## FEAR



# CALVARY CHAPEL NUEVO Daily Devotion Journal

#### **FEAR**

#### **CALVARY CHAPEL NUEVO**

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CALVARYNUEVO.ORG OR WORDBYMAIL.COM
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There may be nothing more powerful in our Christian life than spending quiet devotional time with God on a regular basis. This is where God's Word comes alive to us, where we hear Him speak to us, and where we find ourselves in a place to respond to Him.

The Daily Devotion Journal is designed to help you do just that. Pick a meaningful scripture, give yourself 20-30 minutes, and purposefully meet God in His Word and Prayer. Follow each step. Don't rush through it. Really commit to meet God during this time.

First, Pray. Slow down and make your heart ready to hear from God.

Then, <u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly, asking God to speak to you through His Word. If necessary, check the surrounding verses to help you understand the key scripture. You can also begin to <u>pray this scripture</u> while you're meditating on it. Start making this scripture a prayer for your life.

Next, write out the scripture in your own words. While you're writing, let the words sink in.

Now you're ready to <u>APPLY</u> this scripture to your life. Be personal and specific. Write down what area of your life The Holy Spirit is addressing though this scripture. How does this scripture specifically apply to your life? Be honest. Be real with God.

Next, decide what you going to <u>do</u>, today, in <u>RESPONSE</u> to this scripture? Maybe it's a physical action, maybe it's taking your thoughts captive, maybe it's choosing to respond in your heart according to God's Word. How are you going to respond to this scripture, today?

Finally, write out a prayer to God in response to this time with Him. Ask for the power of The Holy Spirit to make this scripture real in your life. Make your commitment to God, and thank Him for speaking to you through His Word.

Now, the final question is; How do you choose the scripture to use with the journal?

The best way is to come back to the Discipleship Resource Table on any Sunday and the people there will be glad to help you find appropriate scripture. You can also email me at <a href="mailto:shep@calvarynuevo.org">shep@calvarynuevo.org</a> and tell me what topic you're looking for scripture on, and we will send you scripture to use with your Daily Devotion Journal. You can also ask someone you consider a spiritual mentor to help you find appropriate scriptures.

You can download this journal page at <u>calvarynuevo.org</u>. Or you can ask us for journal books that come with 30 journal pages. We have journal books with no scripture, for you to put your own scripture in, and we also have 'topical' journal books, that come with 30 preprinted scriptures for you to spend 30 days on one specific subject with God.

Our 'topical' journal books have been a tremendous blessing to everyone who has used them. Please consider trying one in your quiet time with the Lord.

I promise you, God will meet you during this time. And if you will surrender all of your life to Him, and allow His Word to renew your mind, He will transform you.

Rom 12:1-2.

Pastor Dave

#### **The Road Map**

Fear is something that plagues our lives at one point or another. The toughest to the most timid will experience fear. Whether it is an actual fear or imaginary, it is real to us; even paralyzing. Sometimes we can fight it off. Often, it oppresses us.

But God, through His Word, has shown us the way to live victoriously, even joyously, in the face of fear in our lives...

In this 30-day journal you will see what healthy and unhealthy fear looks like. Also, you will spend the major portion of this journal uncovering Scriptural truths and promises that will help you overcome the unhealthy fears that cripple your life.

The 30-day journal is broken down this way:

First, the Bible has much to say about the "fear of the Lord." This is intended to be a "healthy fear". But for some it can be unhealthy. You will spend 4-days to start developing a healthy fear for the Lord. Despite common misunderstanding, this "fear" is actually reverence or honor for the Lord above all things including the unhealthy fears that ultimately distract you from the Lord.

Second, you will spend 9-days finding out what the Bible says we do not have to fear because we belong to God through Christ. Because of the sweeping statements of "Do Not Fear" in these passages, you can literally plug in what fear you are dealing with and it would aptly fit.

Lastly, you will spend 18-days uncovering all the promises and even pleadings of Scripture against fear as it relates to you, as a child of God.

God has tremendous hope in His Word for the fearful. As you work through this journal in the next 30-days, may you find the courage to rest in that hope. God Bless you!

