



God is our refuge and strength, a help always near in times of great trouble.

— Psalm 46:1

Fear pushes us toward _____.

Faith calls us to _____.

Fear leads us to _____.

Love leads us to _____.

1 John 4:18

Faith move us _____.

Reflection Questions:

- † Where do you turn first when fear shows up?
- † What would change if love shaped your response instead of fear?
- † What is one thing you can do to replace a fearful reaction with a faithful action ?

Challenge

This week, when fear rises, pause and turn to God first. Then take one small step forward in faith instead of waiting for fear to disappear .

Daily Prayer

God of refuge and perfect love, when fear rises, remind me to turn to You first. You see the fears I carry and the thoughts that keep me awake. Help me to trust Your love more than the fear I feel. Give me the courage to take the next step, even when I am unsure. In Christ's name, Amen.