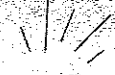



## PICK YOUR PARTNER



We learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same.



ИАНТИА ГИАННИ

As I mentioned at the beginning of the book, a few years ago, I found myself on a journey that I never would have dreamed of going on. They asked me to dance. Not just any "they," but they who are in charge of *Dancing with the Stars*. That's a major "they."

I wrote in an earlier chapter about finding out they wanted me to participate in the show. Maybe you remember: I wanted to do it. Then I didn't want to do it. They didn't call, and I was sad. Then they did call to say they

wanted me, and I had a meltdown about that. I got off to a dramatic start, and in this chapter, I want to share the rest of the story.

I remember the first night of the competition. I'd been thrown into a dance where I had to hang on to just about everything—my faith, my confidence, the fact that I had rehearsed the moves over and over, and especially my partner—just to get through it. Right before Mark and I took the floor, my head started spinning, my heart started beating, and my anxiety went off like an alarm. As I said, I had to hang on to all kinds of things just to finish the dance. When it was over, I hung on to my family and friends, favorable remarks from the judges, the comments people made about the performance, and the articles and reviews I read. Why wouldn't I have done that? Everything was so positive! The reviews and comments were amazing. They lasted exactly one week.

*All of a sudden, I went from fabulous to mediocre. And that quick turn of events taught me one of the most valuable lessons of my life—that applause and public affirmation could never sustain me.*

When week two rolled around, I found myself in the middle of a different story. I still had a great partner and the never-ending support of my family and friends, but the judges and the general public weren't nearly as impressed with the second dance as they were with the first one. All of a sudden, I went from fabulous to mediocre. And that quick turn of events taught me one of the most valuable lessons of my life—that applause and public affirmation could never sustain me. I could not let what other people thought or said about me affect what I thought and said about myself. I learned three words that stung at first, but then drove me to a place of faith in God I had never known before: *people are fickle* (that's one reason the fear of others is never good).

People change. Their comments and opinions change. One day they can think you are the most awesome person on earth, but the next day they think you're a worm—and someone else is the greatest on earth. My experience during the first two weeks of *Dancing with the Stars* was my introduction to that truth, but now that I've learned it, it's been a fact of life for me for quite a while.

HERE'S A QUESTION: Have you ever depended too much on what other people think or say about you? (That's called the fear of man.)

HERE'S A CHALLENGE: It's time to stop relying on other people for your sense of value and to stop letting

their opinions determine what you think about yourself. I challenge you to do that.

HERE'S SOME ENCOURAGEMENT: Yep. People are fickle. There's only one person who has ever lived who does not change. Ever. I can't say it any better than this: "Jesus Christ is the same yesterday and today and forever" (Hebrews 13:8). If you want someone in your life you can always depend on, He's the One.

HERE'S HOW YOU CAN PRAY: *Abba Father, today I want to focus on who You say I am. I go back to every word the world has said I am and I cover it with who You say I am. Thank You for always being a Father, and supporting me as a daughter [or son] yesterday, today, and forever. I rejoice in knowing that You take delight in me.*

(Note: Scripture uses many names to describe God. "Abba Father" is one of the most significant because of how it relates to us. Translated from the Aramaic language, it means "Daddy.")

TAKE NOTE: When people let you down, it's a terrible feeling. Maybe you've been there. Now would be a good time to journal about how you felt when you discovered that people are fickle and what you've learned since then.

If you read Luke 4 (and I suggest you take time to do that right now), you'll see that when Jesus announced in the

synagogue that He was the One the prophet Isaiah had prophesied, everyone went crazy with excitement—at first (Luke 4:22). Six verses later, they all hated Him and wanted Him dead. *Six verses!* That's how I know He totally understands when you and I feel like everyone loves us for a while and then suddenly they can't find anything good to say about us.

