**Learn on Your Own**

**Day 1: Here I Am**

Review the video for this session.



**Engage**

Read [Genesis 42:1–4](https://ref.ly/logosref/Bible.Ge42.1-4); [45:16–18](https://ref.ly/logosref/Bible.Ge45.16-18); [46:1–5](https://ref.ly/logosref/Bible.Ge46.1-5).

**Consider**

Sometimes we can be blinded by our fear, and it keeps us from obeying the voice of God when He speaks to us. That voice is rarely an audible voice. Sometimes it’s a simple whisper of the Holy Spirit to our mind or a verse we read in God’s Word.

Jacob was offering sacrifices to God, which was a form of worship. But his conversation with God revealed that he was dealing with fear about the journey that they were taking to Egypt. That night when God spoke to him, God’s Word was exactly what Jacob needed to overcome that fear.

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| **QUESTION**What did God tell Jacob not to do? |

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| **QUESTION**What promise did God give to Jacob about his family? |

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| **QUESTION**How can worshipping God help us overcome our fears? |

**Reflect**

We can still worship God despite our fear. Worship that includes God’s Word and prayer is a weapon against fear. God wants to speak to us. We just have to be willing to listen for His voice.

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| **QUESTION**What steps can you take to learn to hear God’s voice when you’re afraid? |

**Activate**

God wants to speak to our fears, but we have to listen. Take time to write down some characteristics about God that remind you He is bigger than your fears. For example, “God, You are Lord over all. You are bigger than my fears. You hold all control.” Instead of focusing on worries, focus on your faith in Him.

**Pray**

Dear God, I thank You that You are with me even when I’m afraid. You want to calm my fears by speaking to me, and I’m willing to listen. Help me to worship You even when it’s hard. I love You. Amen.

**Learn on Your Own**

**Day 2: Feed Your Faith**

**Engage**

Read [James 1:2–4](https://ref.ly/logosref/Bible.Jas1.2-4), [12–18](https://ref.ly/logosref/Bible.Jas1.12-18).

**Consider**

Feed your faith, and starve your fear. When you focus on what scares you, your fears tend to grow. When you focus on God, faith grows. Then as you face trouble, you don’t have to respond in fear. You can respond in faith. Trust that God has control in the situation you’re facing, and He has you!

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| **QUESTION**What are you supposed to do when you face troubles? |

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| **QUESTION**When faith is tested, what has an opportunity to grow? |

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| **QUESTION**What happens when your endurance is fully developed? |

**Reflect**

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| **QUESTION**What troubles in your life can be opportunities for joy? |

**Activate**

Think about areas of your life where you’ve been worried. Demonstrate to God that you want to give these worries to Him. Write down each worry on a piece of paper. Then crumple it up and throw it away as if you’re throwing your worry into God’s care. He can handle it all. God’s got you!

**Pray**

Father God, I know that You care about every detail of my life because You love me so much. I pray that You would help me to remember that troubles can help me grow into who You want me to become. You have a huge plan for my life. I give You every worry. I trust You. In Jesus’ name, I pray. Amen.

**Learn on Your Own**

**Day 3: You Already Know**

**Engage**

Read [Matthew 6:25–34](https://ref.ly/logosref/Bible.Mt6.25-34).

**Consider**

God knows your worries, and He isn’t surprised by them. In fact, He anticipates your fears before you even have them. Remember, He has great plans for your life. God doesn’t want those who love Him to go without what they need.

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| **QUESTION**What does God use as comparisons to explain His care for you? |

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| **QUESTION**Do we have to inform God of our needs, so He can be aware of them? Why or why not? |

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| **QUESTION**How can seeking God help us against any anxiety we may have? |

**Reflect**

It’s amazing that our Heavenly Father already knows all of our needs, fears, and worries.

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| **QUESTION**What are a few things you can change in your life to replace fear with seeking God? |

**Activate**

Spend some time reflecting on some areas of your life where you need to trust God. In a journal, on a sticky note, or in the app, write out, “God will give me everything I need.”

**Pray**

Heavenly Father, thank You for Your provision in my life. You know what I need before I even tell You, so I know that You will provide for me. I give You all of my worries, and I know I can trust You completely. In Jesus’ perfect and holy name, I pray. Amen.

**Learn on Your Own**

**Day 4: Never Ending Love**

**Engage**

Read [Lamentations 3:21–26](https://ref.ly/logosref/Bible.La3.21-26), [55–57](https://ref.ly/logosref/Bible.La3.55-57).

**Consider**

God’s love never ends. Fear, which is not from God, tries to make you believe that you can’t be free from it. But the truth is God is with you. God’s love for you is absolutely perfect. His love drives out fear!

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| **QUESTION**What kind of love does God provide that never ends? |

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| **QUESTION**What do you think “wait quietly” means in verse [26](https://ref.ly/logosref/Bible.La3.26)? |

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| **QUESTION**Why is it difficult to wait on the Lord to answer us when we’re worried or afraid? |

**Reflect**

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| **QUESTION**Do you believe God’s love for you never ends? Why or why not? |

**Activate**

Write a note to a good friend, telling them how much God loves them. Text or message them, slip a note in their locker, mail it, or hand it to them.

**Pray**

Dear God, I thank You for Your perfect love over me. I know that You told me not to fear, and I choose to trust You. I know that I am safe in You. Help people everywhere to know how much You love them. In Jesus’ name, I pray. Amen.

**Learn on Your Own**

**Day 5: Peace**

**Engage**

Read [Philippians 4:4–9](https://ref.ly/logosref/Bible.Php4.4-9).

**Consider**

What if instead of worrying, we prayed and thanked God for taking care of our worries when they pop into our mind? This is the recipe for God’s peace. His peace goes beyond human understanding.

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| **QUESTION**Instead of worrying, what does this passage tell you to do? |

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| **QUESTION**What does God’s peace guard in our life? |

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| **QUESTION**What are the eight things that we should fix our thoughts on? |

**Reflect**

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| **QUESTION**What have you been fixing your thoughts on lately? Have your thoughts been more fear-based or faith-based? |

**Activate**

Write out and memorize verse [Philippians 4:6](https://ref.ly/logosref/Bible.Php4.6). Put it in a place where you can see it each day.

**Pray**

King Jesus, thank You for providing a recipe for Your peace in my life. Instead of worrying, I’ll pray about things I worry about. Thank You for Your help with them in advance. Help me to keep my thoughts fixed on good things. Amen.

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