**Day 1**

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| **Faith Fact**  God helps me when I am afraid.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: How does God protect us?** |

**Read about It**

**Read:** [Psalm 91:1–5](https://ref.ly/logosref/Bible.Ps91.1-5)

When a mother bird has a nest filled with eggs or baby birds, she will perch herself on top of that nest to be a covering for her babies. She will cover and protect those babies from the storms or predators looking to attack them.

The Bible uses this illustration to help us understand how God covers and shelters us. He can be trusted and offers protection to us. We don’t have to be afraid of anything we may face because God is a faithful guardian for us to hide in. We can rest in the comfort of knowing that whatever comes our way, He will be our covering, our protection that will never fail.

**Talk about It**

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| **Question 1.** Where can we find shelter and refuge from the storms of life?  **Answer 1.** We can go to God, and He will cover us and shelter us. ([Psalm 91:4](https://ref.ly/logosref/Bible.Ps91.4)) |
| **Question 2.** How do today’s verses describe God’s protection?  **Answer 2.** He is our refuge, our place of safety, He will rescue us and protect us, He will cover us and shelter us. His promises are armor and protection. ([Psalm 91:2–4](https://ref.ly/logosref/Bible.Ps91.2-4)) |
| **Question 3.** How can hiding yourself in God help you overcome your fears?  **Answer 3.** Answers may vary. |
| **Question 4.** What do you personally know about God that can help you face your fears?  **Answer 4.** Answers may vary. |
| **Question 5.** How can trusting God’s promises give you peace when you’re afraid?  **Answer 5.** Answers may vary. |

**Pray about It**

God, thank You for being a refuge and a shelter for me when I face difficult times. Help me to trust You in every situation and to allow You to settle my fears. Amen.

**Day 2**

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| **Faith Fact**  God helps me when I am afraid.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: What should I do when I’m afraid?** |

**Read about It**

**Read:** [Philippians 4:6–7](https://ref.ly/logosref/Bible.Php4.6-7)

Have you done something that made you anxious or afraid? Maybe you were nervous about starting a new school year. Or maybe you moved to a new place with new neighbors and new friends. Maybe you were afraid to go to a doctor or dentist. All of us face times when we are anxious about something.

But God tells us that there’s a different way that we can live. God wants us to talk to Him about the things that worry us. When we begin to thank God and remember what He has already done in our life, we can have peace from God that we can’t understand. That peace will guard our heart and mind.

**Talk about It**

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| **Question 1.** What does the Bible say we should do instead of being anxious or worrying?  **Answer 1.** We should pray about everything and tell God what we need. Then we should thank Him for all He has done. ([Philippians 4:6](https://ref.ly/logosref/Bible.Php4.6)) |
| **Question 2.** What happens when we give our needs and worries to God?  **Answer 2.** We will experience His peace that exceeds anything we can understand, and that peace will guard our heart and mind. ([Philippians 4:6–7](https://ref.ly/logosref/Bible.Php4.6-7)) |
| **Question 3.** When has God been faithful to you?  **Answer 3.** Answers may vary. |
| **Question 4.** How can remembering what God has done in the past help us face our current difficult situations?  **Answer 4.** Answers may vary. |
| **Question 5.** In what situations do you need peace from God?  **Answer 5.** Answers may vary. |

**Pray about It**

God, thank You for being faithful and for always helping me. Today, I choose to give You my fears and anxiety. Help me to allow Your peace to overwhelm me and guard my heart and mind as I follow You. Amen.

**Day 3**

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| **Faith Fact**  God helps me when I am afraid.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: How can I be free from my fears?** |

**Read about It**

**Read:** [Psalm 34:4–5](https://ref.ly/logosref/Bible.Ps34.4-5)

Imagine that every fear you have is a chain strapped around you. Maybe you’re afraid of speaking in public, or maybe you’re afraid of something that might happen. Each fear is a chain keeping you bound up. When you allow fear to control your actions, you can sometimes miss out on good things that God has for you. The longer you live in fear, the easier it is to become more bound up in those chains when what God truly desires for you is to be free from fear.

It’s important for us to fill our heart and mind with the truth of God’s Word. Then, when we face difficult situations, the Holy Spirit will bring that truth to mind and help us stand firm and be strong. When we surrender our fears to God and allow the truth of His Word to fill our heart, we will overcome fear. God frees us from all our fears because He is bigger and stronger than anything we may face.

**Talk about It**

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| **Question 1.** What can happen when we talk to God about our fears?  **Answer 1.** He can answer us and free us from all our fears. ([Psalm 34:4](https://ref.ly/logosref/Bible.Ps34.4)) |
| **Question 2.** What can happen when we look to God for help?  **Answer 2.** He can help us and fill us with joy. ([Psalm 34:5](https://ref.ly/logosref/Bible.Ps34.5)) |
| **Question 3.** How can God’s Word help me fight my fears?  **Answer 3.** It can fill our heart with truth and help us to stand firm and be strong. Answers may vary. |
| **Question 4.** What are some fears that I have allowed myself to be bound up in?  **Answer 4.** Answers may vary. |
| **Question 5.** How can I be free of those fears?  **Answer 5.** Surrendering them to God, asking Him for help and filling our heart with the truth of God’s Word. Answers may vary. |

**Pray about It**

God, thank You that you are bigger and stronger than anything I face. Help me to surrender every fear to You. Amen.

**Day 4**

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| **Faith Fact**  God helps me when I am afraid.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: Who can I talk to about my fears and anxiety** |

**Read about It**

**Read:** [1 Peter 5:7–9](https://ref.ly/logosref/Bible.1Pe5.7-9)

When something exciting happens in your life, who is the first person you want to tell? When you are frustrated, who do you look to for comfort and understanding? When you are worried or afraid of something, who do you tell about your fears?

God wants to be the One you go to in every situation. The Bible says that we can give all our cares and worries to God because He cares for us. God cares for us and can take care of us like no one else can. He is big and strong and can handle any situation we face. When we choose to hold on to our fears and worries, Satan can use that to try to deceive us and keep us bound up in suffering. We must stay alert to these tricks of the enemy and instead go to God and put our faith in Him.

**Talk about It**

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| **Question 1.** Why should I give all my cares and worries to God?  **Answer 1.** Because He cares about us ([1 Peter 5:7](https://ref.ly/logosref/Bible.1Pe5.7)) |
| **Question 2.** How do today’s verses describe Satan, our enemy?  **Answer 2.** The enemy, the devil, prowls around like a roaring lion looking for someone to devour. ([1 Peter 5:8](https://ref.ly/logosref/Bible.1Pe5.8)) |
| **Question 3.** How can we stand firm against the attacks of the enemy in difficult situations?  **Answer 3.** We can stand firm by being strong in our faith, trusting God to take care of us and remembering that we are not alone in our suffering. ([1 Peter 5:9](https://ref.ly/logosref/Bible.1Pe5.9)) |
| **Question 4.** How can you make sure you go to God first when you are worried or afraid?  **Answer 4.** Answers may vary. |
| **Question 5.** What sometimes holds you back or keeps you from giving all your cares and worries to God?  **Answer 5.** Answers may vary. |

**Pray about It**

God, I trust You with all my fears. Help me to come to You in every situation I face. Amen.