For me this turnaround took one week. During week one of the show, they loved me. I was second on the leader board. All the articles were awesome, but then the next week the articles were controversial and I was in jeopardy. That shook me. And the fact that it shook me, shook me. It was a challenge to my identity and to my faith—a challenge unlike any I had faced before. I had to decide how to handle it. I could fall into the old fear-of-other-people trap—being afraid they wouldn't like my dance, afraid they would think I was awkward, afraid they would criticize my outfit, afraid I'd embarrass myself, and on and on. Or I could take authority over fear in Jesus' name and keep going. To help make that decision, I asked myself three very important questions:

1. WHOSE VOICE IS THE LOUDEST IN MY LIFE?  
Was it mine, the judges, the audience's, my family's, my partner's? Was it my fears and anxieties? Or was it God's?  
There were so many voices saying so many different things that I had to decide to mute some of them, turn down others, and put God's on full blast.

2. WHOSE LEAD IS THE STRONGEST IN MY LIFE? I had lots of options when it came to whose lead I wanted to follow—all the same people whose voices I heard. Was I going to follow one of them or follow God?

3. WHAT'S MY IDEA OF WINNING? Most people who watched the show thought winning meant coming in first place, having higher scores than everyone else, and being declared the winner. As I thought about it, I realized that I didn't need any of those things to win. If I knew who I was in God and who He was in me, I won. I'm going to say more about my idea of winning in the next section of this chapter, but for now let me simply say that the Bible is clear about it: "Thanks be to God! He gives us the victory through our Lord Jesus Christ" (1 Corinthians 15:57).

TAKE NOTE: The three questions I asked myself were huge. They were incredibly important in the development of my identity and my faith. So let me ask you the three questions I asked myself: Whose voice is loudest in your life? Whose lead is strongest in your life? And what is your idea of winning?

## EVERYBODY'S ON A PATH

I hope you've taken time to really think about your idea of winning. It may not be what anyone else around you

considers a victory, but if you can settle in your heart what winning means for you and God, then you've gained a big victory already.

I've always felt that when people watch *Dancing with the Stars*, they can tell which performers are on which paths. That is, every season, some people will do whatever it takes to get the mirror-ball trophy. That's their goal, and that's what winning means to them. Then there are other people who are happy simply to be on the show, and they love the journey.

One person who loved the journey is my good friend Michael Waltrip. I think the fact that he so thoroughly enjoyed being on the show is what endeared him to millions of people. He made it so far because he knew who he was and he embraced it and shared it with the world. Was he the best dancer? Not so much. But he has one of the biggest hearts of anyone I've ever known, and that brought joy into homes across America and around the world. People loved him!

Enjoying the journey helps people like Michael to experience a measure of success on the show, while it causes others, who may be excellent dancers, to go home early in the season. Their skills and techniques may be nearly perfect, but if for them that triumphs having fun and being grateful for the opportunity to be on the show, the audience can tell. Something's missing. When people are

fiercely determined to get more points than everyone else and come in first, and that's their idea of winning, it's easy for them to lose sight of who they really are and to pass up finding joy in other aspects of the experience.

*It's the heart, the journey, and the ability to share them that matter. Anything else is just a competition, and competitions can be very sad and empty.*

Now don't get me wrong. There are also some rare breeds like Alfonso. He wanted the mirror ball with a passion. He pursued it while also staying true to himself, and that's why he deserved to be champion.

I learned through my experience on *Dancing with the Stars* that people don't just want to see breathtaking, dramatic dance moves. They want to witness and relate to the journeys the performers are on as human beings. When hearts connect on that kind of level, it goes beyond a show on which people learn to dance. This is true for any life situation, not only *Dancing with the Stars*. It's the heart, the journey, and the ability to share them that matter. Anything else is just a competition, and competitions

can be very sad and empty. I'm sure you have noticed that fact in high school, in college, or in the workplace. Maybe you've even felt it for yourself. You see, when people lose their identity in order to get to the top, they begin to lose everything. I'll explain this using the example of the two-step.

To kids today, the two-step is a rap dance spun off of a popular rap song. To other people, especially those beyond their teenage years, it's an old country dance. I once told Two-Mama that I knew how to do the two-step and she said, "We used to do that back in my day!" Of course, I was shocked because the two-step I was talking about seemed to be a weird dance for a grandma to do. I started doing today's version of the two-step for her, and she quickly realized it was *not* the two-step she learned. The world had changed since she did the dance and it became something it was never intended to be. It just had the same name.

