



Faith Over Fear



Journaling for Peace

in Life's Storms



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in Life's Storms*

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Faith Over Fear: Journaling for Peace in Life’s Storms

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Introduction

We all experience valley times in our lives...seasons when life seems so hard, troubles come one after another, and challenges appear to loom over us. Often, our response is fear. As panic quickly sets in, anxiety and worry threaten to overtake us.

But there is hope! We can find peace in the turbulence of life's storms. That peace is born of our faith in God—the One who created us, understands our deepest thoughts, and loves us unconditionally. Nothing we go through in this life is a surprise to Him. He cares and wants to support, encourage, and walk with us through every situation we face.

Faith Over Fear: Journaling for Peace in Life's Storms was created to encourage you during this difficult time in your life. Each page contains inspiring, comforting words and Scriptures for you to meditate on. Then spend some time writing—maybe a prayer or list of concerns, what God is saying to you about your situation, or what you are learning as you go through this experience. Let this journal be a safe place to pour out your heart to God, and may you discover His peace as you grow strong in your relationship with Him.



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the soul

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