

In this journey, I walk you through each chapter as you read it. Fear will no longer have a hold on you because you will learn what strategies you could incorporate into your daily lives and learn them, practice them, and implement them.

DO NOT FEAR: HOW TO BE FEARLESS

By Lillian Nardone

Order the book from the publisher BookLocker.com

<https://www.booklocker.com/p/books/12354.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

LILLIAN NARDONE

DO NOT FEAR

How To Be Fearless



Copyright © 2022 Lillian Nardone

ISBN: 978-1-64718-962-4

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Trenton, Georgia.

Printed on acid-free paper.

BookLocker.com, Inc.
2022

First Edition

Table of Contents

Acknowledgements	v
Dedication	vii
About the Author	ix
Introduction	xi
What Is Fear?.....	1
Salvation Verses	7
Reciprocal Force	11
God Has Not Given Us A Spirit of Fear.....	19
Fear Tolerated Is Faith Contaminated	23
Get Faith	27
Faith the Size of a Mustard Seed.....	29
Fight the Good Fight of Faith	35
The Science of Thought	37
Researchers from Times, The Heritage Foundation and Web Md Say That Prayer Works	41
How Our Mind Connects to Fear.....	45
Gospel Means Good News	49
Guard Your Heart.....	53
My Routine	57
Psalm 91 A Prayer Against Fear.....	63
Proverbs Chapter 4 A Proverbs on Wisdom	65
Live by Faith Not Your Feelings	67
You Have A Choice.....	71

Do Not Fear

Think on Purpose.....	73
Identify That Thought.....	79
Map Out Your Mind.....	83
Renew Your Mind	87
Scriptures for You	89
Salvation Message	93
God's Grace A Gift in Jesus.....	99
The Armor of God Ephesians Chapter 6: 10-20	101
Study to Show Yourself Approved	105
Your Breakthrough.....	109
Our Mind and Technology	113

About the Author



My name is Lillian, and I am a Christian Woman with a vision and Joy!

I am a married woman who enjoys cruising fishing, boating, and traveling.

I enjoy sharing about the fantastic places that I have visited. What I am most passionate about is the love of my Savior Jesus.

I enjoy writing about the love of my Lord, and the grace that He has given me to have eternal life. I love to write about his Word, wisdom and love.

My love and passion is sharing the Word of God and showing you to breakthrough and share in the joy of following God's word.

Introduction

My goal is to share and help people overcome their fears and give you the proper tools to do just that.

I want to thank you so much for getting this book. I am so excited for you because learning how to overcome fear is a beautiful thing.

You will learn what to do when situations arise, and you will learn what not to do. Getting this book was the first step in becoming fearless, so congratulations!

I know that the fears we experience in everyday life are so real to us. I know sometimes you think no one understands you. You feel all alone, but I want you to know that you don't have to be stuck in this place, you don't have to be alone. What do you do?

I will show and introduce you to what the Word of God says. I will share what happens in your life when you don't confront fear, and you let it run undetected in your life.

Have you ever been afraid? Have you ever felt anxious? Have you ever felt confused or frustrated? Have you ever thought about why you feel the way you do? Have you ever been afraid and not known why?

If I could teach you and show you how to tap into God's word and explain how to apply these steps, which are crucial to your life, would you be interested?

Do Not Fear

What if I could help you shift your thinking by choosing what to think on, so that you may get peace?

Please stick with me here. What if the steps you apply could make you unafraid, full of God's boldness, and teach you who you are in Christ Jesus!

If you have answered yes to any of those questions, you are in the right place! I have great news for you. There is hope for you!

I will show you that these worries don't have to dictate your life. You will also learn how to live a healthy life without being fearful and full of anxiety. You will learn the difference between being afraid and having faith. You will learn to cast your cares upon the Lord and understand that He is the one that took your pain and heavy lifting, and we don't need to carry that.

In this journey, I walk you through each chapter as you read it. Fear will no longer have a hold on you because you just won't let things happen.

You will learn what strategies you could incorporate into your daily lives and learn them, practice them, and implement them.

Life happens, and you may not control it, but you could control how to react or respond to situations that arise.

Learn these golden nuggets, learn great habits that will show you, guide you, and change your life.

There are times when we take matters in our own hands. We become overwhelmed, then allow fear or worry to creep in and then make decisions based on that fear, you will learn that you don't want to make decisions based on fear because the side effects on that decision bring forth anxiety, confusion, bitterness and anger and chaos.

