



SPIRITUALLYHUNGRY.COM

FAITH

OVER

FEAR

30 DAY CHALLENGE

WELCOME AND THANKS FOR SIGNING UP!

Everyone struggles with fear. Fear blocks our intimacy with God and it holds us back from true freedom.

To build unshakable faith, we must learn the truth that God is bigger than anything we encounter. Then we have to live out that truth, that God is BIGGER:

Bigger than our problems.
Bigger than our worries.
Bigger than obstacles.
Bigger than our fears.

But this ideology, as true as it may be, isn't any easy truth to live in, is it?

It's not because we want to be afraid or worried or stressed. We truly want God to be supreme in our lives, the King over everything. But we're held back by our natural inclinations.

Because our nature is to try to figure things out on our own.

It is only by attending to our relationship with God and being open to His call and direction that we find ourselves becoming transformed into the image of Christ.

We all have the ability and invitation to be transformed into Christ's image, although it does not happen without us turning to God frequently and thoughtfully seeking transformation.

No matter how much fear you experience in your life, either a little or a lot- fear is something every Christ follower needs to repeatedly check on. Fear creeps in our lives without us realizing.

Fear creates a barrier between us and God. It robs us of the Fruit He is trying to foster in us. However, if fear is something you really want to tackle, this Challenge will only take you so far. You see, this free challenge is simply a step into the discussion on having faith over fear.

While it is good, if you are really looking for transformation you need to go deeper.

For the first time ever we are offering a deeper study alongside this free Challenge. Actually, it is part of our whole new discipleship plan for women. It's something that we have been sincerely praying about for years.

If you would like to dive deeper into having faith over fear then you really want to check out our whole new membership.

The Evergreen Membership Plan For Unshakable Faith

A Christian Planner for the month of September 2019 (there is also a blank date format if you want to take it at another time)

In the planner you'll find:

Scripture For The Day

A Devotion Based On The Bible Verse

A Reflection Question

A Prayer Prompt

A Truth For The Day-something that will hopefully carry you through the day.

Plenty of space for organizing and planning.

That's not all! Loads of more is included with this plan:

4-week Bible study on conquering fear and replacing it with faith

Faith over fear workbook and deeper reflection questions

Printable planner stickers on this month's theme

Phone Lock Screen graphics to remind you of this month's theme

A printable for your home to help you keep your eyes on God and have as a pretty decoration

Tons of additional seasonal planner sheets like sermon notes, prayer request sheet, Scripture writing sheet, Bible study notes, and stationery.

60 minute Christian worship playlist on the theme for the month.

And there are sign on bonuses that accompany all of this

How To Build Unshakable Faith ebook

Unshakable Faith Devotional

25 Unshakable Faith prayer prompts

A Christian self-assessment and growth goals e-workbook

Planner templates such as weekly, monthly, and year format additional sheets to customize your planner.

And printable Christian planner stickers to add to your planner to remind you to schedule prayer, Bible study, prayer time, church, small group and so forth.

If you really want to grow your faith and deepen your relationship with God, then this is the plan for you, it really is. You can check out all the details at the following link if you are interested in taking this challenge to the next level:

<https://spirituallyhungry.com/womens-bible-study/>

Regardless if you join the membership or not, we're so glad you signed up for this free Challenge and we do hope that God does amazing things with the time you invest this month.

In Him and in love,

Alexis & Aaron

WHAT TO EXPECT IN THE CHALLENGE:

1. DAILY SCRIPTURE & A PLACE TO WRITE IT OUT

In your guidebook, we provide you a piece of Scripture each day. Underneath that is a box for you to write the Scripture for yourself. (If you are not printing the Challenge, then just write it out in your journal or on some paper). Each Scripture is referenced from the WEB translation to comply with copyright as this is a free translation and does not need special permission to quote or use.

2. A REFLECTION QUESTION

This is to help you apply the Scripture to your own life. God always is speaking to us and this is the time to process what He is saying to you in your life right here and now through the various Scripture we will cover this month. We provide you a space to write out your answers.

