



Fear Not

21
DAYS TO PEACE



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Day 1

***'For God has not given us a spirit of fear, but of power and of love and of a sound mind.'* 2 Timothy 1:7 NKJV**

Fear is a tactic of the enemy to keep you from fulfilling God's purpose in your life. God does not give you fear but a way to combat it. A sound mind means: safe thinking, good judgement, self control, and self discipline with the ability to make good decisions (Strong's 4995). Combine this with the *power* of the Holy Spirit and the *love* of God and you have a recipe for freedom from fear. God knew fear would be a struggle. He gave you a way to be free of fear by filling His Word with encouragement and victory. Take time today to see what the Word says about fear.



Activation:

Are you utilizing a sound mind in combating fear?

Give yourself extra time today to hear what the Lord says about anything that is causing you worry.

Fear Not: God does not give you fear.

Declare: I do not have a spirit of fear, but of power, love and a sound mind. Thank you Lord for giving me peace.



Day 2

'Blessed (happy, fortunate, and to be envied) is the man who reverently and worshipfully fears [the Lord] at all times [regardless of circumstances], but he who hardens his heart will fall into calamity.' Proverbs 28:14 AMPC.

The Word includes commands both to fear NOT and to fear GOD. Which is which and is there a contradiction? They are actually both correct because they have different root meanings. Fear of the Lord is not a negative concept requiring you to be afraid of God. Fear of the Lord is a concern that your actions could hurt God's heart. In the same way you don't want to hurt or disappoint your parents, spouse or other loved ones, you don't want to disappoint God. It is the idea that you love God and consider Him precious. Because you value your relationship with Him, you would not want your actions to hurt Him. You are in awe of who He is and you are inspired to worship Him. Think about the amazing glory of God today and how it makes you feel.



Activation:

Do you know in your heart there is nothing to fear from God?

Journal your thoughts about fear/reverence/awe of the Lord then let
His peace flood your heart.

Fear Not: God is a precious gift.

Declare: I am in awe of you Father and consider my relationship with
you precious. I will esteem your Word in every situation.



Day 3

***'You shall fear the Lord your God and serve Him, and shall take oaths in His name.'* Deuteronomy 6:13 KJV.**

You may wonder, why does the Old Testament, specifically the King James Version, tell us to “fear not,” and other verses uphold the idea of fearing God. Fear yes or fear no? The biblical concept of the *fear of God* is based on His good intentions toward us. It helps restrain us from evil, gives us confidence, justice, humility, riches, honor and life. It also brings peaceful sleep which is opposite to what the fear of man brings (Strong’s 3374). God is good and brings peace. He wants you to relate to Him out of love and not out of fear. His thoughts of you are loving, positive, and kind. He will never abandon you or let you down. You are precious to Him.



Activation:

Read Psalm 139 paying special attention to verses 17 and 18.
Focus on the goodness of God and His love for you today.

Fear Not: God's intentions toward you are good.
Declare: Father, I know your intentions toward me are always good. I
have no need to fear. I will sleep in peace.



Day 4

'Then Jesus said to him, "Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve." Matthew 4:10 ESV.

'It is the Lord your God you shall fear. Him you shall serve and by his name you shall swear.' Deuteronomy 6:13 ESV.

Jesus, who came to reveal the Father, gave a very clear explanation regarding the fear of the Lord. When Jesus was in the desert and tempted by the devil, He quoted an Old Testament scripture (His words in Matthew were quoted from Deuteronomy). Jesus changed the word "fear" to worship. The word fear in the Old Testament carries the idea of awe, respect and love that results in worship. God wants us to have an awe of Him that inspires worship, not fear. He wants a relationship where you trust that He has only good things for you. Reminding yourself daily of His goodness to you will open your heart to trust, and close your heart to fear. How amazing is it that the God of the universe loves you?



Activation:

Look at Jesus' relationship with the Father. What does it look like to you?

Spend some time journaling about answered prayer, then set your heart to worship. Remind yourself daily that He gives only good gifts.

Fear Not: God is worthy of all worship.