Something similar often happens to us. Like the two-step, we keep the same names but stray far away from our original selves because times change and we do not realize we are changing with

*When we let times or circumstances change us, we often don't realize the problem it causes.*

them (kind of like that time I lost my peace and didn't even know it). When we let times or circumstances change us, we often don't realize the problem it causes. Our steps get a little ahead of us and we just follow where the world goes. We end up with a dance no one even recognizes anymore; we ourselves don't even know what it is. We say, "I'm the same person," but we have truly moved far away from our original selves.

We live in a competitive world, and perhaps the only competition truly worth winning is the one we have with ourselves—the battle to be true to ourselves and to maintain our identity when the world tries to get us to go after its trophies.

HERE'S A QUESTION: Can you think of a time when you lost your identity as you've tried to win in life? If so, how did that happen?

HERE'S A CHALLENGE: Your identity is one of the most foundational pieces of your life. I challenge you to discover, or rediscover, who you really are.

HERE'S SOME ENCOURAGEMENT: It's never too late to figure out who you are or to change course as you try to win in life. God's always eager to use His eraser on your past and give you a fresh start.

HERE'S HOW YOU CAN PRAY: *Father, I'm sorry that I've drifted so far from my original self in search of things that will not sustain me. I realize now that my*

*confidence, my freedom, and my faith come only in You. You are the One I'm running after. Lead me from this world of darkness into Your heavenly light.*

TAKE NOTE: It's important to me to ask this question and it's even more important for you to answer it: Who are you? I'm not talking about what you like to do in your free time or what you like to read about or listen to. I mean, who are you—really, at your core?

## DO YOU WANT TO DANCE?

When I started on *Dancing with the Stars*, not only did I not know how to dance, but I didn't understand my identity. I had no direction, and I felt lost at first, but quickly I found myself learning to dance with Jesus—finding out who He made me to be and who I was in Him, not in myself. To do that, though, I had to get rid of all the unhealthy things I was holding on to. For example, I got someone else to run my Twitter account, and I never read comments online or in the media. In addition, Mark translated what the judges said in a constructive, healthy way, and I decided that to me, winning was not the mirror-ball trophy. Winning would be conquering fear and learning how to find who I am through the words God speaks about who I am.

A lot of you watched me on this journey of learning to dance with Jesus while actually learning to dance. It was a crazy ride. I think sometimes we have to take a step back and identify our ultimate goal. Choosing not to go hard after the mirror ball helped me in my decision making about a lot of things, because it really didn't matter if I "won" or not. It helped my perspective to be pure instead of smeared by the world. That's what made it easy to say no to "cool moves" that did not represent me well and to say no to super-cute outfits that just showed a little too much for my personal taste. This perspective taught me to not only make the right decisions because I had to, but to live those right decisions with a happy heart because I wanted to respect my ultimate partner, Jesus.

Dance is a respectful sport. That's why I chose never to say in an interview that I wanted to win, or ask people to *please* vote for me. (This made Mark really mad. He didn't really understand my approach, but once he saw the joy in my heart after Alfonso won, he got it. Mark

*I think sometimes we have to take a step back and identify our ultimate goal.*

is like a brother to me, and brothers just want the best for their sisters). The Lord wanted me to fully fall in step with Him and find victory in that. During my time on

*Dancing with the Stars*, God carried me through every step, every interview, and every conversation, and I began learning how to follow confidently. After all, dance is about confidence, going into every move with full confidence that the next move will be amazing. Whether it's the right move or the wrong move, confidence can sell it.

To be confident in your dancing you have to be confident in your partner, trusting that he will lead you where he is going. When I watched *Dancing with the Stars* growing up, I always thought it was so much easier for the guys because it looked like a lot of times the girls could cover them by dancing around them. Being there, I realized it's actually easier for the girls to learn to make a beautiful dance together, as long as they have a good partner, because the male is the leader. Many times Mark would give my hand a little push or pull to make sure I was back to the original dance and on track for the next move. He could do this because the dance was his masterpiece, which he created. He knew it better than anyone, and more than anyone, he wanted it to be the best it could be. So I learned how to follow that push or pull. I trusted that he knew how to lead me because, as I said, he created the dance.

