

30 Day Challenge To OVERCOME FEAR

Congratulations!

By beginning this challenge, you've just taken your first step to giving fear the boot!

Today is Day 1. Familiarize yourself with the process described below. I recommend that each morning and evening you meditate as follows:

Morning Meditation

- **3-5 minutes – Be Still Moment.** Meditate about how God is speaking to you regarding your fears.
- **3-5 minutes – Record Your Meditation Revelations.** Record whatever messages, answers, and/or questions that God revealed to you during your Be Still Moment. Use your personal journal the **Meditation Revelations** section of this journal.
- **3-5 minutes - In God's Word.** Meditate on the Biblical text provided each day. Read and re-read the scripture in different translations. Write the scripture in a way that's meaningful to you. Use your personal journal or the **In Your Words** section of this journal.
- **3-5 minutes – Meditation Affirmation.** After you've meditated on God's Word and have written His Words in your heart, speak God's Word and His promises over your life. Affirm God's goodness and power. Think and speak as one who is not afraid! Repeat the affirmation a few times then write it out. Use your personal journal or the **Meditation Affirmation** section in this journal.
- **5-10 minutes - In Prayer.** Use this time to pray over the scripture, the revelations received, the affirmations made and ask God to set your fearless intentions for the day.

Evening Meditation

- **2-3 minutes - In Prayer.** Use this time to thank God for bringing you through another day as one who is fearless and pray over the scripture again.
- **3-5 minutes – Today I Was Fearless.** Spend a few minutes recording messages, answers, manifestations, and/or revelations received throughout the day in reference to the scripture and the affirmation. Note at least one way in which you were fearless today. Use your personal journal or record your reflections in the **Today I Was Fearless** section in the journal pages below.
- **2-3 minutes - In Prayer.** Pray over the scripture, and ask God to go before you, prepare your tomorrow, and to continue transforming you into one who is fearless because You are with God.

Then spend time in prayer, asking God to break the strongholds of fear. Ask Him to change you, transform you, take away your fears and help you walk in the freedom of fearless living. Commit to this journey. Expect the unexpected. And praise God now in anticipation of your fearlessness to come!

From My Fearless Heart to Yours!!!



Day 1 | 30

30 Day Challenge To OVERCOME FEAR

BIBLE TEXT:

Psalm 34:4 - I sought the Lord and He heard me and delivered me from all my fears.

Meditation Revelations: _____

Psalm 34:4 In Your Words: _____

Meditation Affirmation:

God hears me, and He will deliver me from all my fears! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 23:4 - Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff they comfort me.

Meditation Revelations: _____

Psalm 23:4 In Your Words: _____

Meditation Affirmation:

God is with me, even in the valley, therefore I will not fear! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Isaiah 41:10 - Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, yes I will help you, I will uphold you with my righteous right hand.

Meditation Revelations: _____

Isaiah 41:10 In Your Words: _____

Meditation Affirmation:

God is with me. He strengthens me and He holds me. Therefore, I will not fear! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

1 John 4:18 - There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Meditation Revelations: _____

1 John 4:18 In Your Words: _____

Meditation Affirmation:

Perfect love has cast out ALL of my fears! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 27:1 - The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?

Meditation Revelations: _____

Psalm 27:1 In Your Words: _____

Meditation Affirmation:

God You are my light, my salvation and my strength. I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Luke 10:41-42 - "Martha, Martha, you are worried and troubled about many things.
[42] But one thing is needed, and Mary has chosen that good part..."

Meditation Revelations: _____

Mark 10:41-42 In Your Words: _____

Meditation Affirmation:

I choose the better part! I am not worried or troubled! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 46:1-2 - God is our refuge and strength, a very present help in trouble.
Therefore we will not fear, even though the earth be removed...

Meditation Revelations: _____

Psalm 46:1-2 In Your Words: _____

Meditation Affirmation:

God is my help, therefore I will not fear no matter what! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 91:1-3 - He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. ²I will say of the LORD, "He is my refuge and my fortress; My God, in Him I will trust." ³Surely He shall deliver you from the snare of the fowler And from the perilous pestilence.

Meditation Revelations: _____

Psalm 91:1-3 In Your Words: _____

Meditation Affirmation:

God is my refuge and my fortress. I trust Him to deliver me from trouble! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 91:5 - You shall not be afraid of the terror by night, nor of the arrow that flies by day.

Meditation Revelations: _____

Psalm 91:5 In Your Words: _____

Meditation Affirmation:

I am not afraid of the terror by night, or of the fiery darts of the enemy!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

John 14:27- Peace I leave with you. My peace I give to you; not as the world gives do I give you. Let not your heart be troubled, neither let it be afraid.

Meditation Revelations: _____

John 14:27 In Your Words: _____

Meditation Affirmation:

I am filled with God's peace so my heart is not troubled or afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

30 Day Challenge To OVERCOME FEAR

BIBLE TEXT:

Psalm 27:3 - Though an army may encamp against me, my heart shall not fear.
Though war may rise against me, in this I will be confident.

Meditation Revelations: _____

Psalm 27:3 In Your Words: _____

Meditation Affirmation:

I am confident in God, therefore I will not be afraid of wars or rumors of war!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Philippians 4:6-7 - Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding will guard your hearts and minds through Christ Jesus.

Meditation Revelations: _____

Philippians 4:6-7 In Your Words: _____

Meditation Affirmation:

God's peace, a peace I can't even understand, fills me. Therefore, I am afraid of NOTHING!!!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 56:3 - Whenever I am afraid, I will trust in You.

Meditation Revelations: _____

Psalm 56:3 In Your Words: _____

Meditation Affirmation:

Whenever I am afraid, I will trust in You, God! I trust and am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

30 Day Challenge To OVERCOME FEAR

BIBLE TEXT:

Psalm 56:4- In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?

