

*God is our refuge and strength,
a very present help in trouble.*

Psalm 46:1



OVERCOMING FEAR

You Don't Have to Be Afraid



Jordan Mitchell & Stacy Farrell

OVERCOMING FEAR

You Don't Have To Be Afraid

Jordan Mitchell & Stacy Farrell

OVERCOMING FEAR

You Don't Have to Be Afraid

Copyright 2022 Stacy Farrell

All rights reserved. No part of this publication may otherwise be published, reproduced, stored in a retrieval system, or transmitted or copied in any form or by any means now known or hereafter developed, whether electronic, mechanical, or otherwise, without prior written permission of the publisher.

Illegal use, copying, publication, transfer or distribution is considered copyright infringement according to Sections 107 and 108 and other relevant portions of the United States Copyright Act.

Unless otherwise noted, Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Cover design & layout: Stacy Farrell

Published and printed by:

Revelation Press

a division of Home School Adventure Co.®

P. O. Box 162

South Elgin, IL 60177

Homeschooladventure.com

Contents

Introduction

Jordan Speaking	6
Stacy Speaking	8
Our Prayer	8

The Root of Fear & The Remedy

The Deception	12
The Father of Lies	12
Overcoming Like Jesus	13

Fear of Failure

The Deception	18
1. Not Good Enough	19
2. Trying Something New	19
3. Disappointing Others	20
But God ... is Gracious	21
Gideon's Story	23
Scripture to Hide in Your Heart	24
What have you learned about overcoming fear of failure?	25

Fear of Man

The Deception	28
1. Robbers, Murderers, Criminals	29
2. Doctors (Needles, Treatments, Etc.)	29
3. Social Interaction	31
But God ... is Omnipotent	32
The Spies' Story	34
Scripture to Hide in Your Heart	36
What have you learned about overcoming fear of man?	37

Fear of Creatures

The Deception	40
1. Beasts (Monsters, Animals)	40
2. Bugs & Spiders	42
3. Snakes	43
But God ... is Creator	44
Daniel's Story	46
Scripture to Hide in Your Heart	50
What have you learned about overcoming fear of creatures?	51

Fear of Nature

The Deception	54
1. Storms (Tornadoes, Hurricanes, Lightning)	55
2. Seas (Water, Swimming, Drowning)	56
3. Darkness	56

But God ... is Sovereign	58
The Disciple's Story	59
Scripture to Hide in Your Heart	61
What have you learned about overcoming fear of nature?	61

Fear of the Future

The Deception	66
1. The Unknown	67
2. Change	68
3. What Ifs	70
But God ... Is Omniscient	71
Esther's Story	73
Scripture to Hide in Your Heart	75
What have you learned about overcoming fear of the future?	76

Fear of Death

The Deception	80
1. Sickness	81
2. Accidents	82
3. Eternity (Heaven & Hell)	83
But God ... is Life	84
David's Story	87
Scripture to Hide in Your Heart	89
What have you learned about overcoming fear of death?	90

Fear of Abandonment

The Deception	94
1. Separation Anxiety	95
2. Loneliness	96
3. Loss of a Loved One	97
But God ... Is Omnipresent	98
Elijah's Story	100
Scripture to Hide in Your Heart	103
What have you learned about overcoming fear of abandonment?	104

No Fear

The Truth	108
About the Authors	110

With Appreciation

Special thanks to the families that shared their insights and struggles related to fear. You helped us understand—in a very specific way—the need for this resource. Thanks, also, to Joyce, Jennifer, and Patty for investing time and intellect once we had our final draft. And we would not have made it to the finish line without the many prayer warriors interceding for us, nor without the One who answered their prayers and ours as well.



INTRODUCTION

Jordan Speaking

I have a confession to make.

When Stacy asked me to help with this resource, I felt very unequipped. I have dealt with fear just as everyone else, but I haven't always handled it valiantly.

My faith has faltered in the face of fear. How could someone like me contribute to a resource about overcoming it?

And so the praying began....

When He Calls, He Equips

I am continually amazed at the goodness of the Lord in equipping His people for everything He calls them to do.

Did you know that God commands us to "fear not" hundreds of times throughout the Scriptures?

What He commands, He is able also to perform within us.

In order for faith to grow, it must be exercised. Like a muscle that deteriorates from lack of use, faith dwindles when it's not practiced.

Boot Camp Begins

Sometimes, the Lord answers prayers by providing opportunities to practice what's being requested.

INTRODUCTION

From the onset of contributing to this resource, my family faced:

- A broken pipe and a flooded bedroom
- An alarming accident that left my little boy bruised and bloody
- An attack by swarming wasps
- A lightning strike that split a tree just feet from our front door
- And last but not least ... a roaring storm and tornado

In each scenario, I was able to practice faith over fear.



