

Weekly Devotional for Living Fearlessly by Faith

DAY 1: NAMING YOUR FEARS

Scripture: Psalm 56:3

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

Reflection Questions:

- What are your top 3 fears right now?
- How do they shape your daily decisions?
- What would change if you trusted God with them?

Prayer Prompt:

- Ask God to help you name and release your fears

DAY 2: FEAR OF ILLNESS

Scripture: Matthew 6:25

“Do not worry about your life...”

Reflection:

- Do you spend more time managing health or fearing sickness?
- What would trusting God with your body look like?

Practice:

- Replace one worry with a prayer today

DAY 3: FEAR OF AGING

Scripture: Isaiah 46:4

“Even to your old age... I am he who will sustain you.”

Reflection:

- What do you fear most about getting older?
- How might God still use you in every season?

Practice:

- Identify one way your life experience can bless someone else

DAY 4: FEAR OF LOSING CONTROL

Scripture: Proverbs 3:5–6

“Trust in the Lord with all your heart...”

Reflection:

- Where are you trying to maintain control?
- What would surrender look like?

Practice:

- Release one specific situation to God

DAY 5: FEAR OF DEATH

Scripture: John 11:25

“I am the resurrection and the life...”

Reflection:

- What emotions surface when you think about death?
- How does faith reshape that fear?

Practice:

- Meditate on eternal life for 5 minutes

DAY 6: LIVING WITH COURAGE

Scripture: 2 Timothy 1:7

“God gave us a spirit not of fear...”

Reflection:

- Where is fear holding you back?
- What bold step can you take in faith?

Practice:

- Take one action you’ve been avoiding due to fear

DAY 7: TRUSTING GOD FULLY

Scripture: Joshua 1:9

“Be strong and courageous... for the Lord your God is with you.”

Reflection:

- What would a fearless life look like for you?
- What step is God calling you to take?

Practice:

- Write a “faith over fear” declaration

SMALL GROUP DISCUSSION QUESTIONS

1. Which fear resonated most with you in the sermon?
2. How does faith practically reduce fear?
3. What is one fear you need help surrendering?
4. How can this group support one another in living fearlessly?

Fearless: Overcoming Fear with Courage and Hope

John 11:25-26 (CEB), I Corinthians 15:54 (NRSV), and Proverbs 19:23 (CEB)

Acton United Methodist Church

Sunday May 3 2026

Rev. Dr. Matthew D. Stultz