**BREAKING FREE FROM THE GIANT OF FEAR**

**SO YOU CAN RELEASE YOUR WORDS**

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**You are not alone in your fear. 9.1% of Americans suffer from some form of fear or phobia. There are probably more than that who feel fear or anxiety when they start something new.**

**Joshua 1:9 “Have not I commanded you? Be strong and of good courage, do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”**

**“Fear not” is mentioned over 365 times in the Bible.**

**Some verses related to God’s love and fear:1 John: 18 , Ephesians 3:17-19, 2 Timothy 1:7**

**Verses from the Psalms to encourage you in the face of fear(there are probably many more): Psalm 56:3 & 4, Psalm 139: 14 & 15**

**Quotes**

**Joy Bell C. “Don’t be afraid of your fears. They’re not there to scare you. They’re there to let you know that something is worth it.”**

**Jeanette Coron “ The truth is that everybody is afraid of something. The difference is that some people let their fears stop them while others get out there and do it afraid. Courage is not the absemce of fear. Courage is having the guts to face amd conquer them.”**

**Practical Tips:**

1. **Spend time with God first. Ask Him for His strategies to overcome your fears.**
2. **Write down scriptures and/or quotes which encourage you to overcome fear. Tape them where you will see them in your workspace, on your refrigerator and on your bathroom mirror.**
3. **Buy an inexpensive thing or things, like my bracelet, or a picture which is a constant reminder to have courage.**
4. **Play worship music or a song which encourages you to step out and be brave and more forward in faith.**
5. **Take Action. Sit down and write. Write even though you feel afraid. Schedule it on your calender and commit to it.**