My neighbor took this photograph looking toward our house.

(Look closely at the righthand side.)

OVERCOMING FEAR

Stacy Speaking

I have a confession to make, too.

Although initially I set out to personally write this resource, my role has been more midwife than writer.

When I asked Jordan how she felt about writing portions of it, she answered, "Overwhelmed." But she said she was happy to assist me as I wrote it.

So, I began working on the manuscript, fully expecting to do the bulk of the writing.

And then an amazing thing happened....

Jordan began writing the most extraordinary stories and sections. As she did, I believe I sensed the Holy Spirit saying, "Support her, and let her take the lead."

We co-labored on this book, but the sweet, first-person voice you encounter within it's pages is Jordan's.

Our Prayer

We do not stand defenseless against fear!

However, at times, we can unwittingly forfeit our defenses by not picking up the shield of faith or wielding the sword of the Spirit as we should.

It is our desire and prayer that this resource helps you cultivate **faith over fear in every circumstance**—that God may be glorified and your family fortified!

Amen.



The Root of Fear & The Remedy

“The fear of God is the death of every other fear; like a mighty lion, it chases all other fears before it.”

Charles H. Spurgeon

THE DECEPTION

“Fear is a liar.” Perhaps you’ve heard that said before. Ever wondered what it means?

It's a nod to the fact that our fears are often hypotheticals disguised as absolutes.

To put it simply, here’s a helpful acronym:

F - False

E - Evidence

A - Appears

R - Real

For the one who experiences it, the fear seems quite real. So it’s not something we laugh about or take lightly.

However, just because a fear is genuinely felt—does not make it true.

The Father of Lies

At its root, fear is often deceiving. And it can be a weapon used to intimidate and imprison us. Much of what we fear is neither absolute truth nor absolute certainty.

In fact, many things we fear will never happen. If they do, their outcomes or effects are often (though not always) far more positive than we expected.

That said, there are legitimate fears that serve as protection against acts that would otherwise harm us. However, **in this resource, our focus is on the fears that are rooted in lies.**

THE ROOT OF FEAR & THE REMEDY

Where does such fear come from?

John 8:44 tells us: *"...he [the devil] is a liar and the father of lies."*

He planted deadly seeds of doubt in the Garden of Eden that directly contradicted God's Word.

Overcoming Like Jesus

Jesus is our ultimate example. Let's simply follow His lead and do as He did in all things—including how we face and overcome our fears.

What did Jesus do to overcome the "father of lies"?

Matthew 4:1-11 recounts the story of when Jesus was tempted by Satan in the desert for 40 days and 40 nights.

Anytime Satan tried to tempt Jesus, our Lord responded with: "It is written ..."

Jesus overcame with Scripture.

That's how we can overcome as well.

How to Use This Guide

As with any homeschool or family resource, you are free to use this as you see fit.

If you need a few ideas, consider using it as a:

- Personal or family devotional
- Morning basket option
- Bible elective
- Family read-aloud
- Independent study for teens

Each chapter consists of six parts:

1. The Deception

It's important to understand that fear is a legitimate emotion. Children should never be shamed for being afraid. They do, however, need to understand that fear often comes from a place of deception.

No one wants to be lied to or tricked. Even young children don't want to feel "duped." When you highlight the aspects of fear that are misleading, they see it more clearly and begin to understand how to overcome it.

2. Three Fears

Each general fear is narrowed down further to discuss three specific fears that fall under its category. In many cases, fear goes deeper than what it seems on the surface. For instance, social anxiety is discussed under "Fear of Man" because—although we don't often associate social anxiety with seeking man's approval instead of resting in God's acceptance—that is the root and the remedy.

3. The "But God" Remedy

In Scripture, the two words "but God" represent a turning point. The greatest turning point in human history is presented in the book of Acts using a powerful "but God" statement:

*And though they found in him no guilt worthy of death, they asked Pilate to have him executed. And when they had carried out all that was written of him, they took him down from the tree and laid him in a tomb. **But God** raised him from the dead.*

Acts 13:28-30 (emphasis added)

God is the solution to every fear. A right view of God inspires an appropriate fear of Him and diminishes fear of everything else. For this reason, the solution to each fear is examined by exploring an aspect of God's character that calms the fear.

THE ROOT OF FEAR & THE REMEDY

4. A Story

When dealing with fear, it's comforting to know you are not alone in fearing it. It is also helpful to see how others have successfully overcome it. For each fear, we journey through the Bible and meet men and women who struggled with that fear... but ultimately defeated it by faith.

5. Scriptures to Hide in Your Heart

In Isaiah 55:11, we have the promise that God's Word will not return empty. It will accomplish the work that God intends. That is why Scripture is at the heart of every lesson. Our words can be futile, but God's words are life!