Declare: Jesus, thank you for showing me the love of the Father. I will give you all my worship.



Day 5

***'The fear of man brings a snare, But whoever trusts in and puts his confidence in the Lord will be exalted and safe.'* Proverbs 29:25 AMP.**

Now, let's contrast the healthy fear of God with the unhealthy fear which the Lord commands us *not* to have. This is fear He says to, "Fear NOT." The type of fear that brings worry, and anxiety and keeps you up at night (the opposite of peaceful sleep from the fear of God). It keeps you imagining things that haven't happened yet and may never happen. If you logically examine what is causing you fear, worry and anxiety, it is almost 100% guaranteed to be based in your mind. Which means, between your ears you have created a world based in non-reality. You are playing a movie in your mind. This is a ploy of the enemy to get you to believe a lie. Fear is intended to stop you from getting where you need to go. Confidence in the Lord will keep you safe from the tactics of the enemy. Make the Word of God bigger in your mind than any other thought.



Activation:

When confronted with fearful thoughts, do you cut them off or allow them to play freely in your mind?

Find a scripture about defeating fear that ministers to you. Read it out loud several times a day and watch the Lord bring victory.

Fear Not: God is a safe place.


Declare: I am confident in the Lord and I trust His protection in my life. I will no longer allow a movie of fear to play in my mind.



Day 6

'For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,' 2 Corinthians 10:4-5 NKJV.

This is a verse that helped me, after I finally understood what it was saying. I used to feel I needed to grab myself by the collar to bring my thoughts into the obedience of Christ. I felt like I was in trouble with the principal. But God gave me a revelation one day as I read it again. I realized He isn't scolding me, He is loving me. He is telling me to cast down that fearful thought because it is crowding the knowledge of God out of my mind and heart. Then, bring every thought into captivity to the obedience of Christ. Once, I thought I needed to carry around condemnation for my thoughts. I felt the need to do a kind of penance to be free from them. It wasn't a positive way to approach this verse. But now, I know I can bring my fearful thoughts into the obedience of Christ by simply giving those thoughts to Jesus. When I am exalting the Word of God over fearful thoughts, He brings peace to every situation.



Activation:

Are you aware of scriptures that make you feel insecure or even ridiculous?
That is not ever God's intention.

Ask the Lord about His true intention for those verses. His Word is a manual
for living an abundant life. Cover to cover it is designed for your good.

Fear Not: God's Word is mighty to save.

Declare: I can bring any fearful thought into captivity to the obedience
of Christ. I will exalt the Word of God over all my thoughts.



Day 7

'Listen to me, you who know righteousness, the people in whose heart is my law; fear not the reproach of man, nor be dismayed at their revilings.'
Isaiah 51:7 ESV.

One of the most common hindrances to your destiny is the fear of man. It simply means, you care too much about what other people think of you. You identify more with others' opinions than with God's opinion. It causes you to worry excessively about how you are perceived. It can cause you to step outside of your purpose in God to please others. You don't trust the Lord to bring promotion or the right connections. Instead, you put your trust in people to do what only God can do. It sounds ridiculous, but it happens very subtly. In this verse, God reminds you who you are. Then He says, fear not the reproach of men. God knew you were going to be dealing with the opinions of men. As you courageously step into your destiny, there will be resistance. Not everyone is going to like you. Keep your eyes focused on who God says you are. Believe Him when He says there is no need to fear.



Activation:

Are you aware of the fear of man working in an area of your life?

Journal about interactions with colleagues and look for indications that you are valuing other opinions over God's.

Fear Not: Promotion comes from God.


Declare: I will exalt God's opinion and God's Word over the opinion of others. God knows who I am and He will defend me.



