will tell you to read a passage of Scripture. This book is only a guide for the Book. The close relationship with God that you want only happens by reading and doing what's in the Bible. Have it open as you go through this book.

EACH WEEK IS STRUCTURED THE SAME, BUT IS REALLY DIFFERENT

Each week's content works in similar ways. But each day is different. And there are different kinds of activities. Some will take 3-5 minutes, some 10-15. Some will ask you to look at two or three passages of Scripture; some will just ask you to think about a concept. The variety will make it easier to stick with and help you learn in different ways that are suited to you.

WHAT IF I MISS A DAY OF READING? OR THREE?

Don't give up! Take this at your pace! The goal is for you to grow closer to God. If you miss a day or two . . . or four . . . don't throw in the towel. Pick this book back up and start where you left off. You can do this! And by doing it, you'll show the world that God makes an incredible difference in the lives of His followers. So, hang in there! You've got this!

Well, that's what you need to know to get started! **Turn the page to read the introduction to Week 1.**



WEEK ONE I N T R O

Before starting Week 1, read this short introduction

God has very specific thoughts on living in fear.

As believers, we know that if God is for us, no one can be against us (Romans 8:31), yet so often, we find ourselves in a cycle of fear. We fear rejection, we fear death, we fear pain, we fear loneliness.

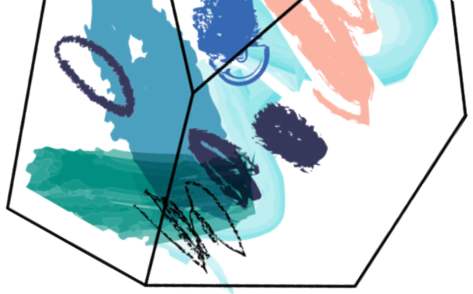
God knows we have these fears, and He understands them. And far from brushing them aside or telling you to get over them, He spends a lot of time in Scripture comforting and empowering us. He knows that as children of God, we have nothing to fear because He is on our side.

This first week is all about helping you understand that on the most basic level of being, you are a child of God, and He has given you all the power you need to live fearlessly as His beloved. And He even gave us a perfect example in His Son. Jesus is the best model for facing our fears and using the power God has given us to live apart from them.

If you're ready to get started, turn to page 10 for Week 1, Day 1.



WEEK ONE DAY ONE



Read today's devotion below and answer the questions on page 11.

Do you remember the first time you truly experienced fear? Were you afraid of the dark as a little kid? Did you ever get separated from your parents in a crowded place like the grocery store or a shopping mall? Were you overcome with the fear that if you hung your leg over the side of your bed that a monster would grab it?

Those heart-pounding, shortness of breath, mind-racing moments of fear aren't unique to just you. We all experience fear. Thankfully, Scripture has a lot to say about this topic, and that's exactly what we'll discover over the next four weeks. Why wait any longer? Let's dive into the Word.

Today, we're going to focus specifically on 2 Timothy 1:7. However, context is always important, so take a few moments to read the whole first chapter of 2nd Timothy. (It's only 17 verses!)

Let's set the scene. Paul is writing this letter to Timothy as he is in prison in Rome. He starts this letter, just like many of his other letters, with gratitude. Immediately after that introduction, he reminds Timothy in verse 7 that God has not given us a "spirit of fear." It's no coincidence that Paul acknowledges fear at the very start. We will inevitably face fear in our lives. It's part of our fallen, sinful nature. However, it's important to be aware that those fears do not come from God.

After communicating that, Paul could have stopped right there. However, he follows up with a beautiful promise that God has given us a spirit of "power, love, and self-control." Followers of God can be confident in the fact that He equips us with the exact tools we need to combat fear. We can't properly fight fear on our own. The presence of God best expels the presence of fear.

Many of our fears tend to change or develop throughout different seasons of life. Your biggest fear now is probably not that there is a monster under your bed. You may be afraid of failure, scared of losing someone you love, or constantly fearful of what others think of you. Whatever your fears may be, you can rest in the hope that God is in your corner, and He is so much greater than your deepest fears.

Read the following questions and use the space provided to write down your answers.

Define what it means to be fearless.

Why do you think it's so difficult to be fearless?

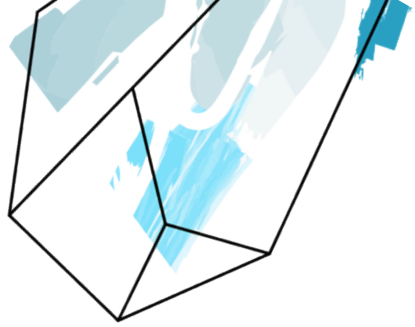
What are some of your greatest fears at this moment? What makes it hard to trust God with those deep fears?

