



Reflections journal

— Chapter Ten —

WRITTEN BY LINSEY DRISKILL

Heart  treasure

Lord, Thank You
that I am *Fearless*.



Reflections journal

-Chapter Ten-

Week one day 1

I'M AFRAID OF SPIDERS. I always yell for someone to get the spider when I see one! But, we can have bigger fears like being left out or something difficult happening. When we're believers, we can give those fears over to the Lord because He holds us close.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand."

ISAIAH 41:10

Heart  treasure

Lord, Thank You that I am Fearless.
Remind me that I can release my fears
because You hold me in Your hand.
In Jesus' name, amen.

What are some things that you're afraid of?

In Isaiah 41:10, why does God say not to fear?

For I am _____.

God says He will do two things that will help you to not be afraid.
What are they?

1 I will _____.

2 I will _____.

How does God say He will uphold you?

With His _____.

In the face of fear, you are not alone. How can knowing that God is with you, strengthens you, and upholds you in His hand, help you when you are afraid?



Week one day 2

IN HEBREW, THE WORD *FEARFULLY* MEANS WITH DEEP RESPECT AND HEARTFELT INTEREST. God fearfully made you with so much care and so much love. So, you can be fearless in who God made you to be. Knowing what you like and don't like can help you know more of who you are. You're unique and special—so don't copy anyone.

*“For You created my inmost being;
You knit me together in my mother’s womb.
I praise You because I am fearfully and
wonderfully made; Your works are wonderful,
I know that full well.”*

PSALM 139:13-14

Heart  treasure

Lord, Thank You that I am Fearless.
Help me to be confident and fearless in
who You made me to be.
In Jesus’ name, amen.

What activities or things do you like?

What are some things you don't like?

CROSS OUT THE WORDS BELOW THAT DO NOT DESCRIBE YOU,
AND CIRCLE THE WORDS THAT BEST DESCRIBE YOU.

BIG GROUPS

LOUD ENVIRONMENTS

A FEW CLOSE FRIENDS

TIME ALONE

ARTS

TALKATIVE

NEW OPPORTUNITIES

SMALL GATHERINGS

QUIET ENVIRONMENTS

LOTS OF FRIENDS

TIME WITH OTHERS

SPORTS

LISTENER

ROUTINE

AS YOU LEARN MORE OF WHO YOU ARE, YOU CAN LEAN INTO GOD TO
CONTINUE TO MOLD YOU. HE CAN HELP YOU KICK FEAR TO THE CURB.

The opposite of being afraid is being FEARLESS. If you're someone who is often afraid, this word is great for you. And, if you do not fear much, this word is also great for you. God has said that you have NOTHING to fear.

WRITE WORDS IN
THE HEART THAT
ARE SIMILAR TO
FEARLESS.

FOR EXAMPLE:
COURAGEOUS

Week one day 3

GOD FORMS AND MOLDS OUR HEARTS TO BE MORE LIKE HIM as we seek Him. Isn't that awesome! We're not growing in our faith alone—He's right there with us!

*"Yet You, Lord, are our Father.
We are the clay, You are the Potter."*

ISAIAH 64:8

Heart treasure

Lord, Thank You that I am Fearless.

I can walk in confidence knowing
You are molding and shaping my heart
to be like Yours.
In Jesus' name, amen.

Why do you think God compared us to clay—what can you do with clay?

What does a potter do?

As you make yourself available to God, He will mold your heart, mind and soul. When you think about creating a clay figure, does it take a while or happen instantly?

Yes, it takes a while. Just like growing in your faith is a process. God will mold you bit by bit as you seek Him. What would you like God to do in your heart right now? Share with Him in a prayer below.



Week one day 4

JEREMIAH 29:11 IS ONE OF THE REASONS WE CAN BE FEARLESS. God has purposes for you that are specifically for you because of who He made you to be. One of His biggest purposes is that You become more like Him. You can trust Him in the process of being made new. It's like some-one rowing a boat. They actually row facing backward—they can't see where they are going, but only where they have been. In the same way, while we can't see ahead of us, God goes ahead of us and leads us, and we can trust Him.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

JEREMIAH 29:11

Heart treasure

Lord, Thank You that I am Fearless.
I know You have purposes for me and great things ahead. Along the way, please make me more like You. I'm so excited!
In Jesus' name, amen.