Fear of the Lord (Honoring God above our Fears)

Journal thoughts and prayers	Date:

### Daily Devotion Journal Psalm 103:13

<u>SCRIPTURE</u> :	Psalm 103:13	Date
<b>PRAY</b> - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		eatedly. Check surrounding verses to scripture into a prayer for your life.
Write out the key scripture in y	our own words. Continue to make	e this scripture your prayer.
	ipture apply to <u>YOUR LIFE</u> today out your life, through this scripture	
RESPOND - What specif	ic <u>actions</u> will you take today in ı	response to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scriptur	e.

Journal th	oughts and prayers	Date:
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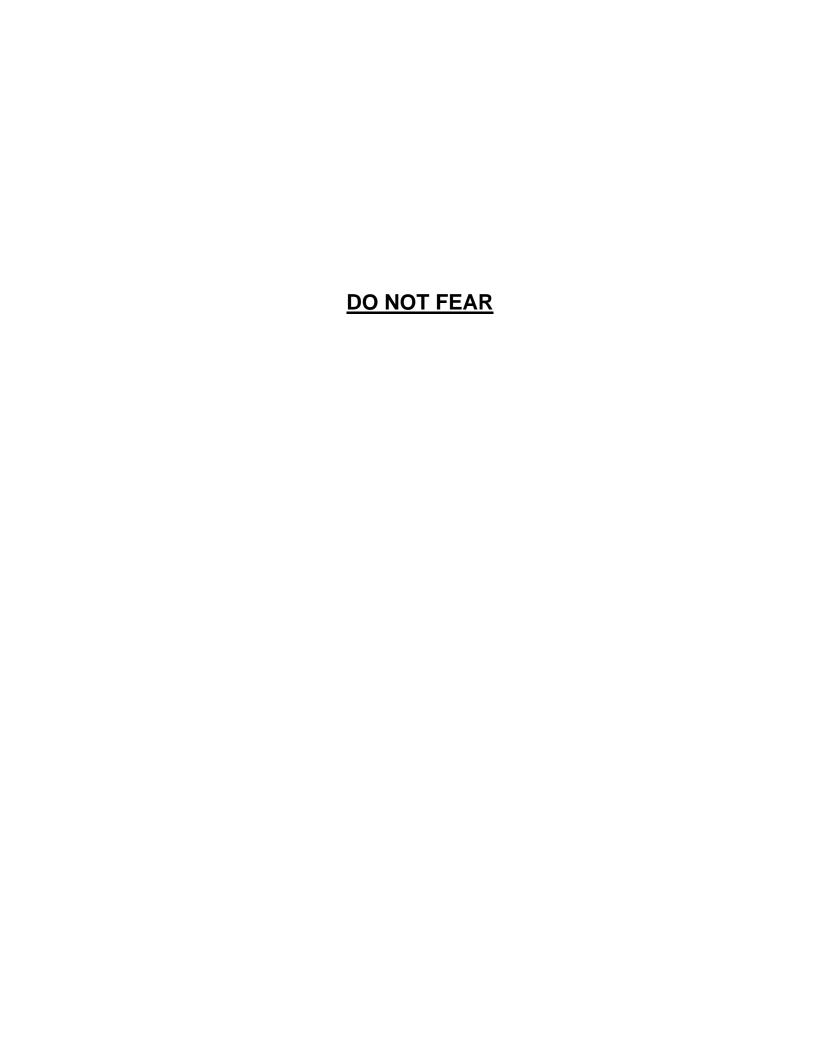
<u>SCRIPTURE</u> :	<u>Psalm 34:7-9</u>	Date
<b>PRAY</b> - Slow Down. Pray Godelse. Get alone with God.	d would make your heart ready to h	ear from Him. Shut out everything
	ure. Read it slowly, carefully, repeat ture if necessary. Begin to turn this	
Write out the key scripture in yo	our own words. Continue to make the	nis scripture your prayer.
	oture apply to <u>YOUR LIFE</u> today? ut your life, through this scripture to	
<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in re	sponse to this scripture?
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<u>PKAY</u> - Write your prayer to 0	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 25:12-14	Date
<u>PRAY</u> - Slow Down. Pray God else. Get alone with God.	I would make your heart ready to he	ear from Him. Shut out everything
	re. Read it slowly, carefully, repeateure if necessary. Begin to turn this s	
Write out the key scripture in you	ur own words. Continue to make th	is scripture your prayer.
	ture apply to <u>YOUR LIFE</u> today? Entryour life, through this scripture tod	
<u>RESPOND</u> - What specific	actions will you take today in res	ponse to this scripture?
<u>PRAY</u> - Write your prayer to G	od in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Hebrews 12:28</u>	Date
<b>PRAY</b> - Slow Down. Pray God velse. Get alone with God.	vould make your heart ready to h	ear from Him. Shut out everything
MEDITATE on the scripture help you understand the key scripture		
Write out the key scripture in your	own words. Continue to make t	his scripture your prayer.
APPLY - How does this scriptu What is God speaking to you, about y		
<u>RESPOND</u> - What specific <u>a</u>	<u>ctions</u> will you take today in re	sponse to this scripture?
<u>PRAY</u> - Write your prayer to Go	d in response to this scripture	•



Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 3:5-6(Enemies)	Date
<b>PRAY</b> - Slow Down. Pray Gelse. Get alone with God.	God would make your heart ready to hear	from Him. Shut out everything
	pture. Read it slowly, carefully, repeatedly ipture if necessary. Begin to turn this scrip	
Write out the key scripture in y	your own words. Continue to make this s	scripture your prayer.
	ripture apply to <u>YOUR LIFE</u> today? Be soout your life, through this scripture today.	
<u>RESPOND</u> - What specif	fic <u>actions</u> will you take today in respo	nse to this scripture?
<u>PRAY</u> - Write your prayer to	o God in response to this scripture.	······································

Journal thoughts and prayers	Date:

SCRIPTURE: Proverbs 3:24-25(Sudden Disaster) Date
<u>PRAY</u> - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.
<u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life
Write out the key scripture in your own words. Continue to make this scripture your prayer.
<u>APPLY</u> - How does this scripture apply to <u>YOUR LIFE</u> today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.
RESPOND - What specific <u>actions</u> will you take today in response to this scripture?
PRAY - Write your prayer to God in response to this scripture.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Proverbs 29:25(People)	Date
<u>PRAY</u> - Slow Down. Pray Gelse. Get alone with God.	God would make your heart ready to hear from	om Him. Shut out everything
	oture. Read it slowly, carefully, repeatedly. ipture if necessary. Begin to turn this scripto	
Write out the key scripture in y	your own words. Continue to make this so	ripture your prayer.
	ripture apply to YOUR LIFE today? Be spout your life, through this scripture today.	ecific and personal.
RESPOND - What specif	fic <u>actions</u> will you take today in respons	se to this scripture?
- What speed	mo <u>actions</u> will you take today in respons	
<u>PRAY</u> - Write your prayer to	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Isaiah 8:12 (Conspiracies)	Date
<u>PRAY</u> - Slow Down. Pray else. Get alone with God.	God would make your heart ready to hear fro	m Him. Shut out everything
	ipture. Read it slowly, carefully, repeatedly. Caripture if necessary. Begin to turn this scriptu	
Write out the key scripture in	your own words. Continue to make this scr	ipture your prayer.
	cripture apply to <u>YOUR LIFE</u> today? Be speabout your life, through this scripture today.	ecific and personal.
RESPOND - What spec	cific <u>actions</u> will you take today in respons	e to this scripture?
<u>PRAY</u> - Write your prayer t	to God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> : <u>I</u>	saiah 51:7(Scorn or Ridicule)	Date
<u>PRAY</u> - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to hear fro	om Him. Shut out everything
	<b>eture.</b> Read it slowly, carefully, repeatedly. opture if necessary. Begin to turn this scriptu	
Write out the key scripture in y	our own words. Continue to make this sci	ripture your prayer.
	<b>ripture apply to <u>YOUR LIFE</u> today?</b> Be spoot your life, through this scripture today.	ecific and personal.
<u>RESPOND</u> - What specif	ic <u>actions</u> will you take today in respons	se to this scripture?
PRAY - Write your prayer to	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Luke 12:4-7(Physical Harm) Date
<u>PRAY</u> - Slow Down. Pray else. Get alone with God.	God would make your heart ready to hear from Him. Shut out everything
	ipture. Read it slowly, carefully, repeatedly. Check surrounding verses tripture if necessary. Begin to turn this scripture into a prayer for your life
Write out the key scripture in	your own words. Continue to make this scripture your prayer.
	eripture apply to YOUR LIFE today? Be specific and personal. bout your life, through this scripture today.
RESPOND - What spec	ific <u>actions</u> will you take today in response to this scripture?
<u>PRAY</u> - Write your prayer t	o God in response to this scripture.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Philippians 1:14(Living for Christ) Date
<u>PRAY</u> - Slow Down. Pra else. Get alone with God.	y God would make your heart ready to hear from Him. Shut out everything
	<b>cripture.</b> Read it slowly, carefully, repeatedly. Check surrounding verses to scripture if necessary. Begin to turn this scripture into a prayer for your life.
Write out the key scripture	in your own words. Continue to make this scripture your prayer.
	scripture apply to YOUR LIFE today? Be specific and personal. about your life, through this scripture today.
RESPOND - What spe	ecific <u>actions</u> will you take today in response to this scripture?
<u>PRAY</u> - Write your praye	r to God in response to this scripture.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 46:2(Natural Disasters) Date
<u>PRAY</u> - Slow Down. Praelse. Get alone with God.	ay God would make your heart ready to hear from Him. Shut out everythin
	scripture. Read it slowly, carefully, repeatedly. Check surrounding verses scripture if necessary. Begin to turn this scripture into a prayer for your life
Write out the key scripture	in your own words. Continue to make this scripture your prayer.
	s scripture apply to YOUR LIFE today? Be specific and personal.  u, about your life, through this scripture today.
RESPOND - What sp	pecific <u>actions</u> will you take today in response to this scripture?
PRAY - Write your praye	er to God in response to this scripture.

