

Free From Fear

1-week Interactive Journal to Break Free from Fear!



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FREE FROM FEAR

This interactive journal will help you to identify fears, give you the courage to surrender the fears and end the week with a greater faith in God's promises.

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About Stephanie

Illuminate Truth. Inspire Hope. Ignite Change.

It's a pleasure to meet you!

Redemption. Restoration. Hope. Freedom. These are the words that resonate and radiate from my soul. These words God has illuminated in my life to demonstrate his faithfulness.

Writing and speaking are God-given platforms used to guide others to lasting Hope and freedom found in Christ.



Other Resources from Stephanie

Ascent to Hope: The Rugged Climb from Fear to Faith

Ascent to Know Him: An 8-week Devotional

Morning Cup of Hope: Subscribe www.youtube.com/stephaniewinslowcupofhope

From the Shop Floor to the Board Room: An 8-week Business Devotional

The Ascent Weekly Devotional Email: Subscribe @stephaniewinslow.com



Introduction

*"The Rugged
Climb From Fear
to Faith."*

When you think of fear what comes to mind?
What causes fear to well up inside of you?

Is it spiders or diseases? Is it the future or
the past? Is it a person or a place?

For me, fear begins at "What if?"

I believed the mantra, "what can go wrong
will go wrong." The "what if" questions
plagued my mind and left me handcuffed to
fears that stifled my faith journey.

During encounters with God speaking to my
mind through his word, my heart and mind
began to change. His word changed my "what
if's" to "because God says". I believed more in
his promises than in my doubts.

My FEAR was replaced with FAITH!

Join me on this one week journal of
discovering how to move from FEAR to FAITH.

Because of Christ,

Stephanie Winslow

Free From Fear

BREAK FREE FROM FEAR: REFLECTION VERSES

DAY 1 REFLECTION VERSE: PSALM 27: 1

DAY 2 REFLECTION VERSES: PSALM 27: 2-3

DAY 3 REFLECTION VERSES: PSALM 27: 4-5

DAY 4 REFLECTION VERSE: PSALM 27:6

DAY 5 REFLECTION VERSES: PSALM 27: 7-9

DAY 6 REFLECTION VERSES: PSALM 27: 10-12

DAY 7 REFLECTION VERSES: PSALM 27: 13-14

What are you willing to change in order to let go of FEAR and embrace FAITH?



DAY 5

Will you thank God for the fears placed on the altar? Will you worship God for turning your fears into faith, believing it is already done?

Read: Psalm 27:7-9

As you pray today, picture the fears lifting from your your heart & mind.



DAY 7

*Fear can arise when we doubt God will intervene in our desired timing.
How will you handle the potential for fear to arise as you wait on God?*

Read: Psalm 27:13-14

Proclaim to God your confidence in his perfect plans and purposes.

Free From Fear

BREAKING FREE FROM FEAR : TAKE ACTION

#1. What fear have you left behind?

#2. What one change will you implement into your life?

#3. Who will you invite to hold you accountable to the change?