

## **Discipleship Guide: Journey of Redemption**

**Focus:** Fear grows when we rely on what we see, hear, and assume. Faith grows when we root ourselves in God's presence, truth, and love. This week, we explore how faith reshapes fear, not by removing challenges, but by changing how we respond to them. As we learn to trust more deeply, fear begins to lose its power, and we are able to move forward with clarity, courage, and peace.

### **Day 1: God Is Our Refuge**

**Scripture:** *Psalm 46:1*

#### **Reflection:**

When fear rises, our first instinct is often to try to control what we can or avoid what we cannot. The psalm reminds us that our starting point is not control, but trust. God is already present, already near, already our refuge. Faith begins when we turn toward that truth instead of away from it. .

#### **Questions:**

Where do you tend to turn first when fear or anxiety rises?

What would it mean for you to see God as your refuge in that situation?

What is one way you can intentionally turn to God first when fear rises?

#### **Prayer:**

God, You are my refuge and strength. Help me to turn to You first instead of trying to manage everything on my own. Help me to trust Your presence as my safe place. Amen.

### **Day 2: Perfect Love Casts Out Fear**

**Scripture:** *1 John 4:18*

#### **Reflection:**

Fear and love cannot lead at the same time. When fear takes over, it often pushes us toward control, withdrawal, or defensiveness. God's love does something different. It steadies us, reminds us we are secure, and allows us to respond rather than react. Faith grows as we trust that we are held in that love.

#### **Questions:**

Where do you notice fear shaping your reactions or decisions ?

How might God be inviting you to see yourself as loved so you can change the way you respond in that situation?

What is one practical way you can choose to act out of love instead of fear?

**Prayer:**

God of love, help me to trust that I am held in Your care. Let Your love guide my responses and quiet my fear. Amen.

**Day 3: Examining What Is True**

**Scripture:** Philippians 4:8

**Reflection:**

Fear often grows from assumptions, worst-case thinking, or incomplete information. Scripture calls us to focus on what is good, true, and worthy of trust. Fear is weakened, and faith is strengthened when we pause long enough to examine what we are believing and compare it to what is actually true.

**Questions:**

What thoughts or assumptions have been increasing your fear lately?

How do those thoughts compare with what is actually true about your situation?

What is one step you can take this week to replace a fear-driven thought with a truth-centered one ?

**Prayer:**

Holy God of truth, help me to recognize what is shaping my thinking. Lead me to focus on what is true and grounded in You. Amen .

**Day 4: Responding with Faith in Action**

**Scripture:** James 2:17

**Reflection:**

Faith is not just something we believe; it is something we live. When fear is present, action often feels risky. But small steps of faith begin to shift our trust from what we feel to who God is. Faith grows as we act, even when we are unsure.

**Questions:**

Where have you been waiting to feel less afraid before taking action?

What might it look like to act in faith even while fear is still present?

What is one small step you can take that reflects trust in God rather than fear?

**Prayer:**

God, give me the courage to act in faith. Help me to trust You enough to take the next step, even when I feel uncertain. Amen.

## **Day 5: Releasing What You Cannot Control**

**Scripture:** Matthew 6:33–34

### **Reflection:**

Fear often increases when we try to carry what was never ours to control. Jesus invites us to shift our focus, not toward managing everything, but toward trusting God with what lies beyond us. Faith grows when we release what we cannot hold and trust that God is already at work.

### **Questions:**

What are you trying to control right now that feels overwhelming?  
What would it look like to trust God with that instead of holding on to it?

What is one specific thing you will release to God this week, and how will you practice letting it go?

### **Prayer:**

God, teach me to trust You with what I cannot control. Help me to release what I am holding too tightly and rest in Your care. Amen.

### **Closing Prayer:**

God of refuge and perfect love, You see the fears I carry and the thoughts that keep me awake. Teach me to trust You more than the fear I feel and more than what I see. Help me to turn to You first, to rest in Your love, and to act in faith even when I feel uncertain. Guide me as I release what I cannot control and follow where You lead. In Christ's name, Amen.