Day 8

***'Do not tremble nor be afraid [of the violent upheavals to come]; Have I not long ago proclaimed it to you and declared it? And you are My witnesses. Is there a God besides Me? There is no other Rock; I know of none.'* Isaiah 44:8 AMP.**

The fear of man has destructive symptoms: the need to always be right, selfishness, manipulation, stress, and fatigue. You become unpromotable and develop relationship problems. Trying to be what someone else thinks you should be is exhausting. Holding onto God as your rock and foundation brings relief. My friend Andrew Wommack told me this story. The Lord showed him running a race when someone heckled him from the crowd. Andrew climbed up into the stands to deal with the heckler by arguing and correcting them. The Lord said, if you are going to run your race, you cannot be distracted by the naysayers. You must stay on the track. That is a great visual for remaining focused on your own race. Be kind to others but stay undistracted. Let God deal with those hecklers. Allow the Lord to fight your battles and vindicate your name.



Activation:

Think about the symptoms listed above and determine if you have any of them in your life today.

Ask the Lord to remind you of this story during situations involving destructive interactions. He will make a way of peace available to you—just ask.

Fear Not: There is no one besides our God.


Declare: I trust in God as my rock and foundation. I will run my race without fear and let God fight my battles.



Day 9

'You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it ' John 8:44 NKJV.

Being able to filter your thoughts begins with identifying a lie and understanding the source of fear and lies. If you feel worried, stressed out, and full of anxiety, you are entertaining thoughts from the enemy. The facts are: all he can do is lie. Jesus said he is a liar and there is no truth in him. I have learned to connect any fear-filled thought to a lie from the enemy. Once I do that, I can reject the lie and speak the truth (the Word) regarding the situation. Remember, God has not given you a spirit of fear but of power, love and a sound mind. Decide to focus on what God says. Choose to exalt the Word of God over any lie or thought from the enemy. Feed your mind on the things of God that will bring life and hope.




Activation:

Are you entertaining thoughts that cause anxiety and worry?

Journal about thoughts that are causing you fear. Ask the Lord to show you a scripture that speaks directly to that fear. Let that scripture become more powerful in your life than the fear.

Fear Not: Jesus said there is no truth in the enemy.

Declare: I believe the truth of God's Word. I will not entertain the lies of the enemy which are meant to harm me.



Day 10

'The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).' John 10:10 AMP.

Which camp are your thoughts in? There is the camp of thoughts that would eventually steal, kill or destroy you—the enemy's camp. Or the camp of life more abundant—Jesus' camp. The enemy has no truth in him so thoughts from him can only be lies. Jesus is the Prince of Peace so thoughts from Him can only bring peace. Once a thought is identified as a lie, you can apply 2 Corinthians 10:5, and replace it with truth. This is literally how I learned to process thoughts because I think logically. I need to see it in the Word then know how to apply it. When I agree with the Word and turn away from fear, I am able to see clearly and determine a healthy solution.




Activation:

Which camp are your thoughts in?

Take time to logically assess thoughts that cause you distress. Remember God is good and brings peace. The enemy is bad and brings fear.

Fear Not: The Prince of Peace brings abundant life.

Declare: My thoughts will remain firmly in the camp of the Lord. I will not allow the enemy's lies to gain a foothold in my life.



Day 11

'Do not fear [anything], for I am with you; Do not be afraid, for I am your God. I will strengthen you, be assured I will help you; I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].' Isaiah 41:10 AMP.

Take this process and filter your thoughts through it for a week. Journal your feelings and analyze your resolutions. God is about to do some amazing things in your life.



Fear is from the enemy.

There is no truth in the enemy.

Therefore there is no truth in fear.

Does this thought bring fear?

It is not from the Lord.


Exchange that thought for a promise in God's Word.

Agree with the Word and turn away from fear.

What you agree with is what has power in your life.

Fear Not: God's righteous right hand is a guide.


Declare: I agree with the Word of God in my life. I do not agree with the lies of the enemy.



Day 12

'There is no fear in love [dread does not exist]. But perfect (complete, full-grown) love drives out fear, because fear involves [the expectation of divine] punishment, so the one who is afraid [of God's judgment] is not perfected in love [has not grown into a sufficient understanding of God's love].' 1 John 4:18 AMP

A key to living a life free of fear is found in this verse. The bottom line: gain a strong understanding of God's love. Everything changes with perspective. Could this be a guide to overcoming fear of failure, fear of rejection, and more? The answer is a resounding "yes!" With an understanding of God's unconditional love, you can exalt the Word of God over your thoughts, fears, imaginations and eventually the behaviors you have developed. Fear is often related to punishment. If you do something wrong it will bring a form of punishment (rejection, harm, loss, pain or shame). Because of love, Jesus Christ took any punishment we deserve. We have nothing to fear. The love of God expels all thoughts of terror because love and fear cannot exist together.