3. A PRAYER PROMPT

And finally, we end each day with a prayer prompt. This is a guiding thought to help you bring it all before the Lord. We provide a space for your to write out your prayer.

4. WEEKLY EMAILS

We will send out weekly emails to help you stay encouraged and keep your eyes on the Lord. We often publish other awesome free resources and helpful tools that we will share with you to help you grow in your relationship with God and to build unshakable faith.

WAYS TO PUT TOGETHER YOUR CHALLENGE:

PRINT IT OUT

- Three-hole punch all the papers and put in a binder.
- Three-hole punch it and bind it with metal rings, ribbons, or scraps of fabric. You could go to an office supply store or a craft store and look for ways to creatively bind your
- Challenge.
- Take it to a print shop (Office Depot, Staples, etc.) and have them print and spiral bind it.
- Someone once showed me how they used the blank side of adult coloring sheets to write their Challenge. Neat idea!
- The possibilities are endless for creatively putting together your Challenge!

KEEP IT ON YOUR PHONE, COMPUTER, OR TABLET

- Find a program that will let you interact with the Challenge on a screen. OneNote for Microsoft is one we have heard worked. Anything that can write on a PDF is a possibility.
- Finally, you can simply keep an accompanying journal or notebook to fill out the questions and write your Scripture out.

IDEAS FOR WRITING OUT THE BIBLE VERSES

AS YOU WRITE THE SCRIPTURE OUT, WE WANT YOU TO BE OPEN TO GOD SPEAKING TO YOU. TRY TO KEEP YOUR MIND SITUATED AROUND THE TEXT AS YOU WRITE. KEEP YOURSELF ALERT TO GOD'S PRESENCE AND WHAT HE MAY BE SPEAKING.

- You can write out a piece of the passage that speaks the most to you.
- Use a different translation.
- Pick one word from the text and make a word-map.
- Find a font you like and try to write it out with that font.
- Use crayons, colored pencils, washi tape, stickers, etc.
- Or you can simply write the passage out as it is, whatever you feel is best suited for you!

WE HAVE A MASTER LIST OF RESOURCES YOU CAN FIND AT:

<https://spirituallyhungry.com/challenge-resources/>

MAKE SURE YOU ARE RECEIVING OUR EMAILS

Did you know your email also has filters? If you want our emails to show up in your main box and not into spam or promotions, you must whitelist our email address. Instructions for this is on the page you downloaded this Challenge from:

<https://spirituallyhungry.com/enjoy-the-faith-over-fear-challenge>

Unfortunately, even doing all of this won't automatically ensure our email will come through to you! I know, annoying right? That's just how email and social media works nowadays!

If you want to make sure you are receiving our emails and all the freebies and giveaways, then it's important that you open our emails when they come into your box. When you do not open or click into emails, your email server interprets that as though you are not interested and it can will eventually start putting that into spam or different folders. A good tip is also to add hello@spirituallyhungry.com to your contacts. If you ever have trouble getting emails, sign up again for any Challenge and go through the sign up process again.

TIPS FOR MAKING THE MOST OUT OF THIS CHALLENGE:

1.) **Take some time, right now, and pray to God about committing to this Challenge.** It's really easy when you first start a Challenge to say you are going to do the entire thing. Hey, we are guilty of this too! What we want you to do is to be serious about this Challenge and view it as a portion of your walk with Christ. It's only a few minutes a day and what you will reap from that small time has life-lasting reward.

2.) **Connect with us and the others on social media** either through the Spiritually Hungry Challenges Facebook Group or on Instagram. There will be content unique to these platforms, not to be found in the Challenge, and you'll want to follow along!

Follow us on Instagram and Facebook: @evergreendisciple

3.) **Please share this Challenge with others who you think would benefit from doing it.** Wouldn't it be a fun, great Christian community building activity to do this Challenge with some friends from church?

Why not invite them to come along? We are stronger together. They can sign up here: <https://spirituallyhungry.com/faith-over-fear-womens-bible-study/>

AND IN CASE WE HAVEN'T MET...

Our names are Alexis and Aaron and we are the married ministry couple behind Spiritually Hungry. We both have been in professional ministry for many years and hold Master's degrees from Denver Seminary.