How does this verse (2 Timothy 1:7) encourage and convict you?

Spend some time in prayer with God about those fears you face. Thank Him for giving you a spirit of power, love, and self-control. Then ask Him to help you fight those fears and deepen your trust in Him.

WEEK ONE

DAY TWO



Should we be afraid of temptation? Read today's devotional and find out.

Temptation is not a topic we love to discuss. Most of us would admit that we have a fear of other people judging us if they really knew the temptations we face. Here's the thing: there's no shame in dealing with temptations. Even Jesus Himself was tempted. It's what we do with those temptations that matters.

Let's look at how Jesus dealt with temptation. Flip your Bible open to the beginning of the New Testament and read Matthew 4:1-11. This is a rich passage of Scripture that we could spend days unpacking while barely skimming the surface. Today, let's talk about a few of those key takeaways.

Satan tempted Jesus in the wilderness. A wilderness is an uninhabited and dry region. In our own lives, the easiest times we fall prey to the temptation to sin is when we are empty, alone, and isolated.

We also see in Scripture here that the devil is persistent. He tempted - or tested - Jesus on three different occasions. What did Jesus do all three times? He quoted Scripture. That's how Jesus fought temptation, and it's how we should fight it as well. Each time the devil tried to tempt Him, Jesus recalled passages of Scripture from the book of Deuteronomy. He made a choice not to sin. He chose to meditate on God's word. He chose to be fearless in the face of temptation. Do you see a theme here? You have the power to stare sin in the face and say, "I choose God. I choose righteousness."

To follow Jesus' example in this way, we must constantly be in the Word. Fighting temptation with Scripture is only possible if we actually KNOW Scripture.

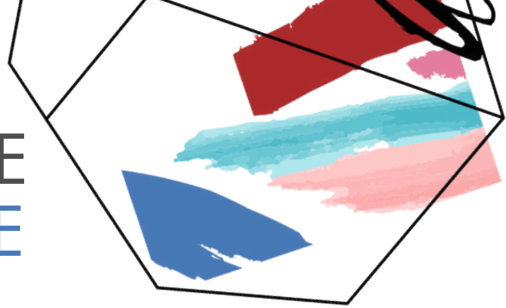
So let's do what Jesus did. On the next page, you'll see a series of boxes. Inside, write down your three greatest temptations. Underneath each of those temptations, write out a verse or verses that will help you fight that temptation. But don't just let those verses sit on this page. Memorize them and use them the next time you face these temptations.

What am I tempted by? How can I fight this?

What am I tempted by? How can I fight this?

What am I tempted by? How can I fight this?

WEEK ONE DAY THREE



Read today's devotion below and answer the questions on page 15.

Have you ever heard the phrase “beyond the shadow of a doubt?” It’s a bold statement to make. It indicates that you are certain about the matter at hand. It’s probably not a statement you’ve heard or made too often. More often than not, we’re plagued by doubts about our lives - whether about our abilities in school, a relationship, or even our faith.

Doubt is just another form of fear. Today, we are going to look at a story in the Bible about doubt. Take some time to read Mark 2:1-12. This section of Scripture tells about a time when Jesus was preaching to a packed house. There was not an inch of the house left for another person to sit or stand to hear the words of Jesus. A paralytic (meaning he could not walk) had been carried by his friends to come to hear Jesus. Instead of giving up at the sight of the crowded house, they went up to the roof. Normal, right? The friends made an opening in the roof and lowered their paralytic friend down to see Jesus. That amount of faith is astounding.

The paralytic man likely had doubts that he would ever be healed. Yet he still knew that he needed Jesus. He knew that his identity was defined by Jesus and not by his current state. After exhibiting His power to skeptical scribes who were present that day, Jesus also physically healed the paralytic man. The man immediately stood, picked up his mat, and walked out of the house. Everyone who witnessed that miracle praised and glorified God instantly.

Our doubts are typically linked to how we view our identity or how we view God. If you are not confident in who you are in Christ, you are leaving a door open for doubt and fear to take up residence in your life. Knowing that your identity is formed by God, the creator, savior, and sustainer of the world, allows you to fearlessly be who you are called to be. Even in the midst of your fears and doubts, He can be trusted beyond the shadow of a doubt.

Think about what you've just learned and answer the questions below.

What are some of the greatest doubts you have? What do you think is at the root of those doubts?

In what ways can you relate to the paralytic man in Mark 2:1-12?

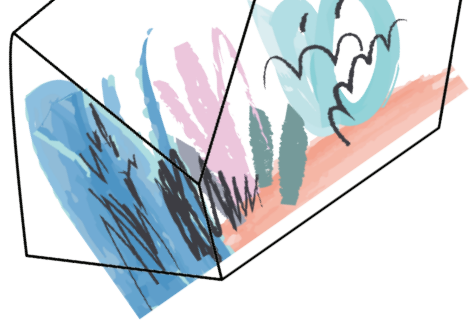
Why do you think it can be hard to trust God for healing?