While we don't know the future, let's have fun thinking through how God has molded you and what some of your purposes are ...

How old will you be in five years?

What are some goals you would like to accomplish by that time?

.....
.....

How old will you be in ten years?

What things would you like to do by that age?

.....
.....

What ways can you see yourself serving the Lord during that time?

A lot of times, where your passions and interests meet a need, is where God might have you. What do you think you might grow up to be?

.....

AS YOU WALK FORWARD IN THE DAYS AHEAD,
BE FEARLESS,
BECAUSE GOD HAS PURPOSES FOR YOU!



Week one day 5

AS WE GROW IN TRUSTING THE LORD, fear will pop up sometimes. When that happens, we can turn to God and He will drive it out.

*“There is no fear in love.
But perfect love drives out fear.”*

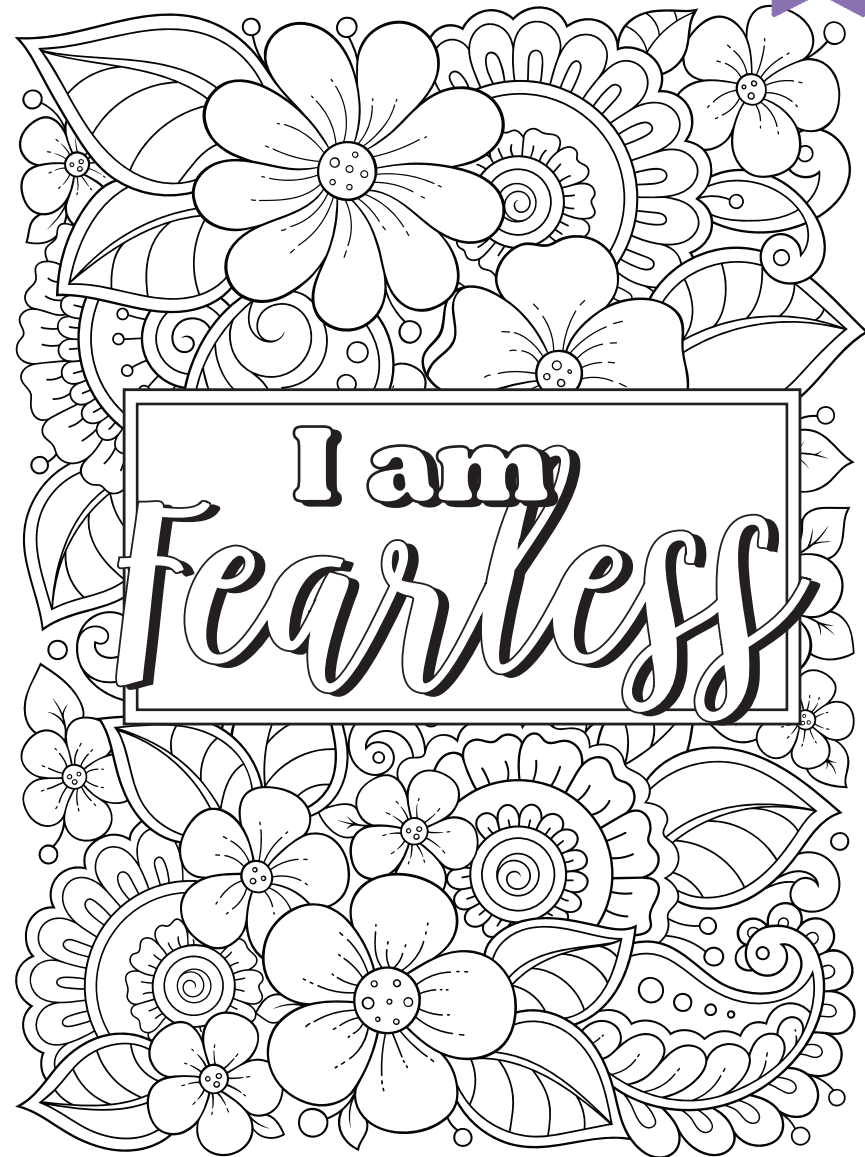
1 JOHN 4:18

Heart  treasure

Lord, Thank You that I am Fearless.

When fear jumps into my heart and mind,
Lord, would you please drive it out so I can
fearlessly trust in You?

In Jesus' name, amen.