Activation:

Do you know faith is the opposite of fear and love casts out thoughts of fear?

List in your journal all the scriptures referring to the love of God you know by heart. Then look up some new ones to add to your list. Meditate on these verses.

Fear Not: God's love casts out all fear.

Declare: I want to embrace the unconditional love of the Father. I have no need to fear punishment because of the price Jesus paid for me.



Day 13

'True love for God means obeying his commands, and his commands don't weigh us down as heavy burdens. You see, every child of God overcomes the world, for our faith is the victorious power that triumphs over the world.' 1 John 5:3-4 TPT

The definition of principle (command in the above verse) from Webster's Dictionary is: a fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning. In simple terms, what is the filter for your worldview and how do you make decisions? When your filter is the Word of God, you leave no room for fear to take hold. If you entertain fearful thoughts you are opening the door for the enemy to plant those thoughts in your mind. If you have a chain of reasoning based on fear instead of the Word of God, you will see situations skewed and misleading. If your chain of reasoning (your filter) is the Word of God, you will see situations clearly based on truth. ***'Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear.'*** Matthew 11:29-30 TPT.




Activation:

What is the filter you base your worldview on?

Journal your thoughts on how you see the world. Think about how you process truth. Commit to living by the principles in the Word of God.

Fear Not: Every child of God overcomes the world.

Declare: The chain of reasoning for my life will be God's Word. Thank you, Lord, that your requirements are pleasant and easy to bear.



Day 14

***'So every married man should be gracious to his wife just as he is gracious to himself. And every wife should be tenderly devoted to her husband.'* Ephesians 5:33 TPT**

Daily measuring your thoughts against the Word of God allows you to respond and make decisions without fear. Let's look at some family dynamics. It is clear in this verse what God wants a marriage relationship to look like. However, if your mind holds fear of rejection or a fear that your spouse will take advantage of you, the enemy can fill your heart with lies. You are placing your fears, past hurts, or rejection over the Word of God. When using the Word as your chain of reasoning, you can set aside the fear of being hurt and make a decision to respond from truth. A wife can turn away from the fear of rejection and be tenderly devoted to her husband. A husband can turn away from the fear of failure and be gracious to his wife. You make decisions every day based on your chain of reasoning. Make the Word of God the filter in your family relationships.



Activation:

Do you recognize your chain of reasoning as the Word of God?

Take a moment to measure your thoughts against the Word of God before you respond to a tense situation. Watch the Lord's hand move on your behalf.

Fear Not: God's Word is the blueprint for life.

Declare: I will turn away from fear and believe the Word of God is true.

Past hurts and rejection have no place in my decisions.



Day 15

***'Train up a child in the way he should go [teaching him to seek God's wisdom and will for his abilities and talents], Even when he is old he will not depart from it.'* Proverbs 22:6 AMP.**

How many parents envision the talent of their child as completely different from what they actually develop? Many times, parents try to steer their children into a field their family has held in high esteem. For example: there may have been 3 generations of attorneys in a family, but along comes a child who doesn't have any interest in becoming an attorney. This child is interested in becoming a chef. Parents need a trust in God that rises above the fear of a family's opinion. You can have peace when your child doesn't become an attorney. You can rejoice when he/she becomes a chef or a farmer or an arborist. Parents want to see their children succeed, but too often it is based on what others think. What will other family members or friends think if your child doesn't attain a certain level of success? God says the way to see success in your children is to teach them to seek God's wisdom. When you train your child to lean on the abilities and talents God has placed in him or her, there is no room for fear.




Activation:

Did your parents guide you in seeking the Lord for your purpose in life?

Whether you have children or not, consider the way you were raised. Ask the Lord to fill in any gaps and nourish you completely. Then ask the Lord if you are fulfilling the purpose He has for you.