Do you find your identity more in the world around you or in Jesus? What are the truths you need to be reminded of when it comes to your identity?

How can you be fearless amid your doubts?

WEEK ONE

DAY FOUR



How can we be bold in the face of fear? Take a look at today's devotion to answer this question.

"He is no fool who gives what he cannot keep to gain what he cannot lose." This famous quote was discovered in the journals of missionary Jim Elliot. If you've never heard his incredible story, here's a very brief overview. Jim Elliot was one of five missionaries killed by the Auca Indians in Ecuador in 1956. He was 28 years old. Led by his deep love for God, Jim's greatest desire was that this indigenous people group heard the Gospel. Can you imagine the fear he must have encountered? Even still, he chose boldness and embraced the mission God had set before him.

You might be asking yourself how he was able to live such a bold life in the face of great danger. The answer is simple: Jesus. Jesus is the greatest example of boldness that we have. Take some time to read Matthew 26:36-46. What we see in this passage is that Jesus is praying in the garden of Gethsemane right before He is arrested and betrayed. Because Jesus was fully God but also fully man, he experienced sorrow and trouble before He went to the cross.

Jesus prays agonizing prayers on three different occasions in the garden of Gethsemane. He knows how close He is to completing His mission on earth - dying for the sins of the world. He falls on His face in total surrender to the Lord, and despite His sorrow, he prays, "Your will be done." He finishes praying, finds His disciples, and boldly met His betrayal, arrest, and crucifixion.

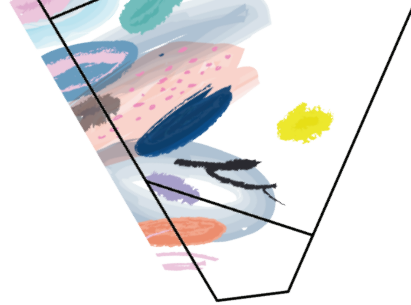
As followers of Christ, we are to model the example of boldness that Christ set for us. God has a specific plan for you as part of His mission to redeem the world. He might be calling you overseas. He might be calling you down the street. Whatever it may be, are you willing to imitate Jesus' fearlessness and follow God's mission?

Use the space on the next page to spend some time journaling. But before you put pen to paper, follow Jesus' example by praying to your Heavenly Father. Ask Him for the boldness to say "yes" to what He has for you, even if it might scare you. Then, write down some ways you know God is calling you to join in His mission.

How is God calling to be a part of His mission?
Use the space below to journal your thoughts.

WEEK ONE

DAY FIVE



Let's be honest: it's not easy growing up in today's culture. The world is surrounding you at all different angles, telling you who you should be, what you should look like, and how you should act. Even worse, there is criticism and ridicule all around you. As you experience opposition in your life, it can be easy to lose sight of God's overwhelming care and devotion to you.

Jesus speaks to this in Luke 12:4-7. Take a few minutes to read that. This passage of Scripture can be heavy but comforting. Jesus begins by telling His disciples that there is no need to fear what other men can do to them. It's a reminder that others may be able to take their lives (which is actually what happened for many of the disciples), but they have no authority over their eternal souls. Instead, He says they should fear the One who has the power over eternity - God Himself.

It's important to recognize that we can have a healthy fear of God. Fear, in this sense, means that we understand the unparalleled authority that He has, and in turn, we have a deep respect for Him. Having a proper view of God gives us the freedom not to fear anything the world has to throw at us.

At the end of this section of Scripture, Jesus reminds the disciples - and us - about God's attention to detail. The sparrows don't sit around worrying all day if they will have provision. They just trust. And God takes care of them. Even more so, He takes care of us - His children who are even more valuable than the sparrows. Allow that to sink in for a moment.

Jesus experienced opposition like no other. In John 16:33, He tells us that we will experience trouble as well. He also tells us to "take heart, for I have overcome the world." He has overcome, and He is on your side. Because of this, you can be fearless amid opposition.

You are worth more than the sparrows, friend.

Take some time to think about the questions below. Use the space provided to write down your answers.

What opposition are you facing today? How can you trust God in the midst of that opposition?

What does it mean to you to “take heart?”

Is there anything keeping you from fully trusting that the Lord cares deeply about you? If so, what are those things?

Do you have a healthy fear of God? Why or why not?

Spend some time in prayer. Instead of asking Him for anything, use this time to just praise Him for who He is. Thank God for caring about every detail of your life, even when it's hard for you to believe.