It's just like your life. God is the one who created you. He wrote your story. He also extends His words and His love to lead you, and He will not lead you where He is

not going. When you dance down your path of life with Him, He may tug you or pull you in one direction, and it's vital to fully embrace that next move confidently, knowing He is pushing you into the step. He has created for you. It's important to take note that you will also have judges in your life. You may have scores. You may be put in "competition," but it's up to you to find out who you really are and to decide whose voice is louder, whose lead is stronger, and what winning ultimately means to you.

SO-0-0 . . . . .

\* People are fickle. They will love you some days, but not so much on other days. The only constant in this world is Jesus.

\* The race to be "the best" or to come away from a competition with a prize or the highest number of points isn't what's most important. What matters most is that you discover who you really are and live your life from your true identity, fearing nothing.

\* God created you and He knows exactly how to lead you in the dance of your life. All you have to do is pay attention to the nudges and follow Him.

*Work the World*

*"In your anger do not sin": Do not let the sun go down while you are still angry.*

Ephesians 4:26

I don't have many memories of my great-grandfather, but I still have a lot of love for him. He was a great guy! One memory that stands out to me clearly is that when I was very young, he walked into the room where I was playing one day and said, "Remember this. It's the greatest piece of advice anyone has ever given me." And then he quoted Ephesians 4:26.

People might say, "Well, I can't just push a button and turn off my anger because the sun goes down! It's not that easy!" I think what my grandfather was saying, and perhaps what this verse is trying to communicate, is that when we become angry over something, we need to move quickly to establish peace in our hearts.

This verse is as true for fear as it is for anger. When we become really fearful about something, we need to get back to a place of peace as fast as we can. That doesn't mean a battle with fear will be over by the time night rolls around, but we can change the posture of our hearts. We don't have to hold on to



## LIVE FEARLESS


the fear. We can choose peace, joy, strength, courage, and faith in the midst of it.

God never says everything in life will be wonderful. He doesn't promise we won't face things that are frightening. But He does promise to be with us in the scary situations. He does promise to give us peace. And He does promise He will never leave us.


When we allow anger or fear to upset us and we forget these promises, let's bring these realities back to the forefront of our minds as fast as we can and keep our hearts focused on them.

## *One More Thing*

## A WORD THAT CHANGES EVERYTHING



At the cross God wrapped His heart  
in flesh and blood and let it be nailed  
to the cross for our redemption.



E. STANLEY JONES

Do you remember the chapter about plankton? I mentioned there that plankton are wanderers, and the root of their name even means "wandering." When I was learning about plankton, the thought occurred to me that there are lots of wanderings and wanderers in the Bible. And these wanderings usually weren't good experiences. Think about it. In the Old Testament, the Israelites spent forty years

wandering around in the wilderness to make what should have been an eleven-day journey. In the New Testament, the prodigal son went wandering all over the place, walking on the wild side wherever he went, before he finally came to his senses and returned to his father's house.

*I think we all  
have a little bit  
of a wanderer  
in us. Don't  
we all get off  
the path of  
life at times?*

I think we all have a little bit of a wanderer in us. Don't we all get off the path of life at times? Don't we all let our hearts and minds stray from God and from His Word on occasion? Sure we do—and when we do, what matters most isn't that we've wandered, but that we get back to God.

Ideally, we would live our lives so in love with God that when we wander, we would always end up back in His presence. We would hunger so much for Him that our wanderings would take us closer to Him, not further from Him. But it doesn't always work that way. Sometimes we wander, like my friend Taylor, and we keep on running from God until He sends someone or something to stop us and help us find our way back to Him.