For every fear discussed, we've provided Bible verses to memorize that help combat it.

6. What I've Learned About Overcoming Fear

At the end of each chapter, we provided a journaling page students can use to record their discoveries.

ABOUT THE AUTHORS



***Jordan Mitchell** is a wife and homeschooling mom to 3 precious children. When she's not whipping up a meal or out in the garden, she loves to write & encourage other homeschool mamas with practical tips and biblical truth. To God be the glory!*



*Surprised by Jesus, **Stacy Farrell** went from an unmarried, childless, 30-something career woman to a Christ-following wife of 28+ years with two sons homeschooled K-12. She battled fear and overwhelm, but survived and thrived. Author of 15+ books—including the award-winning *Philosophy Adventure*—she loves to equip and encourage homeschool families.*

ARE YOUR CHILDREN FEARFUL?

***Watch FEAR give way to FAITH
as you cultivate a right view of God's
power, love, and sovereignty.***

OVERCOME 7 COMMON FEARS

CAPTIVATING BIBLE STORIES

BUILT-IN JOURNALING PAGES FOR REFLECTION

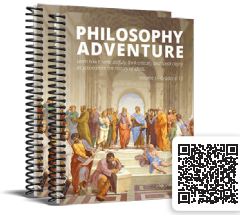
DIG DEEP TO UPROOT THE FEAR

OVERCOMING FEAR
You Don't Have To Be Afraid

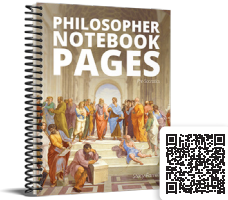
NO FEAR COLORING PAGES
You Don't Have To Be Afraid

BUY NOW ➔

Homeschool Adventure Resources



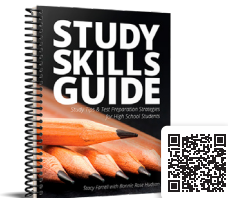
Philosophy Adventure is designed to help students 6th-12th grade cultivate and defend a biblical worldview by teaching them how to write skillfully, think critically, and speak articulately as they explore the history of ideas. If you need to teach advanced writing ... if you want your students equipped to discern truth ... if you wonder how to strengthen them academically ... **PHILOSOPHY ADVENTURE MAY BE YOUR SOLUTION!**



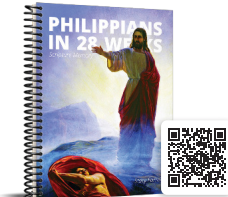
Do you have older students taking the *Philosophy Adventure*? You don't have to leave younger siblings behind! With coloring pages, copywork, maps, and more — **Philosopher Notebook Pages** makes it easy for young students to document their discoveries. **IT'S NEVER TOO EARLY TO INTRODUCE YOUR LITTLE ONES TO THE WORLD OF IDEAS!**



COMBAT A CULTURE OF RUDENESS WITH CLEAR ACTION STEPS & CHARACTER-BUILDING INSIGHTS. The *Good Manners Guide* contains 50+ pages of actionable strategies and thought-provoking lessons to help families display respect, kindness, self-control, and more in an increasingly godless culture.



DOES YOUR TEEN KNOW HOW TO STUDY? Approach study times strategically, and you will substantially increase your effectiveness. Relieve test anxiety with proven test-taking techniques. This newly revised edition of *Study Skills Guide* equips students with methods to organize their notes, maximize their study sessions, and boost their test performance.



WHAT IF YOU COULD MEMORIZE AN ENTIRE BOOK OF SCRIPTURE? *Philippians in 28 Weeks* contains 160+ pages filled with step-by-step memory work, copywork, journal questions, recitation charts, and more. *Philippians in 28 Weeks*—an easy way to memorize the entire book using a streamlined approach that eliminates overwhelm.



HAVE WE FORGOTTEN WHOSE WE ARE? In this "Age of Tolerance," Christians are in danger of forgetting (or never learning) what distinguishes a Christian worldview from other worldviews. The *Mere Christianity Critical Analysis Journal* is a powerful tool to strengthen critical thinking while cultivating a biblical worldview.



NOT FOR WOMEN ONLY. Don't let the title deceive you—this elegant fable is not for women only. It captivates boys and men as well. *The Wise Woman* enchants readers while it contrasts the ugliness of pride, selfishness and conceit with the beauty of humility, sacrifice, and compassion. It's an unforgettable family read-aloud (or an independent study for your teen.)



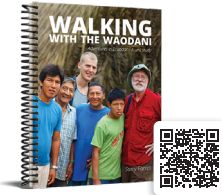
SAFEGUARD YOUR FAMILY AGAINST SOARING FOOD PRICES. Save money at the store by reviving the lost art of food storage and preservation with *Food Prep Guide*. It contains 150+ pages of tutorials, projects, stories, strategies, and more to help you prepare for lean seasons.