Journal thoughts and prayers	Date:

<b>SCRIPIURE</b> : <b>Psalm 49:5-6,15-16(Death)</b> Date						
<u>PRAY</u> - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everythin else. Get alone with God.						
<u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.						
Write out the key scripture in your own words. Continue to make this scripture your prayer.						
<u>APPLY</u> - How does this scripture apply to <u>YOUR LIFE</u> today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.						
<u>RESPOND</u> - What specific <u>actions</u> will you take today in response to this scripture?						
PRAY - Write your prayer to God in response to this scripture.						



Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<b>Psalm 23:4</b>	Date
<b>PRAY</b> - Slow Down. Pray Go else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		eatedly. Check surrounding verses to s scripture into a prayer for your life.
Write out the key scripture in y	our own words. Continue to make	e this scripture your prayer.
	pture apply to <u>YOUR LIFE</u> today out your life, through this scripture	
<u>RESPOND</u> - What specifi	c <u>actions</u> will you take today in	response to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scriptur	e.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Psalm 27:1,3</u>	Date
<b>PRAY</b> - Slow Down. Pray God else. Get alone with God.	would make your heart ready t	o hear from Him. Shut out everything
		eatedly. Check surrounding verses to
Write out the key scripture in your	r <b>own words.</b> Continue to mak	te this scripture your prayer.
APPLY - How does this scriptu What is God speaking to you, about		
<u>RESPOND</u> - What specific <u>a</u>	nctions will you take today in	response to this scripture?
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<u>PRAY</u> - Write your prayer to Go	od in response to this scriptu	ire.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Psalm 34:4</u>	Date
<u>PRAY</u> - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to	o hear from Him. Shut out everything
		eatedly. Check surrounding verses to is scripture into a prayer for your life.
Write out the key scripture in y	our own words. Continue to mak	e this scripture your prayer.
	ipture apply to <u>YOUR LIFE</u> today out your life, through this scripture	
<u>RESPOND</u> - What specif	ic <u>actions</u> will you take today in	response to this scripture?
PRAY - Write your prayer to	God in response to this scriptu	re.

