

# 5 THINGS TO DO INSTEAD OF

# fear

**1. Be calm.**

**(Psalm 37:7, Psalm 46:10).**

**Stillness is a sign of strength. Knowing God will come through for me.**

**2. Be certain.**

**(Psalm 38:8, Proverbs 24:19)**

**Don't worry. Having confidence in the God who cares.**

**3. Be constrained.**

**(Psalm 37:11, Matthew 5:5).**

**Be meek. Bringing to God my controlling nature under His watchful eyes.**

**4. Be content.**

**(Psalm 37:16, Psalm 90:14).**

**Be satisfied. God is enough for me, and I can trust Him.**

**5. Be courageous.**

**(Psalm 27:14, Joshua 1:9).**

**In the middle of all of our fears, God provides the courage to wait. The courage to make the right choices.**

*sarah*

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