Meditation Revelations: _____

Psalm 56:4 In Your Words: _____

Meditation Affirmation:

What can man do to me? Nothing because I trust You God so I will not fear!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Matthew 6:34 – Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Meditation Revelations: _____

Matthew 6:34 In Your Words: _____

Meditation Affirmation:

I am not worried about tomorrow. Today has enough for me to deal with. I trust You, oh God. Therefore, I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 34:6- This poor man cried out, and the Lord heard him, and saved him out of all his troubles.

Meditation Revelations: _____

Psalm 34:6 In Your Words: _____

Meditation Affirmation:

Every time I cry out to the Lord, He saves me from all my troubles! I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 34:7 - The angel of the Lord encamps all around those who fear Him and He delivers them.

Meditation Revelations: _____

Psalm 34:7 In Your Words: _____

Meditation Affirmation:

The angel of the Lord surrounds me and delivers me. I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Hebrews 13:5-6 - ...'I will never leave you nor forsake you.' [2] So we may boldly say:
"The Lord is my helper; I will not fear. What can man do to me?"

Meditation Revelations: _____

Hebrews 13:5-6 In Your Words: _____

Meditation Affirmation:

I boldly declare that I am not afraid because God has promised to never
leave me nor forsake me!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 118:6 - The Lord is on my side; I will not fear. What can man do to me?

Meditation Revelations: _____

Psalm 118:6 In Your Words: _____

Meditation Affirmation:

The Lord is on my side; therefore, I will not fear! I am not afraid.

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Genesis 15:1 – After these things the word of the Lord came to Abram in a vision, saying, “Do not be afraid, Abraham. I am your shield, your exceedingly great reward.”

Meditation Revelations: _____

Genesis 15:1 In Your Words: _____

Meditation Affirmation:

I am not afraid, for God is my shield and my exceedingly great reward!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 112:7 - He will not be afraid of evil tidings; His heart is steadfast, trusting in the Lord.

Meditation Revelations: _____

Psalm 112:7 In Your Words: _____

Meditation Affirmation:

I am not afraid of evil. My heart is steadfast and I trust in the Lord!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

.Psalm 112:8 - His heart is established; He will not be afraid..

Meditation Revelations: _____

Psalm 112:8 In Your Words: _____

Meditation Affirmation:
My heart is established. I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Revelation 1:17-18 - ...“Do not be afraid; I am the First and the Last. I am He who lives, and was dead, and behold, I am alive forevermore...”

Meditation Revelations: _____

Revelation 1:17-18 In Your Words: _____

Meditation Affirmation:

Because God is my first, my last, my everything forevermore, I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Psalm 94:19 – In the multitude of my anxieties within me, Your comforts delight my soul.

Meditation Revelations: _____

Psalm 94:19 In Your Words: _____

Meditation Affirmation:

When I feel anxious, God You comfort my soul. I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Isaiah 43:1 - But now, thus says the Lord, who created you, O Jacob, and He formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; you are mine.

Meditation Revelations: _____

Isaiah 43:1 In Your Words: _____

Meditation Affirmation:

God created me. He formed me. He redeemed me and has called me by my name! Because I am His, I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Isaiah 43:2 - When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.

Meditation Revelations: _____

Isaiah 43:2 In Your Words: _____

Meditation Affirmation:

God has promised to be with me as I walk through the waters, the rivers and even through the fire. Because He's with me, I am not afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

Deuteronomy 31:8 - And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear not be dismayed.

Meditation Revelations: _____

Deuteronomy 31:8 In Your Words: _____

Meditation Affirmation:

God goes before me and is always with me. He has promised never to leave me nor forsake me; therefore I will not be afraid!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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BIBLE TEXT:

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

Meditation Revelations: _____

2 Timothy 1:7 In Your Words: _____

Meditation Affirmation:

God has not given me a spirit of fear. Through His Spirit I have a sound mind, I am powerful, and I AM NOT AFRAID!!!

Your Personal Affirmation: _____

TODAY I WAS FEARLESS:

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PRAISE GOD! YOU MADE IT, OH FEARLESS ONE!

One this your final day to overcoming your fear, spend your time in prayer and praise! Praise God for the fearless one He's transformed you into! State with confidence:

I have no reason to fear for You oh God created me, You know me, You set me apart and appointed me for such a time as (Jeremiah 1:5, Esther 4:14). I will not fear because You oh God are my light, my strength, my stronghold, my salvation, my helper, my provider, my shield, and my great reward (Psalm 27:3, Hebrews 13:5-7, Matthew 6:25-33, Genesis 15:1, Isaiah 41:10) and You are with me. God, You have delivered me from all my fears (Psalm 34:4). Though the mountains shake and the waters roar, I will not fear because You are my refuge and a very present help in the time of trouble (Psalm 46:1-3). I am not afraid of bad news, of man, or of the evil of the night or the arrows that fly by day. With You on my side, what can any of these things do to me? Nothing) because I abide in the shelter of the wings of the almighty God (Psalm 23:4, 91:5, 112:7, 118:6! I put my trust in You oh God because You hear my cries and You save me from all of my troubles (Psalm 56:3, 34:6) and this gives me Your peace which surpasses all understanding (John 14:27, Philippians 4:6-7). Perfect love casts out all fear and Your love oh God is perfect (I John 4:18). Therefore, I am choosing the better part, to live in Your presence without fear (Luke 10:41-42)!

I claim a fearless and bold life in the mighty name of Jesus, Amen!

Give God your prayer of praise for His transformational power in your journey to fearlessness.

From My Fearless Heart to Yours!!!

Davenia