Fear Not: God's hand is good toward His children.

Declare: In training my children, I will teach them that their gifts and talents are from God. I will trust God for the destiny of my child.




Day 16

'Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart].' Philippians 4:8 AMP.

In your personal life it is important to learn to meditate on truth. With a foundation of truth, you become more readily able to grab unhealthy thoughts and judge them through the Word. The intent of fear is to decrease your hope and limit your victories. This verse will help with your thought life on a daily basis. If you have a fearful thought in any area and it is not confirmed in the Word, He says not to think about it. You can judge it immediately. Many times a health concern (my knee hurts, I wonder if I need a knee replacement), will cause thoughts of fear. You can grab hold of that thought and judge whether it is confirmed by God's Word. In this case, the Word of God says I am healed and whole in Jesus' name. If you nip fearful thoughts in the bud as soon as they try to plant in your mind, you cut off a spirit of fear in that area. You can quickly get at the root of the thought, then turn away from fear and toward the Word. Think on things that are excellent and worthy of praise.





Day 17

'But now, says the LORD – the one who created you, Jacob, the one who formed you, Israel: Don't fear, for I have redeemed you; I have called you by name; you are mine. When you pass through the waters, I will be with you; when through the rivers, they won't sweep over you. When you walk through the fire, you won't be scorched and flame won't burn you.' Isaiah 43:1-2 CEB.

God commands you not to fear or worry. The phrase *fear not* is used numerous times in the Bible because God knows you. He also knows how the enemy uses fear to decrease your hope and limit your victories. If the enemy can get you focused on a lie—anything that brings fear and anxiety is a lie—that is his goal. If you are afraid of the future, what does that do to your effectiveness in the Kingdom of God? It makes you fruitless. Plus, fear brings torment. God does not want torment in your life and it does not come from Him. You need to measure and recognize a lie knowing there is no truth in the enemy. You belong to the Father who has called you and redeemed you and promises to protect you. Rest in the safety of His great love and care.



Activation:

Do you recognize God's hand protecting you on a daily basis?

Determine if you have fear for your physical or emotional safety. Ask the Lord what He says about your safety and hold those verses close to your heart.

Fear Not: God is the Great Protector.

Declare: I believe God is near to protect me and He has called me by my name. I will not fear no matter where I go.

Day 18

'Better is a poor man who walks in his integrity Than a [rich] man who is twisted in his speech and is a [shortsighted] fool. Also it is not good for a person to be without knowledge, And he who hurries with his feet [acting impulsively and proceeding without caution or analyzing the consequences] sins (misses the mark). The foolishness of man undermines his way [ruining whatever he undertakes]; Then his heart is resentful and rages against the Lord [for, being a fool, he blames the Lord instead of himself].' Proverbs 19:1-3 AMP.

In your professional life, decisions and judgments based on fear can bring ruin. However, when you choose integrity, it may appear to be to your detriment. There may be a cost related to doing the right thing, but the Lord will uphold you. These verses say the rich man who is twisted in his speech is a short-sighted fool. I love how Proverbs just throws it out there and tells you exactly what will happen. Basically, if you depend on money for your life, you will constantly fear losing money. You will make fear based decisions rather than integrity based decisions. God says you will become dishonest and arrogant. Then He says, a person without knowledge hurries with his feet and acts impulsively. That person proceeds without caution or analyzing the consequences. Does this describe how you respond while in fear of man or finances or rejection? When you are functioning in fear you cannot think clearly. You "hurry with your feet" and act hastily. Essentially, you are trying to control or manipulate a situation based on the lie of fear. This verse lays out what happens when you don't follow the Word of God and keep fear in check. He has given boundaries for safe, joyful living. It is your choice.

Activation:

Do you keep your professional life and your spiritual life separate?

Journal about a time you made a decision based on integrity. Contrast it with a time you made a decision based on fear. Compare the results.

Fear Not: God has set principles and boundaries in His Word.
Declare: I do not need to fear walking in integrity. God rewards those who walk uprightly. I want to walk uprightly all my days.