I want to encourage you today, if you have wandered away from God, get back to Him. Pull out your Bible and start reading it again. Begin to talk to God in prayer

again, and be looking for His answers. Reconnect with your Christian friends. Find an adult who loves and walks with God who is willing to mentor you and help you grow stronger in your faith. Go back to church, where you can learn about God and worship Him. Why not start right now by simply praying something like this: *God I've wandered away from You, but I am ready to come home. I'm sorry for the ways I've turned my back on You. I ask You to forgive me. I believe You forgive me, and I receive Your forgiveness. Help me make a fresh start with You. I choose today to be devoted to You, sold out in my faith, and diligent to know and live by Your Word.*

The Holy Spirit will always draw us toward God. And as we allow ourselves to be led into God's presence, just imagine the light we can receive and then share with others. I pray you will be like plankton and go vertical with your life, which will turn your restless wandering into great purpose.

### WHAT'S THE WORD?

The title of this section is, "A Word that Changes Everything," so you're probably wondering what that word might be. There are lots of words that change everything, but the one I'm thinking of is *redemption*. When

I googled it, two definitions came up: (1) "The action of saving or being saved from sin, error, or evil." (2) "The action of regaining or gaining possession of something in exchange for payment, or clearing a debt."<sup>1</sup> So whether you've wandered from God or you have never been in a relationship with Him and you'd like to be, *redemption* is a word that can change everything in your life.

If you've wandered, it means God will gladly take you back. If you've never had a personal relationship with Him, it means you're invited and welcome to do that right now by praying this prayer aloud:

*Father,*

*You love me so much that You chose to see the beauty of my broken soul. You love me so much that You sent Your Son to freely forgive me for the path of pain, fear, bitterness, and many other things I have walked through. But Your Word says we are saved by grace through faith—faith we have in the beautiful gift of Your Son. I believe and I confess with my mouth that You are who You say You are, that You will do what you say You will do through Your Son, Jesus Christ, who died on the cross and rose three days later to bring me hope, freedom, love, salvation, and redemption. I believe that He is alive today! I am sorry for my sins, and I ask You to forgive me, Father. By faith I receive Jesus Christ as my*

*Lord and Savior. I am so grateful to be fully known and loved by You. In the name of Jesus, amen.*

I didn't write this book simply to share the story of my own redemption and my journey out of the fear that once consumed me. I wrote it to help you find *your* redemption. I encourage you not to do this in your room alone, but to find a trustworthy pastor or Christian friend who can help you take the next steps of your walk of faith—baptism, learning more about God, prayer, and ongoing, life-changing relationship with Jesus through the Word of God.

Like the woman who was caught in adultery and then had an encounter with Jesus and heard Him say, "Go and sin no more," that's His ideal for all of us (John 8:11 NKJV). But we do sin, so where does that leave us? In a place where we sin less and less because we honor and value the grace that's been given to us, because we know it is a precious gift that cost Him His life, and because we would never want to take advantage of the gift of grace.

*Find a trustworthy pastor or Christian friend who can help you take the next steps of your walk of faith.*

A MAN WHO REFUSED REDEMPTION

I was on my way to a speaking engagement—and running late because I forgot to account for the time change between where I live in Franklin, Tennessee, and where I was speaking in Atlanta, Georgia. My team and I were hurrying to the venue, about seven minutes away, when something amazing happened.

First let me back up and say that the entire day, I had wrestled with an unusual feeling—a soberness and sense of responsibility I had not felt before. I sensed that God had entrusted me with a message through which He wanted to convey to the audience the heaviness, the greatness, the weight, and the power of His love. I knew He wanted me to go there, but I kept asking, "How do I get there?"

As we sat in traffic, I listened to a message from Priscilla Shirer and one sentence caught my attention. She said, "God won't put His promises in your way, but He will put them within your reach."

No sooner than I heard those words, I looked out the car window and saw a homeless man. Across the intersection, he and I locked eyes. I prayed and asked God to send someone to help him. Aimlessly, the man walked up and down the sidewalk. I couldn't take my eyes off of him. As I watched, I heard in my heart some instructions from

the Holy Spirit: "Go put it in his reach, and you'll know how I feel."