Journal thoughts and prayers	Date:

SCRIPTURE: Psalm 118:6 Hebrews 13:6 Date
<u>PRAY</u> - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.
<u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.
Write out the key scripture in your own words. Continue to make this scripture your prayer.
APPLY - How does this scripture apply to YOUR LIFE today? Be specific and personal.
What is God speaking to you, about your life, through this scripture today.
<u>RESPOND</u> - What specific <u>actions</u> will you take today in response to this scripture?
<u>PRAY</u> - Write your prayer to God in response to this scripture.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Psalm 112:4-7</u>	Date
<b>PRAY</b> - Slow Down. Pray Celse. Get alone with God.	God would make your heart ready to	hear from Him. Shut out everything
	pture. Read it slowly, carefully, repeation in the second	
Write out the key scripture in	your own words. Continue to make	this scripture your prayer.
	ripture apply to <u>YOUR LIFE</u> today? bout your life, through this scripture to	
<u>RESPOND</u> - What speci	fic <u>actions</u> will you take today in r	esponse to this scripture?
<u>PRAY</u> - Write your prayer to	o God in response to this scripture	<b>9.</b>



<u>SCRIPTURE</u> :	<u>Isaiah 41:10,13</u>	Date
<b>PRAY</b> - Slow Down. Pray Gelse. Get alone with God.	God would make your heart ready to h	near from Him. Shut out everything
	pture. Read it slowly, carefully, repea ipture if necessary. Begin to turn this	
Write out the key scripture in	your own words. Continue to make t	this scripture your prayer.
	ripture apply to <u>YOUR LIFE</u> today? bout your life, through this scripture to	
RESPOND - What speci	fic <u>actions</u> will you take today in re	esponse to this scripture?
<u>PRAY</u> - Write your prayer to	o God in response to this scripture	



<u>SCRIPTURE</u> :	<u>lsaiah 50:10</u>	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	d would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to s scripture into a prayer for your life.
Write out the key scripture in yo	our own words. Continue to make	this scripture your prayer.
APPLY - How does this scrip What is God speaking to you, abou		
<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in r	esponse to this scripture?
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<u>PRAY</u> - Write your prayer to 0	3od in response to this scripture	<b>9.</b>



<u>SCRIPTURE</u> :	<u>Lamentations 3:57</u>	Date
<b>PRAY</b> - Slow Down. Pray Go else. Get alone with God.	d would make your heart ready to he	ear from Him. Shut out everything
	ure. Read it slowly, carefully, repeat ture if necessary. Begin to turn this s	
Write out the key scripture in yo	our own words. Continue to make the	nis scripture your prayer.
	oture apply to <u>YOUR LIFE</u> today? but your life, through this scripture to	
<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in res	sponse to this scripture?
PRAY - Write your prayer to	God in response to this scripture.	
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<u>SCRIPTURE</u> : <u>Mark 5:34-36(Review vvs. 25-43</u> Date
<u>PRAY</u> - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.
<u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.
Write out the key scripture in your own words. Continue to make this scripture your prayer.
APPLY - How does this scripture apply to YOUR LIFE today? Be specific and personal.
What is God speaking to you, about your life, through this scripture today.
<u>RESPOND</u> - What specific <u>actions</u> will you take today in response to this scripture?
<u>PRAY</u> - Write your prayer to God in response to this scripture.



<u>SCRIPTURE</u> :	<u>Luke 12:32</u>	Date
<u>PRAY</u> - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		eatedly. Check surrounding verses to s scripture into a prayer for your life.
Write out the key scripture in y	your own words. Continue to make	e this scripture your prayer.
	ipture apply to <u>YOUR LIFE</u> today out your life, through this scripture	
<u>RESPOND</u> - What specif	ic <u>actions</u> will you take today in ı	response to this scripture?
PRAY - Write your prayer to	God in response to this scriptur	re.