SHOP



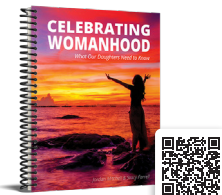
ARE YOUR CHILDREN FEARFUL? Do they struggle with the unknown? Are they scared of being alone? Frightened by creatures or storms? **Overcoming Fear** helps you expose and address fear at its root—and presents its remedy. **WATCH FEAR GIVE WAY TO FAITH AS YOU CULTIVATE A RIGHT VIEW OF GOD’S POWER, LOVE, AND SOVEREIGNTY!**



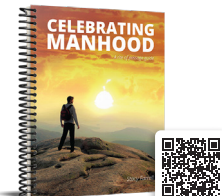
A STORY YOUR CHILDREN WILL NEVER FORGET! Embark on an exciting expedition through the jungles of Ecuador and relive the heroic story of Operation Auca. Learn how Jesus transformed a savage killer into a humble evangelist. **Walking with the Waodani** contains 90+ pages of culture, geography, agriculture and more for a complete unit study geared toward missions.



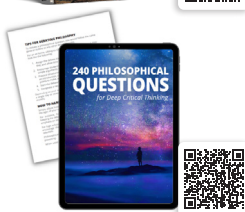
BRING JOY & EXCITEMENT TO YOUR STUDENT’S WRITING! Encourage even reluctant writers to write creatively with clear, step-by-step instructions & exciting prompts you’ll find inside **Creative Freewriting Adventure**. **NO PREP REQUIRED. Just grab a pen and paper, set the timer for 15 minutes, and WRITE!**



AWAKEN YOUR DAUGHTER TO THE NOBLE CALLING OF WOMANHOOD. Combat cultural lies as you cultivate a right view of her value and identity in Christ. **Celebrating Womanhood: What Our Daughters Need to Know** is a practical, Scripture-based examination of her role in God’s story.



WELCOME YOUR SON TO THE WORLD OF MEN. Host a Special Rite-of-Passage Evening with a Step-by-Step Blueprint: **Celebrating Manhood**. Enjoy a simple way to mark this significant milestone—with everything you need for a night to remember.



EQUIP STUDENTS 6TH-12TH GRADE TO IDENTIFY DECEPTIVE LIES DISGUISED AS LOGIC. **240 Questions** is a gentle introduction to critical thinking where students explore important ideas from a variety of perspectives—always in pursuit of truth. (Available in digital format only.)



COMBAT A CULTURE OF RUDENESS WITH CLEAR ACTION STEPS & CHARACTER-BUILDING INSIGHTS. Help your children stand firm with love and kindness in a fallen world. **The Good Manners Course** contains video demonstrations, thought-provoking lessons, printables, quizzes, and more!



USE EVERY TOOL—EVEN COLORING PAGES—TO AFFIRM GOD’S TRUTH ABOUT WOMANHOOD. **The Proverbs 31 Woman Coloring Pages** can be used alone or as a companion to Celebrating Womanhood. Young ladies (and even adults!) will enjoy coloring while learning the qualities of a virtuous woman.



CELEBRATE MOTHERHOOD WITH A SWEET BEDTIME STORY. Child rearing is not only a work of love and a duty, but, as Rose Kennedy declared, it’s a profession as fully as interesting and challenging as any honorable profession in the world. It demands the best that we can bring to it. Tell your little ones how much you love being their mommy with our gift-quality hardcover, **I’d Rather Be Your Mommy**.



SHOP

FACE YOUR FEARS

with Faith in the Father

OVERCOMING FEAR equips you with Scriptures and strategies to uproot fear and replace it with its remedy. It covers 7 common fears:

- ✓ **Fear of Failure:** Find courage to try new things by resting in the One whose grace is sufficient.
- ✓ **Fear of Man:** Shift your focus from the rise of lawlessness and evil men to God's almighty authority.
- ✓ **Fear of Creatures:** Diminish fear of beasts and bugs with the knowledge that God is Creator, Commander, and Caretaker.
- ✓ **Fear of Nature:** Unravel the myth that nature answers to no one. The winds and waves still obey Him!
- ✓ **Fear of the Future:** Combat the "what ifs" of life with the One who is forever present and never changes.
- ✓ **Fear of Death:** Manage the uncertainty of sickness, accidents, and loss with the Giver of Life.
- ✓ **Fear of Abandonment:** Overcome separation anxiety and feelings of being forgotten or forsaken with the One who sticks closer than a brother.

Fear has a way of silencing us. It grips the heart as it stills the tongue. Sometimes, courage must be encouraged.

**LEARN HOW TO BE BOLD IN THE FACE OF FEAR
WITH A FAITH THAT CAUSES FEAR TO FLEE.**

