



Hey Friends,

This is the day the Lord has made; I will rejoice and be glad in it! This is one of our favorite verses here at Hearts Song. We love it because it's simple and says a lot on days that just need some joy. It's also a great encouragement to us in keeping our peace alive in the face of fear!

Fear is our topic of discussion today and is one of the most common emotions that we have. Fear can paralyze us and keep us stuck more than any other emotion because it tells us "I can't."

In coaching we use this acronym

**F**alse

**E**vidence

**A**ppearing

**R**eal

Could your fear be based out of something that is not truth for you today? Is your fear from a memory that has a profound effect on you, or is it about fear of failure, even if it's something you haven't tried before?

### **Possible Message of Fear:**

- I may be focused more on the potential for a negative outcome than a positive outcome.

### **Coaching Question:**

- What is the likelihood of this really happening today?
- What is the real root of this fear?
- If this fear came true, how could I overcome it?



Remember, fear is an emotion, not an action. Don't allow it to steal your peace or paralyze you.

“Don't allow fear to shut you down, allow it wake you up.”

I hope your heart is full of peace.

Maryann

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