Week two day 1

"WHEN YOU LET GO OF FEAR YOU CAN USE BOTH HANDS TO GRAB AHOOLD OF GOD." God Himself says not to fear. If the God of the Universe tells us we do not need to fear, then we do not need to fear.

"For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you."

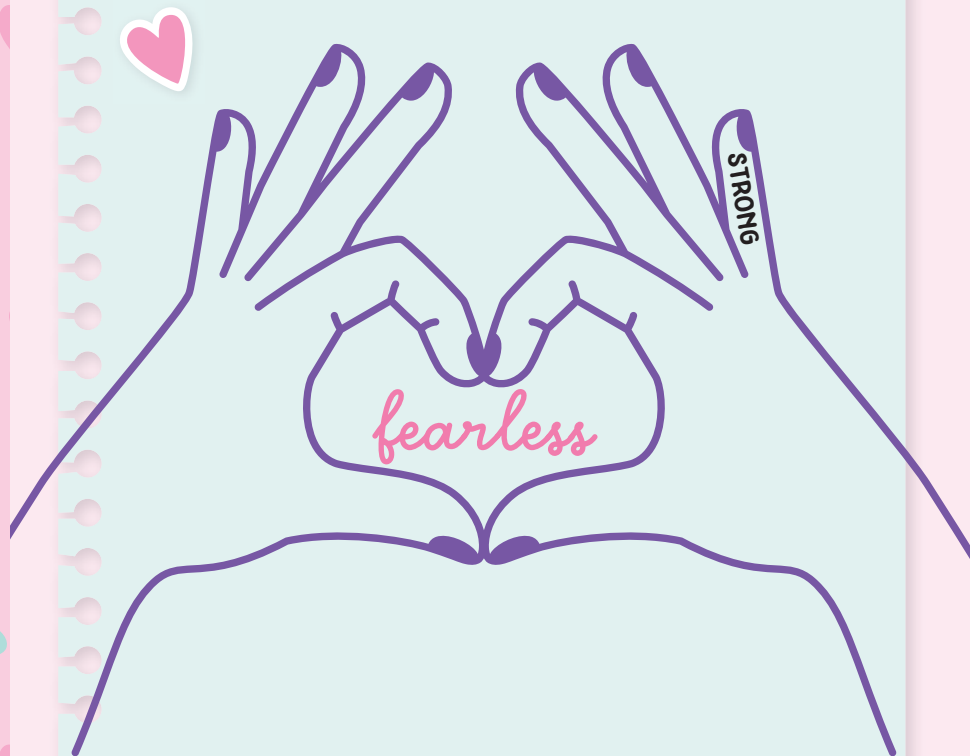
ISAIAH 41:13

Heart  treasure

Lord, Thank You that I am Fearless.
Help me to let go of any fears I have and to grab ahold of You instead.
In Jesus' name, amen.

Why does thinking about traits of God help us let go of fears we might have and grab ahold of God instead?

ON EACH FINGER BELOW, WRITE A WORD THAT DESCRIBES GOD THAT HELPS YOU LET GO OF FEAR AND FIND STRENGTH IN GOD.



Week two day 2

SOMETIMES DOING THAT THING WE'RE AFRAID OF CAN HELP us not be afraid anymore. I remember being so scared of roller coasters, but then one day I decided to do them all and loved them. I remember also being scared to talk to a friend about Jesus, but God helped me, and it became much easier. When we get out of our comfort zones, God works in great ways.

"For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment."

2 TIMOTHY 1:7

Heart  treasure

Lord, Thank You that I am Fearless.
Help me to step out of my comfort zone and to not be afraid. Thank You for giving me a spirit of power, love, and sound judgment.
In Jesus' name, amen.

Is there something that you're afraid to do? What is it?

What kind of spirit has God NOT given us?

A spirit of _____.

DECODE THE PUZZLE to find out what kind of spirit God has given us.



Week two day 3

DO YOU KNOW HOW JESUS DEALT WITH FEAR?

He faced it head on. After Jesus had fasted for 40 days in the desert, He was hungry. So Satan tried tempting Jesus to turn the rocks into bread to satisfy His hunger.

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

MATTHEW 4:4

Heart treasure

Lord, Thank You that I am Fearless.

Help me to live on Your Word and to be strengthened by it when I face hard things.

In Jesus' name, amen.

How do you think Jesus was feeling after not eating for 40 days?