I knew what God wanted me to do. He wanted me to give the man my Bible. But we were already almost late for the meeting and I was one of the main speakers. I couldn't just not show up on time. At the same time, I couldn't disobey what I heard. It's like it was burning inside me. I couldn't even sit still. I told the person driving, "We have to turn around." I could not let that man go without talking to him.

I had no money that night.

All I had was my phone, my Bible, my speaking notes, and a few things in my purse that would not have been interesting or helpful to him. Yet I wanted more than anything else in the world to help this man. I felt compelled to do something for him—like I would burst if I didn't try.

The driver turned around and I got out of the car to approach the man, who was dirty and smelly and had an empty, hopeless look in his eyes.

"I honestly don't have anything to give you, but this Book is everything." I said as I held out the Bible to him.

"No! I can't take that," he responded.

*"God won't put His promises in your way, but He will put them within your reach."*

"Sure you can," I said. "I *really* want to give it to you."  
 "No," he emphasized, then added, "I'm an atheist."  
 As I started to walk away, I noticed his eyes filling with tears. So I put the Bible on the ground, giving him a chance to pick it up.

"No!" he shouted as I headed back to the car. "Somebody needs that! Don't leave it on the ground!"

In that instant, my faith changed. In fact, my life changed. I realized how God must feel when people won't listen to Him, live by His Word, or receive His love. When I begged him to take it and he wouldn't, I could almost physically feel my heart break.

In the same moment, I realized how much the Word of God means to me and how deeply I believe it. No one would literally beg another person to take something useless, powerless, or meaningless. As I begged the man to take it,

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*In that instant, my faith changed.*

*In fact, my life changed. I realized how God must feel when people won't listen to Him, live by His Word, or receive His love.*

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I realized how completely I am convinced that God's Word is where we find everything—everything—we need in life. God is constantly reaching out to us through His Word, saying, "Here's life. Here's hope. Here's love." And so often we fail to take those things He so freely offers us.

As I thought about the encounter with the homeless man and reflected on how much that experience changed me, I thought, *He can say he's an atheist all day long, but he isn't.* How do I know that? By his words. When he said about the Bible, "Somebody needs that," he proved that he knew something about the life-changing power of God's Word, and I believe he saw the conviction of that truth in my eyes.

*I beg you not to be like this man.* In an instant, he could have gone from being spiritually homeless to having a forever home with God. He could have gone from being fatherless to having the best Father ever. He could have gone from lying on the ground to standing tall in faith. But he chose not to (as far as I know).

God is extending redemption to you, just as He extended it to the homeless man. Whether you receive it for the first time or you use it to come back to God, do everything you can do to stay close to Him. Jesus says in John 15:16, "You did not choose me, but I chose you." That's amazing news! He's already chosen you, so all you have to do is keep choosing Him. If you want to hear more

about this, check out my video "A Message to My Fellow College Age Friends" on my YouTube channel.

## NO SHAME, NO REGRETS

Just a final thought before we finish this book. Often when people break free from fear, the enemy then tries to make them feel ashamed or upset about the ways they once allowed fear to control them. I've been through that, and so have lots of other people. We let fear keep us from doing something fun, and letting it stop us seemed perfectly reasonable at the time. But once we came out from under fear's control, we could have done that thing and enjoyed it. In fact, we should have done it. We didn't escape something frightening; we missed out on a lot of fun.

Sometimes after the chains of fear are finally loosed, we realize how silly fear is and we become angry that we were ever afraid of anything. We're upset with ourselves and mad at fear for controlling us. We find ourselves filled with regret over our fear-based decisions.

These are real struggles, but we have to be aware that redemption affects our emotions; it sets us free from shame, anger, and regret. When we embrace the redemption Jesus offers us, we can say, "Okay, Lord. I'm sorry I

let fear run my life for so long. I'm sorry I missed out on some great opportunities that came my way. But I believe guilt, shame, anger, regret, and every other negative emotion and lie of the enemy were dealt with at the cross. You died to set me free—not just from sin and death, but also from feelings of condemnation."

Don't let shame or regret steal your future the way fear has stolen your past. Receive the freedom Jesus died to give you, and move forward in faith to live the amazing life He has for you, never looking back.