This Challenge is an outpouring of our heart and it has been our prayer that this time seeking the Lord is incredibly transformational for you.

We love Jesus. Seriously love Him. We think that He is the best thing that has ever happened to this world and His ministry not only affects our eternal salvation, but our life here and now. Jesus is the game changer.

Our lives as a ministry professionals and seminary graduates have been spent in pursuit of helping people - and ourselves - draw deeper into God's love, power, and presence. Because that is the only thing worth pursuing.

If you follow this Challenge every day this month, we truly believe your life could change, because anytime we intentionally come before God we are changed. We're excited to see what God does through this Challenge and we hope and pray both of us can experience God's truth and love in more profound ways.

We are so glad you are taking this Challenge!

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If you'd like for your friends to take the Challenge with you, please ask them to go to the Challenge page and sign up for the Challenge personally.

<https://spirituallyhungry.com/faith-over-fear-womens-bible-study/>

**The translation used for this Challenge is the WEB a free copyright translation*

With all of that covered, let's get started!

DAY 1 DEUTERONOMY 31:8

notes

God himself is who goes before you. He will be with you.
He will not fail you nor forsake you. Don't be afraid.
Don't be discouraged.

Write Scripture

Reflection Question:

How does the knowledge of God's presence with you at all times help alleviate fear?

Prayer Prompt

Thank God for His continual presence in your life.

DAY 2 ISAIAH 41:10

Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.

Write Scripture

Reflection Question:

How do you stay connected to God throughout the day? And how does that help expel fear?

Prayer Prompt

Ask God to help you become more aware of His power and strength.

DAY 3 PSALM 27:1

notes

*God is my light and my salvation. Whom shall I fear?
God is the strength of my life. Of whom shall I be
afraid?*

Write Scripture

Reflection Question:

How can the Lord be more of a lighthouse for you? How can you invite Him to help you more?

Prayer Prompt

Thank God for His light that shines brightly and boldly through the darkness.

notes

DAY 4 JOHN 14:27

Peace I leave with you. My peace I give to you, not as the world gives, give I to you. Don't let your heart be troubled, neither let it be fearful.

Write Scripture

Reflection Question:

What are some of the barriers in your heart and mind that are taking up space and robbing you from God's peace?

Prayer Prompt

Ask God to help you create space for Him to work on growing peace in your life.

DAY 5 PSALM 118:6

notes

*God is on my side. I will not be afraid.
What can man do to me?*

Write Scripture

Reflection Question:

What are the things that scares you about people, such as getting hurt or let down?

Prayer Prompt

Ask God to become more to you, bigger than your fears of what people can do to you.

notes

DAY 6 ROMANS 8:15

For you didn't receive the spirit of bondage again to fear, but you received the Spirit of adoption, by whom we cry, "Abba! Father!"

Write Scripture

Reflection Question:

What is something in your life you feel enslaved to?

Prayer Prompt

Ask God to break whatever chains are enslaving you.

DAY 7 1 PETER 5:7

notes

*Cast all your worries on him,
because he cares for you.*

Write Scripture

Reflection Question:

How much do you call upon God with your worries and stress?

Prayer Prompt Ask God to help you turn to Him more with the things that weigh you down.

notes

DAY 8 PSALM 34:4

*I sought God, and he answered me,
and delivered me from all my fears.*

Write Scripture

Reflection Question:

What do you think about unanswered prayers? Do you recognize that God works on His own timetable?

Prayer Prompt

Ask God to comfort you while waiting for answers.

DAY 9 ISAIAH 41:13

notes

For I, Yahweh your God, will hold your right hand, saying to you, 'Don't be afraid. I will help you.'

Write Scripture

Reflection Question:

What is difficult for you about turning to God for help?

Prayer Prompt Thank God for His love and dedication to you.

notes

DAY 10 PSALM 139:7

*Where could I go from your Spirit?
Or where could I flee from your presence?*

Write Scripture

Reflection Question:

What are some ways you can remind yourself throughout the day that God is with you?

Prayer Prompt

Thank God for His continual presence in your life. Ask Him for help in remembering He is always with you.