When we haven't eaten for a while, our bodies and minds are weaker. Satan tried to take advantage of that. What did Jesus do when Satan tried tempting Him to turn the rocks into bread?

When we face something hard, what can we also do?

Since Jesus could have easily turned the rocks into bread, why didn't He?

What do you think Jesus means by living on every Word that comes from the mouth of God?

What is a practical way you can depend on God's Word? Write the answer in the loaf of bread to remind you that God is our daily bread and gives us what we need.



Week two day 4

DO YOU KNOW THAT SATAN ALSO USED SCRIPTURE

to take advantage of Jesus? Do you think it worked? Of course not! Because well, Jesus is Jesus.

“Then the devil took Him to the holy city and had Him stand on the highest point of the temple. ‘If You are the Son of God,’ he said, ‘throw Yourself down. For it is written’: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’

Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’”

MATTHEW 4:5-7

Heart treasure

Lord, Thank You that I am Fearless.

Give me Your confidence so when I face difficulty and people try to tempt me, I will stand strong in You.

In Jesus’ name, amen.

Is there a time someone tried to get you to do the wrong thing? What happened?



Satan actually tried to convince Jesus to do the wrong thing by using Scripture! But Jesus knew just what Satan was doing. Which one did Jesus do in response:

- A WENT ALONG WITH WHAT SATAN SAID TO DO
- B ASKED HIM MORE ABOUT WHAT HE MEANT
- C STOOD UP TO HIM BY SAYING NOT TO PUT HIM TO THE TEST

That’s right! Jesus basically told Him to back off! And Jesus used Scripture right back at him. I just want to cheer, Go Jesus! I love how Jesus used Scripture to prove a point.

How can we use Jesus’ response to help us when someone tries to get us to do the wrong thing?

REMEMBER WHEN YOU FACE TEMPTATION THAT GOD IS WITH YOU AND HAS ALSO BEEN THROUGH DIFFICULT THINGS. HE CAN RELATE TO US.

Week two day 5

LET'S SEE WHAT HAPPENS THE THIRD TIME SATAN TEMPTS JESUS.

"Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their splendor. "All this I will give you," He said, "if you will bow down and worship me."

Jesus said to him, "Away from Me, Satan! For it is written: 'Worship the Lord your God, and serve Him only.'"

Then the devil left Him, and angels came and attended Him."

MATTHEW 4:8-11

Heart  treasure

Lord, Thank You that I am Fearless.
Help me to stand confident on Truth like
You did, Jesus. To not fear, but to be
strong in You.
In Jesus' name, amen.



What did Satan tell Jesus he would give Him if He bowed down to him?

What is false about what Satan told Jesus He would do?

In life, we also have to discern lies from truth. We can use Scripture to help us discern it.

After Satan told Jesus what he would give Him if He bowed down and worshiped him, what did Jesus say?

And, then, what does Jesus do AGAIN to set Satan straight?

Yes! Jesus used Scripture to go against Satan again! What Scripture did Jesus use?

When you think you are hearing lies, look in the Bible to find Truth. What happened after Jesus told Satan to back off and used Scripture against Him?

Then the devil _____ Him.

Who came and attended Jesus? _____

This should be a great encouragement to us that we have NOTHING to fear. We can stand strong in the Lord!



Week three day 1

A WOMAN IN THE BIBLE WHO DID NOT GIVE IN TO FEAR, but had courage to follow God, was Deborah. The Israelites had forgotten about God, so He let an evil ruler named Sisera lead them for a time. The Israelites finally cried out to God for help, and God raised Deborah up to help them. She was a judge and a prophetess. A prophetess is someone who hears a message from God and tells it to the people. Deborah said to the Israelite leaders,

*“Hasn’t the Lord, the God of Israel,
commanded you:
‘Go, deploy the troops on Mount Tabor,
and take with you 10,000 men.’”*

JUDGES 4:6

Heart  treasure

Lord, Thank You that I am Fearless.
Thank you that Deborah listened to You
instead of fear. Help me to do the same.
In Jesus’ name, amen.

How do you think Deborah knew what God wanted her to share with the Israelites?

After the Israelites suffered for a while, what did they finally do?

DECODE THE PUZZLE below to discover an awesome truth!



 =A	 =B	 =L	 =O	 =R	 =F
 =E	 =G	 =H	 =P	 =S	 =W
 =D	 =I	 =J	 =U	 =C	 =Y

Week three day 2

AFTER DEBORAH TOLD ONE OF THE ISRAELITE

MILITARY LEADERS named Barak that God commanded him to bring his troops against Sisera, he was afraid.