*Do Not Fear*

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VERSES TO HELP YOU  
LIVE FEARLESS

“So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right  
hand.”

Isaiah 41:10

Immediately [Jesus] spoke to them and said,  
“Take courage! It is I. Don't be afraid.”

Mark 6:50

I sought the LORD, and he answered me;  
he delivered me from all my fears.

Psalms 34:4

LIVE FEARLESS

When I am afraid, I put my trust in you.

Psaln 56:3

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14:27

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18

When anxiety was great within me,  
your consolation brought me joy.

Psaln 94:19

"Do not fear, for I have redeemed you;  
I have summoned you by name; you are mine."  
Isaiah 43:1

SADIE ROBERTSON

The LORD is my light and my salvation—  
whom shall I fear?

The LORD is the stronghold of my life—  
of whom shall I be afraid?

Psaln 27:1

For the Spirit God gave us does not make us timid,  
but gives us power, love and self-discipline.

2 Timothy 1:7

Anxiety weighs down the heart,  
but a kind word cheers it up.

Proverbs 12:25

Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

Psaln 23:4

"Therefore do not worry about tomorrow, for  
tomorrow will worry about itself. Each day has  
enough trouble of its own."

Matthew 6:34



Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

1 Peter 5:6-7

Say to those with fearful hearts,

"Be strong, do not fear;

your God will come,

he will come with vengeance;

with divine retribution

he will come to save you."

Isaiah 35:4

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Joshua 1:9

Cast your cares on the LORD  
and he will sustain you;  
he will never let  
the righteous be shaken.

Psalms 55:22

"Do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"

Luke 12:22-26

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.

Deuteronomy 31:6

"For I am the LORD your God  
who takes hold of your right hand  
and says to you, Do not fear;  
I will help you.  
Do not be afraid, you worm Jacob,  
little Israel, do not fear,  
for I myself will help you," declares the LORD,  
your Redeemer, the Holy One of Israel.

Isaiah 41:13-14

LIVE FEARLESS

God is our refuge and strength,  
an ever-present help in trouble.

Psalms 46:1

Fear of man will prove to be a snare,  
but whoever trusts in the LORD is kept safe.

Proverbs 29:25

The LORD is with me; I will not be afraid.

What can mere mortals do to me?

The LORD is with me; he is my helper.

I look in triumph on my enemies.

Psalms 118:6-7

He got up, rebuked the wind and said to the waves,  
"Quiet! Be still!" Then the wind died down and it  
was completely calm.

He said to his disciples, "Why are you so afraid?  
Do you still have no faith?"

Mark 4:39-40

Even if you should suffer for what is right, you  
are blessed. "Do not fear their threats; do not be  
frightened."

1 Peter 3:14

Do not be afraid of them; the LORD your God  
himself will fight for you.

Deuteronomy 3:22

SADIE ROBERTSON

The angel of the LORD encamps around those who  
fear him,  
and he delivers them.

Psalms 34:7

He placed his right hand on me and said: "Do not  
be afraid. I am the First and the Last."

Revelation 1:17

Jesus told him, "Don't be afraid; just believe."

Mark 5:36

For I am convinced that neither death nor life,  
neither angels nor demons, neither the present  
nor the future, nor any powers, neither height  
nor depth, nor anything else in all creation, will  
be able to separate us from the love of God that is  
in Christ Jesus our Lord.

Romans 8:38-39

The LORD your God is with you,  
the Mighty Warrior who saves.

He will take great delight in you;  
in his love he will no longer rebuke you,  
but will rejoice over you with singing.

Zephaniah 3:17

LIVE FEARLESS

Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.  
I will say of the LORD, "He is my refuge and my  
fortress,

my God, in whom I trust"  
Surely he will save you . . .

He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.

You will not fear the terror of night,  
nor the arrow that flies by day,  
nor the pestilence that stalks in the darkness,  
nor the plague that destroys at midday.  
Psalm 91:1-16

CHAPTER 1

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CHAPTER 2

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CHAPTER 3

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