<u>SCRIPTURE</u> :	<u>John 14:27</u>	Date
<b>PRAY</b> - Slow Down. Pray Goelse. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		eatedly. Check surrounding verses to is scripture into a prayer for your life.
Write out the key scripture in y	our own words. Continue to mak	e this scripture your prayer.
	pture apply to <u>YOUR LIFE</u> today out your life, through this scripture	
RESPOND - What specifi	c <u>actions</u> will you take today in	response to this scripture?
PRAY - Write your prayer to	God in response to this scriptu	re.



<u>SCRIPTURE</u> :	<u>Romans 8:15</u>	Date
<b>PRAY</b> - Slow Down. Pray Gelse. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to scripture into a prayer for your life.
Write out the key scripture in y	your own words. Continue to make	this scripture your prayer.
	ipture apply to <u>YOUR LIFE</u> today out your life, through this scripture t	
<u>RESPOND</u> - What specif	ic <u>actions</u> will you take today in r	response to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scriptur	е.



<u>SCRIPTURE</u> :	2 Timothy 1:7	Date
<b>PRAY</b> - Slow Down. Pray God else. Get alone with God.	I would make your heart ready to h	ear from Him. Shut out everything
MEDITATE on the scriptumely you understand the key scriptumely		
Write out the key scripture in you	ur own words. Continue to make t	his scripture your prayer.
APPLY - How does this script What is God speaking to you, abou		
<u>RESPOND</u> - What specific	actions will you take today in re	sponse to this scripture?
200 4V		
<u>PRAY</u> - Write your prayer to G	od in response to this scripture	



<u>SCRIPTURE</u> :	<u>Hebrews 2:14-15</u>	Date
<u>PRAY</u> - Slow Down. Pray Gelse. Get alone with God.	God would make your heart ready to he	ear from Him. Shut out everything
	oture. Read it slowly, carefully, repeat ipture if necessary. Begin to turn this s	
Write out the key scripture in y	your own words. Continue to make the	nis scripture your prayer.
	ripture apply to YOUR LIFE today?	
<u>RESPOND</u> - What specif	fic <u>actions</u> will you take today in re	sponse to this scripture?
<u>PRAY</u> - Write your prayer to	o God in response to this scripture.	



<u>SCRIPTURE</u> :	<u>1 Peter 3:13-14</u>	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	d would make your heart ready to h	ear from Him. Shut out everything
	ure. Read it slowly, carefully, repeat ture if necessary. Begin to turn this	
Write out the key scripture in yo	our own words. Continue to make t	his scripture your prayer.
	oture apply to <u>YOUR LIFE</u> today? ut your life, through this scripture to	
<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in re	sponse to this scripture?
DRAY Write your proyer to	God in response to this scripture.	
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<u>SCRIPTURE</u> :	<u>1 John 4:18</u>	Date
<b>PRAY</b> - Slow Down. Pray Go else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to scripture into a prayer for your life.
Write out the key scripture in y	our own words. Continue to make	this scripture your prayer.
	pture apply to <u>YOUR LIFE</u> today? out your life, through this scripture to	
<u>RESPOND</u> - What specifi	ic <u>actions</u> will you take today in r	esponse to this scripture?
PRAY - Write your prayer to	God in response to this scripture	<b>9.</b>



<u>SCRIPTURE</u> :	Romans 8:31-39	Date
<u>PRAY</u> - Slow Down. Pray Celse. Get alone with God.	God would make your heart ready to h	ear from Him. Shut out everything
	pture. Read it slowly, carefully, repea ipture if necessary. Begin to turn this	
Write out the key scripture in	your own words. Continue to make t	his scripture your prayer.
	ripture apply to <u>YOUR LIFE</u> today? bout your life, through this scripture to	
<u>RESPOND</u> - What speci	fic <u>actions</u> will you take today in re	sponse to this scripture?
PRAY - Write your prayer to	o God in response to this scripture	
	o God in response to this scripture	•

nade available to you through his sacrifice.
Take time to write out a simple commitment to cast your fear before the hrone of God. He is waiting to relieve you of those burdens:

Wow! Was that intense or what?! Do you see that there is NOTHING to fear for those in Christ Jesus? Live in the freedom from fear that Christ