



# WAYS TO OVERCOME FEAR

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## Actions we can take:

Read scripture. Find verses that speak truth. Often times we believe lies that turn into fear.

Pray, ask God to help you. Reach out and ask to be added to a prayer list at your church.

Meditate and do deep breathing.

## Truth we can speak into ourselves:

I am loved. I deserve to feel safe.

I can trust God.

I am not alone, God is always with me.

This feeling is only temporary.

## Verses to memorize:

- Psalm 46:1
- 1 Peter 5:7
- Psalm 23:4
- Isaiah 41:10
- Philippians 4:6
- Psalm 56:3
- Joshua 1:9
- Deuteronomy 31:6
- Psalm 34:4



# OUR FAITH CAN BE BIGGER THAN OUR FEARS

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