Barak said to Deborah, "If you go with me, I will go; but if you don't go with me, I won't go." "Certainly I will go with you," said Deborah. "But because of the course you are taking, the honor will not be yours, for the Lord will deliver Sisera into the hands of a woman."

JUDGES 4:8-9

Heart



treasure

Lord, Thank You that I am Fearless.

Please give me confidence like you gave to Deborah.

In Jesus' name, amen.

Why do you think Barak was afraid?

We all feel afraid sometimes. But, what can we do in these situations?

Deborah and God were connected closely since she was a prophetess and heard from Him. What do you think helped her stay closely connected to God?

What part of the Scripture shows Deborah's faith in what God would do?

How can focusing more on God's Word than our fears help us in following God's ways?

How is Deborah fearless?

Write a prayer to God asking Him to help you overcome any fears you might have and to have confidence in Him.

Week three day 3

WHEN YOU FEEL AFRAID, RELY ON GOD'S WORD.

Read it, believe it, and memorize it. Your confidence in the Lord and in who you are will grow from it, just like Deborah's did.

"Then Deborah said to Barak, 'Go! This is the day the Lord has given Sisera into your hands. Has not the Lord gone ahead of you?' So Barak went down Mount Tabor, with ten thousand men following him. At Barak's advance, the Lord routed Sisera and all his chariots and army by the sword, and Sisera got down from his chariot and fled on foot."

JUDGES 4:14-15

Heart treasure

Lord, Thank You that I am Fearless.

Please give me courage, like Deborah, to remember that You go ahead of me.

In Jesus' name, amen.

Deborah woke up that morning, and knew what was ahead. She had heard from the Lord and she was confident. Because of this, what two-letter word did she say to Barak?

"_____! This is the day ..."

What Deborah said to Barak showed her confidence in God:

Has not the Lord gone _____ of you?

How can knowing the Lord has gone ahead of you take away your fear?

God has indeed gone ahead of you. Trust Him, rely on Him, look to Him. When Barak did what God said and moved forward, what did God do?

After God gave Barak the victory, what did Sisera do?

UNSCRAMBLE THE WORDS FOR A POWERFUL MESSAGE TO HOLD IN YOUR HEART!

HET	OLDR	SEOG	HAAED	FO
_____	_____	_____	_____	_____
OYU	OS	OD	TNO	RFAE!
_____	_____	_____	_____	_____

Week three day 4

AFTER THE ISRAELITES WON AGAINST THE EVIL

SISERA, Deborah and Barak sang this song in celebration:

*"Hear this, you kings! Listen, you rulers!
I, even I, will sing to the Lord;
I will praise the Lord, the God of Israel,
in song.*

*Villagers in Israel would not fight;
they held back until I, Deborah, arose,
until I arose, a mother in Israel.*

*March on, my soul; be strong!
May all who love You be like the sun
when it rises in its strength."*

JUDGES 5:3, 7, 21, 31

Heart treasure

Lord, Thank You that I am Fearless.
I praise You for Your great power and for helping me be fearless and strong in You!
In Jesus' name, amen.



After Deborah and Barak won the battle against Sisera, what did they do?

How do you think the Lord feels when we forget to praise Him after He does something great in our lives?

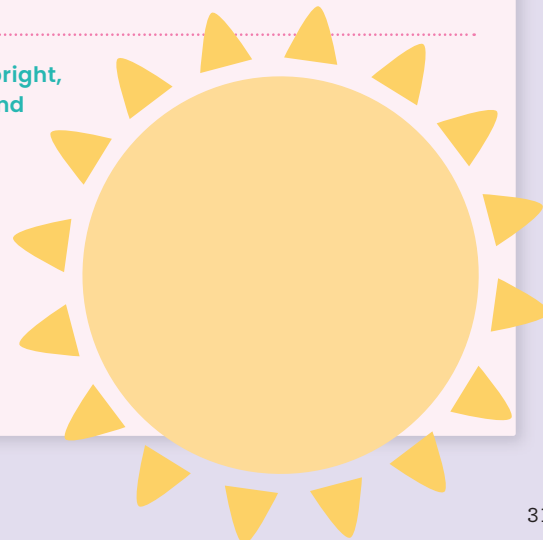
Why do you think it's important to praise the Lord?