DAY 11 1 CORINTHIANS 16:13

notes

*Watch! Stand firm in the faith! Be courageous!
Be strong!*

Write Scripture

Reflection Question:

How often do you reflect on God's work and love in your past?

Prayer Prompt Thank God for all that He has done in your life especially how He has grown you.

notes

DAY 12 HEBREWS 13:6

So that with good courage we say, "The Lord is my helper. I will not fear. What can man do to me?"

Write Scripture

Reflection Question:

How has God been the remedy to pain you have faced in your life?

Prayer Prompt

Ask God to become bigger than your fear and pain-especially things people have done to you.

DAY 13 1 JOHN 4:18

notes

There is no fear in love, but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

Write Scripture

Reflection Question:

How aware are you of God's love in your life? Where do you feel it the most?

Prayer Prompt

Thank the Lord for His never-ending love.

notes

DAY 14 ISAIAH 43:1

But now God who created you, Jacob, and he who formed you, Israel says: Don't be afraid, for I have redeemed you. I have called you by your name.

Write Scripture

Reflection Question:

How can your relationship with God grow? In what ways do you prioritize your relationship with God?

Prayer Prompt

Thank God for how He has called you and formed you.

DAY 15 MATTHEW 6:34

notes

Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.

Write Scripture

Reflection Question:

What is something you have been worrying about and how can you let it go and give it to God?

Prayer Prompt

Ask God for help in letting Him handle your problems and concerns.

notes

DAY 16 2 TIMOTHY 1:7

For God didn't give us a spirit of fear, but of power, love, and self-discipline.

Write Scripture

Reflection Question:

Do you dwell in the spirit of fear and timidity more than the spirit of power, love & self-discipline?

Prayer Prompt

Ask God to make His spirit of power, love, and self discipline reign in your life.

DAY 17 ISAIAH 43:2

notes

*When you pass through the waters, I will be with you,
and through the rivers, they will not overflow you.
When you walk through the fire, you will not be burned,
and flame will not scorch you.*

Write Scripture

Reflection Question:

How has God been with you throughout difficulties and trials?

Prayer Prompt

Thank God for how He walks with you through all things.

DAY 18 PHILIPPIANS 4:6-7

In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Write Scripture

Reflection Question:

Come up with a prayer you can say to God every time worry or fear comes to your surface.

Prayer Prompt

Thank God for His miraculous love, affection, and offer of peace.

DAY 19 ISAIAH 12:2

notes

Behold, God is my salvation. I will trust, and will not be afraid, for God is my strength and song, and he has become my salvation.

Write Scripture

Reflection Question:

How has God become your salvation, your hope, your rock?

Prayer Prompt

Ask God to help you lean in on Him more and more.

notes

DAY 20 PSALM 23:4

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.

Write Scripture

Reflection Question:

How can the hidden reality that God is with you help combat fear?

Prayer Prompt

Thank Jesus for His life, sacrifice, and example. Spend time praising Him.

DAY 21 MARK 4:40

notes

Jesus said to them, "Why are you so afraid? How is it that you have no faith?"

Write Scripture

Reflection Question:

What do you notice different about yourself when you feel closer to God? how does he make you different?

Prayer Prompt

Ask God to help you remember that He is always with you.

notes

DAY 22 PSALM 46:10

*“Be still, and know that I am God.
I will be exalted among the nations.
I will be exalted in the earth.”*

Write Scripture

Reflection Question:

How often do you still yourself before the lord? What are the personal benefits?

Prayer Prompt

Ask God to help you create a habit of letting Him grow and prune you.

DAY 23 PSALM 16:11

notes

*You will show me the path of life.
In your presence is fullness of joy.
In your right hand there are pleasures forever more.*

Write Scripture

Reflection Question:

How do you “hear” God’s voice currently and what can you do to understand his voice better?

Prayer Prompt Ask God to help you understand His unique way of speaking to you better.

notes

DAY 24 JEREMIAH 29:11

For I know the thoughts that I think toward you, says God, thoughts of peace, and not of evil, to give you hope and a future.

Write Scripture

Reflection Question:

Would understanding that God has a plan for you help dispel fear and worry?