Day 19

***'No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon [money, possessions, fame, status, or whatever is valued more than the Lord].'* Matthew 6:24 AMP.**

In your financial life, if you fear loss rather than trust His promises, you are essentially trying to serve two masters. When pursuing fame, your desires are grounded in the fear of man. In focusing on the approval of man, you are functioning in direct opposition to approval from God. This scripture says, when you go after man's approval you are valuing it more than the Lord's approval. God's financial solution includes being a good steward. He spends a lot of time in the Word talking about how to handle finances from a spiritual perspective. Good stewardship helps you manage money, time and resources. Stewardship affects every area of life. You want to be able to make financial decisions based on His promises and not on fear. God wants you and me to be well taken care of in our finances, as well as helping to establish His Kingdom. The Word is full of promises for our multiplication, expansion and success. Turn toward those promises as truth.



Activation:

What are the principles you base your financial decisions on?

Take a look at one area of your finances and determine if you are utilizing biblical principles in that area. If so, move on to another area. If not, determine why and ask the Lord for help to make an adjustment.

Fear Not: God honors a good steward.


Declare: I will not live a life serving two masters. I will give my whole heart to furthering the Kingdom of God with my finances.



Day 20

'I call heaven and earth as witnesses against you today, that I have set before you life and death, the blessing and the curse; therefore, you shall choose life in order that you may live, you and your descendants, by loving the Lord your God, by obeying His voice, and by holding closely to Him; for He is your life [your good life, your abundant life, your fulfillment] and the length of your days, that you may live in the land which the Lord promised (swore) to give to your fathers, to Abraham, Isaac, and Jacob.' Deuteronomy 30:19-20 AMP.

In your spiritual life, choose an abundant life. He has promised it to you. I absolutely love this. God commands you to fear not and He says, when you obey His voice He is your good life, your abundant life and your fulfillment. I want to encourage you in every area of your life. Learn to properly measure fearful thoughts against the Word of God. You can make a decision today. Say, "I will not fear. I will choose to cast down vain imaginations, and I will line myself up with the Word of God." You will see a fearful life get turned upside down. Today you can begin living a life of faith with a foundation of the Word of God as your principle. God has given us the freedom of choice in all things. He has laid out life and death for us to choose. Trust Him. Believe Him. Turn away from fear toward truth. You get to choose.



Activation:

Do you know the blessings of Abraham are available to you through Jesus Christ?

Take a moment and ask the Lord if you have chosen blessings or curses.
He wants you to choose blessings and they are available to you today.

Fear Not: God gave free will from the beginning.

Declare: Thank you Father for the gift of choice. Today, I will choose life and blessing.



Day 21

***'For I the Lord your God keep hold of your right hand; [I am the Lord], Who says to you, 'Do not fear, I will help you.'* Isaiah 41:13 AMP.**

Sometimes the things that seem the most difficult to overcome have the simplest solution. I have struggled with fear. At one time I was consumed with fear. I knew I needed to get it out of my life, but the question was how? Everything I had tried up to that point was not working. Dealing with fear was an area where I felt completely out of my depth. I thought since God says, "fear not" I should be able to just do it. I spent my energy trying to muster up enough faith to drive fear out of my life. But it doesn't work that way, and I needed help. I had too much coming at me to successfully fight the battle on my own. I was looking for the right formula or steps to fix a fear problem. But I was looking for the wrong thing. Instead of looking for what I could do myself, I needed to look at Jesus and His Word to receive *what was already available for me*. He was holding out His hand to me with the answer I needed. I hope the revelations in this devotional have been an encouragement to you. I pray all God's richest blessings over you as you step out into freedom from fear.



Activation:

Do you have a story about overcoming fear, worry or anxiety?

Write down your stories of struggle with fear and leave space to add the victory when it comes.

Keep this book close and re-read it every quarter to encourage your faith.
Fear is a defeated foe. You are free.

Fear Not: God is a very present help in time of need.

Declare: I am destined for a life of peace and freedom from fear. I will trust in the promises of God's Word for my help.

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