Deborah encouraged the people to walk forward in the strength of the Lord by singing these words: March on, my soul; be _____.

Deborah sang, "May all who love You be like the sun when it rises in its strength." Fear can make us shrink down, but when the sun rises in the morning, what happens?

Right! The sun shines bright, lights up everything, and keeps rising in the beginning of the day.

In the sun, write down traits of God that can help us shine brightly and let go of fear.
Some examples are loving, strong, powerful.



Week three day 5

I IMAGINE THERE WERE PEOPLE WHO GAVE DEBORAH A HARD TIME for doing what God told her to do—people who didn't believe her and who opposed her. But, regardless, Deborah kept going forward knowing God's truth, leading the people in confidence.

*"When I am afraid, I put my trust in You.
In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?"*

PSALM 56:3-4

Heart  treasure

Lord, Thank You that I am Fearless.

Regardless of what people do or say around me, help me to walk confidently in You and to not be swayed by other people.

In Jesus' name, amen.



This Psalm says,

When I am afraid, I put my _____
in _____, whose word I
_____ – in _____ I trust
and am not _____.

"Mortals" refers to humans on earth who *will* die. What do you think the question in the verse mean: What can mere mortals do to me?

When we think too much about others' opinions, let's remember that God's opinion matters the most, and that He's the one who lives forever. How can that truth help us?

The first part of the verse says When I am afraid, I put my trust in You. What does the verse say happens in the second part of the verse after we trust in the Lord?

When we trust in the Lord, that trust will replace our fears. What are some ways we can do that? Two examples are done for you.

 **MEMORIZE PSALM 56:3-4 AND WHEN WE ARE AFRAID, SAY IT OUT LOUD.**

 **ASK GOD TO HELP US BE CONFIDENT IN HIM AND LET HIM KNOW WE TRUST HIM.**



Week four day 1

JESUS ENCOURAGED THOSE WHO WERE FEARFUL.

"I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

JOHN 16:33

Heart  treasure

Lord, Thank You that I am Fearless.

Help me have peace and confidence in You.

In Jesus' name, amen.

Jesus tells us that in this _____
we will have trouble.

What are some troubles you have right now?

Jesus knew we would have troubles, so He said,

**"I have told you these things,
so that in _____ you may have peace."**

When we feel anxious and fearful, we can remember that our circumstances won't always bring us peace, but that Jesus will.
When do you feel calm and at peace?

After Jesus told us that we will have trouble in this world, He said, **"Take heart!"** To take heart means to be encouraged.
Why does He tell us we can take heart and be encouraged?
(Hint: Look at the last part of the verse.)

What do you think it means that Jesus has overcome the world?

**All the troubles you have might seem huge to you,
but God is bigger than any of them. Even when Jesus
died, He rose again! Nothing could hold Him down.
Jesus overcame the world!**

Week four day 2

SAUL SPENT MANY YEARS PERSECUTING

CHRISTIANS. But, one day he came to know Jesus and his life completely changed. Even his name later changed to Paul. Some of the disciples were scared that Saul was tricking them and hadn't changed, but the disciple Barnabus believed Saul.

"When [Saul] came to Jerusalem, he tried to join the disciples, but they were all afraid of him, not believing that he really was a disciple. But Barnabas took him and brought him to the apostles. He told them how Saul on his journey had seen the Lord and that the Lord had spoken to him, and how in Damascus he had preached fearlessly in the name of Jesus. So Saul stayed with them and moved about freely in Jerusalem, speaking boldly in the name of the Lord."

ACTS 9:26-18

Heart  treasure

Lord, Thank You that I am Fearless.
Give me courage to share about You boldly
and fearlessly.
In Jesus' name, amen.

It must have taken a lot of courage to defend Saul to the other disciples. Is there a time when you defended and supported someone when others didn't? What happened?



What two words did Barnabus use to describe how Saul preached and spoke in the name of Jesus?

He preached _____ in the name
of Jesus. And, he spoke _____ in
the name of the Lord.

What do you think it means to speak boldly and fearlessly in the name of Jesus?

Write a prayer to the Lord asking Him to help you do that.



Week four day 3

SAUL, LATER KNOWN AS PAUL, ended up becoming a great missionary for Jesus. He was dedicated to sharing the gospel so that others would also know the life-giving message of Jesus. When he was imprisoned for his faith, Paul asked the Christians in Ephesus to pray that he would share about Jesus fearlessly.

“Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.”

EPHESIANS 6:19-20

Heart treasure

Lord, Thank You that I am Fearless.
Give me courage to share about You boldly and fearlessly no matter where I am.
In Jesus' name, amen.

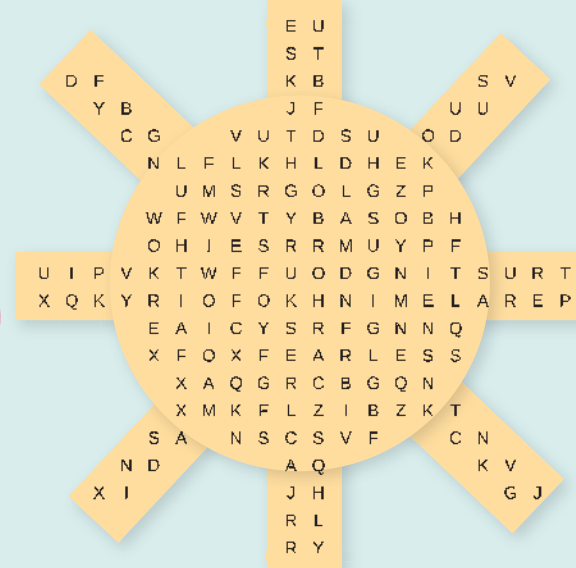
Paul asked for the people to pray that whenever he spoke,

“words may be _____ to me so that I will _____ make known the mystery of the gospel.”

When we ask God to help us, He will give us the words to say. We don't need to fear. Who would you like to share about Jesus with? Write a prayer below like Paul did, asking God to help you.

WORD SEARCH: Ask God to help you have these qualities as you share about Him with others:

FEARLESS
BOLD
COURAGEOUS
FAITHFUL
STRONG
TRUSTING



Week four day 4

RIGHT BEFORE PAUL ASKED FOR PRAYER TO BE BOLD AND FEARLESS, He wrote about the armor of God.

“Finally, be strong in the Lord and in His mighty power ... Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

EPHESIANS 6:10,13-18

Heart



treasure

Lord, Thank You that I am Fearless.

Clothe me with Your armor and help me to be strong in Your mighty power.

In Jesus’ name, amen.

What does Paul say to be strong in?

Be strong in the _____ and in His _____.

Label the different parts of the armor of God.

Here’s your word bank to help:



BELT OF TRUTH
BREASTPLATE OF
RIGHTEOUSNESS
FEET FITTED WITH THE
READINESS FROM THE
GOSPEL OF PEACE
SHIELD OF FAITH
HELMET OF SALVATION
SWORD OF THE SPIRIT

How can putting on the “armor of God” help you be fearless?

Week four day 5

YOU CAN BE BRAVE AND STILL FEEL AFRAID. Being brave and courageous doesn't mean that you're not scared at all. It just means that you still do that thing God has called you to do. As you look to God, He will strengthen you.

An example of this is in Matthew 4:18-20: "As Jesus was walking beside the Sea of Galilee, He saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him.

"I can do all things through Christ who strengthens me."

PHILIPPIANS 4:13 (NKJV)

Heart  treasure

Lord, Thank You that I am Fearless.

Even though I might feel afraid, in You I can be fearless and do what You call me to do.

In Jesus' name, amen.

Peter and Andrew had been fishermen, and one day Jesus called them to leave everything and follow Him. What feelings do you think they might have had about doing that?

Even though they might have been afraid, they still followed Jesus.

Multiple Choice: After Jesus told Andrew and Peter to follow Him, _____ they left their nets and followed Him.

- A** hesitantly **B** at once **C** fearfully

Is there something God is calling you to do? What is it and how are you feeling about it?

Getting out of our comfort zones and doing something we haven't done before, even if we feel nervous, can help us learn to follow God bravely. What is a way you can get out of your comfort zone this week?

Philippians 4:13 tells us that we can do _____ things through _____ who _____ me.

The next time you feel afraid, say this verse again and again. The more it is in your mind and heart, the more you will believe it. To help memorize Philippians 4:13, paint it on a canvas, or write it on a notecard, poster, or cardstock, and post it in your room to be reminded that Jesus makes you strong and fearless!





Lord,
Thank You that
I am Fearless.