Prayer Prompt

Ask God to help grow His godly fruit in your life.

DAY 25 ZEPHANIAH 3:17

notes

Yahweh, your God, is among you, a mighty one who will save. He will rejoice over you with joy. He will calm you in his love. He will rejoice over you with singing.

Write Scripture

Reflection Question:

In what ways do you sense God's presence with you throughout the day?

Prayer Prompt

Thank God for His continual presence and strength in your life.

DAY 26 ROMANS 8:28

We know that all things work together for good for those who love God, to those who are called according to his purpose.

Write Scripture

Reflection Question:

Looking back over your life, what do you notice about God's continual growth in you?

Prayer Prompt

Thank God for His desire to bring wholeness and completeness to your life.

DAY 27 JOHN 10:10

notes

The thief only comes to steal, kill, and destroy. I came that they may have life, and may have it abundantly.

Write Scripture

Reflection Question:

What are some of the ways evil tries to trip you up?

Prayer Prompt

Ask God to help you be more aware of attacks from the thief.

notes

DAY 28 PROVERBS 3:5

*Trust in God with all your heart,
and don't lean on your own understanding.*

Write Scripture

Reflection Question:

What are some of your weak areas when it comes to trusting God?

Prayer Prompt Ask God to grow your trust in Him.

DAY 29 ACTS 4:12

notes

There is salvation in none other, for neither is there any other name under heaven, that is given among men, by which we must be saved!

Write Scripture

Reflection Question:

How often do you call upon the name of Jesus?

Prayer Prompt

Thank Jesus for his love and that you can call on him anytime.

notes

DAY 30 JOHN 14:1

*Don't let your heart be troubled.
Believe in God. Believe also in me.*

Write Scripture

Reflection Question:

What does surrendering your fear or worries in your life to God look like?

Prayer Prompt

Thank God for always being there and ask Him to help you continually surrender your fear to Him.

Did you enjoy your challenge? We so hope so!

These challenges are the “lite version” of our Forevergreen Membership, which is a plan for building unshakable faith.

Do you want to be the woman who stands strong no matter what she faces? The one who others look to for support, guidance and a true representative of what a godly woman looks like? Someone who’s relationship with God is growing and changing every single day? A person who knows her worth and strength only comes only from God and lives boldly and comfortably in this reality?

There is so much in this membership! We wanted it to have so many elements to give lots of options for helping you build a rock solid faith and strong connection to God every single day.

Some of the elements of the membership are:

A unique Christian PDF planner each month situated around a heart issue that everyone faces that prevents deeper intimacy with God. The planner has some of the same elements as this free challenge but what’s different is you get a devotion every day, a daily truth, and a place to plan out your day with God.

There is also an in-depth Bible study broken down into weekly segments, all centered around the monthly theme.

The planner is not all. There is a crazy amount of other resources included to help you truly build unshakable faith such as ebooks, devotionals, worship playlists, lock-screens, printables, Christian sticker templates, loads of planners templates to customize your planner for your lifestyle and needs, assessments and much, much more.

If you are interested in learning more check out:
<https://spirituallyhungry.com/womens-bible-study/>

We truly hope you prayerfully consider join us in this adventure and start building unshakable faith today!

In Him,
Alexis & Aaron

FAITH OVER FEAR

DEUTERONOMY 31:8
ISAIAH 41:10
PSALM 27:1
JOHN 14:27
PSALM 118:6
ROMANS 8:15
1 PETER 5:7
PSALM 34:4
ISAIAH 41:13
PSALM 139:7
1 CORINTHIANS 16:13
HEBREWS 13:6
I JOHN 4:18
ISAIAH 43:1
MATTHEW 6:34
2 TIMOTHY 1:7
ISAIAH 43:2
PHILIPPIANS 4:6-7
ISAIAH 12:2
PSALM 23:4
MARK 4:40
PSALM 46:10
PSALM 16:11
JEREMIAH 29:11
ZEPHANIAH 3:17
ROMANS 8:28
JOHN 10:10
PROVERBS 3:5
ACTS 4:12
JOHN 14:1