

# FAITH

-over-  
fear

## 2 Chronicles 20:15 (NIV)

He (the LORD) said: “Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: ‘Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s.’”

Someone noted about life that “control is a myth”. What do you think they meant? Do you agree or disagree? Do you think the passage agrees with this statement or not?

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# FAITH

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fear

May Week 2

A lot of our anxiety and fear is about things we cannot control or even influence. These are things that we leave to God. How difficult is that for you to do?

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Make a list of the things that create the most fear or anxiety in your life. Which ones can you influence or change/ Which ones are out of your hands?

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# FAITH

-over-

# fear

May Week 3

Look at your list from last week. Would you add or change things in the list? Do you find it difficult to “stay in your lane” when it comes to things that are really God’s to work in or through? Can you pray and leave them? Take time to do that now with your list.

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**FAITH**  
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May Week 4

Read Psalm 31:14. Memorize this passage — or have it on a card, written on your mirror (dry erase pens are great for this!). Every time you become anxious or afraid this week repeat this verse!

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# FAITH

-over-

# fear

So how many times did you have to repeat the verse from last week? Did it change anything — feelings, perspective, faith, etc.? Keep at it... there are more things in life we face that are really for God to battle — let Him have at it!

May Week 5

