# 7-Day No Fear Routine

SCRIPTURE · MINDSET · ACTION

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| DAY 1 | **GOD IS WITH ME**<br>**Isaiah 41:10**<br>*"Fear not, for I am with you..."* | **FOCUS** You are not facing anything alone.<br>**ACTION** When fear hits, pause and say: "God is with me right now." Take 3 slow breaths and reset.<br>☐ Done |
| DAY 2 | **REPLACE FEAR WITH TRUST**<br>**Psalm 56:3**<br>*"When I am afraid, I put my trust in You."* | **FOCUS** Fear shows up, but trust is your response.<br>**ACTION** Write down ONE thing stressing you, then say: "I trust You with this."<br>☐ Done |
| DAY 3 | **YOU HAVE POWER**<br>**2 Timothy 1:7**<br>*"God gave us power, love, and a sound mind."* | **FOCUS** Fear is not your identity.<br>**ACTION** Do ONE thing today you've been putting off out of fear (small win).<br>☐ Done |
| DAY 4 | **BE STRONG & MOVE ANYWAY**<br>**Joshua 1:9**<br>*"Be strong... do not be afraid."* | **FOCUS** Courage is action even while nervous.<br>**ACTION** Move forward on something important (call, post, decision). Don't overthink. Just move.<br>☐ Done |
| DAY 5 | **GOD WILL DELIVER YOU**<br>**Psalm 34:4**<br>*"He delivered me from all my fears."* | **FOCUS** Fear doesn't get the final say.<br>**ACTION** Reflect: what has God already brought you through? Write down 2–3 past wins.<br>☐ Done |
| DAY 6 | **REPLACE ANXIETY WITH PRAYER**<br>**Philippians 4:6**<br>*"Do not be anxious about anything... pray about everything."* | **FOCUS** Don't carry it. Release it.<br>**ACTION** Turn your worry into a short prayer: "God, I give you _____."<br>☐ Done |
| DAY 7 | **WALK IN PEACE**<br>**John 14:27**<br>*"Peace I leave with you... do not be afraid."* | **FOCUS** Peace is your portion.<br>**ACTION** Take 10 minutes of quiet (no phone). Sit, breathe, and be still.<br>☐ Done |

**YOUR DAILY ANCHOR**

*God is with me. I will not fear. I move in power, love, and a sound mind.*