

DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE

A 4-WEEK SCRIPTURE JOURNEY

Week 2
FEAR

MONDAY

1 JOHN 4:18

Take some time today to slow down, pause, and pray through this Scripture with us. When you have no more words to say, you can use Scripture to inform your prayers. Read through this verse a few times and meditate on what it means. Then read it outloud as an offering to God. Finally, ask God to use it to strengthen your spirit.

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

PRAYER

Father, when my heart is gripped by fear, remind me that I am Yours and that I am loved by You. Thank You for Your perfect love that casts out all fear. Forgive me when fear clouds my trust in You. Unease and panic have no place where Your love abides. Let Your love take up full residence in my mind and in my heart so that fear has no room to stay. Let my life be a reflection of Your love that I may face the future with courage and joy. Amen.

TUESDAY

DEUTERONOMY 31:6

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

PRAYER

God, help me to be strong and courageous, not to retreat or be shaken by what lies ahead. Free my mind from dwelling on fear—fear of man, fear of failure, fear of the future—help me instead to dwell on Your power and authority. For You go before me. You are with me. You do not abandon me. I will never be out of Your sight or out of Your mind. With You, I have no reason to fear. I praise You, for with You I can walk in courage and confidence. Amen.

WEDNESDAY

2 TIMOTHY 1:7

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

2 TIMOTHY 1:7

PRAYER

My King, what a gift it is to be Your dwelling place. Your Spirit fills me—it not only comforts me but empowers me to do great things for Your renown. With Your Spirit, I can rise above fear. I do not have a Spirit of timidity or cowardice but one of power and love. A Spirit that does not shrink back from any Enemy tactic or worldly opposition. Grant me the wisdom to leverage not just this day but this life to lift up Your mighty, powerful, and loving name. Amen.

THURSDAY

ISAIAH 41:10

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

PRAYER

My God, You are like no other. You are always with me—constant and close. Because of You, I have no reason to fear. I am not alone. I can face today and tomorrow. For You hold me in Your hand. With a firm grip, You raise me up. Unshakeable. Unwavering. I let go of fear today and take hold of Your hand. Thank You for keeping me steady when I feel afraid. Thank You for helping me stand when it feels like my feet may fail. Thank you for strengthening me and for never letting me go. Amen.

FRIDAY

PSALM 46:1-3

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

PSALM 46:1-3

PRAYER

God, You are my stronghold, my safe place. As my fear rises with the waves of this world, snuff out the flame of fear and bring me peace. As I stand near the edge, as the ground feels like it is crumbling beneath my feet, remind me that You are my unshakeable foundation. The wind may howl and the rains may rage, but You are the peace no storm can break. I am sheltered by Your love. I am held by Your hands for all of my days. Amen.