Remember every action causes a reaction. You don't want to make decisions based on every thought that just pops in your head, even when those thoughts keep popping up. If it's not based on God's word then you don't have to do it. It's like a bully in the school yard shouting those profanities, saying look here, chicken. You cast that thought down and you speak the word of God and you do what the Word of God says, I will share with you in this blueprint and you will be on your way to becoming fearless! You don't have to live in fear or torment!

Decisions made in fear brings forth anxiety. Decision made in Love bring forth peace. Notice the difference Love is patient and kind fear is impatient and rude.

How powerful it will be to live life on your terms and not allow this life's fears to paralyze you.

Paul said in 2 Timothy 1:7, "For God has not given us a spirit of fear but of power, love, and a sound mind."

What Is Fear?

I want you to understand what fear is and what it does to you. Once you are aware, you will learn what to do to implement God's love and not fear.

Fear has two meanings, according to Strong's Concordance In Hebrew it's means Yare' and pronounced (Yaw-ray) definition as reverence, awesome, respect also stand in awe, and honor.

According to Strong's Concordance In the Greek it means Phobos and pronounced (fob'-os) the root word from our word phobia. Definition as panic flight, dread, terror, fear and alarm.

We will be talking about the definition of fear in the Greek which stems from the word panic, flight terror. This Fear brings forth torment, and panic starts in the mind. Once you learn how to control the thoughts so they won't wind up in your heart, you could cast down the thoughts that bring forth negativity and replace them with good thoughts based on God's word.

This blueprint will guide you, show you and lead closer to the Lord. The Holy Spirit will guide you and show you what to do to become victorious one step at a time. You will learn what to do, and how to do it, to become fearless. You're not alone. I will show you how to learn to conquer your fears.

I am excited that you have chosen this journey. It will be like I'm behind your shoulder, guiding you, showing, and going over every step.

Do Not Fear

Are you ready? We are going to start with scriptures, and I will share more with you!

We will show you how to go through every step. We will explain how to have God's peace and help those that are tormented by the enemy.

Faith drives fear out. When faith walks in, fear has to leave. They cannot co-exist.

The first thing you need to know is, when you ask Jesus to come, into your life, he will come. No matter what you have done, he will forgive you, but he is a gentleman, he will not force himself on you, you need to ask him into your life to be Lord of your life.

He was crucified, died on the cross for our sins, was buried, and rose again over 2000 years ago and is waiting with open arms for you!

Give him your fear, and he will give you peace. Repent and ask him into your life, and he will forgive you of your sin.

That, my friend, is what you'll learn when scriptures say Fear the Lord: it means to revere the Lord, respect him. Then when the Lord says, Do Not fear or do not be afraid, it means don't panic trust me.

I am putting some verses in the next page regarding the fear (reverence) of the Lord. This is from the Hebrew meaning awe and reverence.

This Fear in this page is from the Hebrew meaning and it means reverence and awe of God. You will understand the difference.

Proverbs 1:7 The **fear of the LORD** is the **beginning of knowledge**, But **fools despise wisdom and instruction**.

Proverbs 14:27" says; The **fear of the Lord** is a fountain of **life turning** a person **from the snares of death.**"

Proverbs 9:10 "The **fear** of the **LORD** is the **beginning of wisdom**, And the **knowledge** of the **Holy One** is **understanding**.

Proverbs 8:13 **The fear** of the **LORD** is to **hate evil; Pride and arrogance** and the **evil way** and the perverse mouth I hate.

Psalm 111:10 The **fear** of the **LORD** is the **beginning of wisdom**; all those who practice it have a good understanding. His praise endures forever!

Luke 1:50 says, "His **mercy extends** to those who **fear him**, from **generation to generation.**"

2 Corinthians 7:1 Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the **fear of God**.

Proverbs 4:7 **Wisdom** is the **principal thing**; therefore **get wisdom**: and with all thy **getting get understanding**.

Do Not Fear

As you read the Word of God you will notice that it says get wisdom and get understanding. They go hand in hand. Like my husband explains it so easily. God gives us wisdom to take the knowledge of the Word of God and apply the understanding to your life. This is beautiful and if you lack wisdom that is okay because the word of God says that he will give it to us if we ask.

The Book of **James 1:5 says**; If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

The Lord doesn't want us to be tormented, worried, or to live in dread. We will learn the enemy's lies and how he tries to deceive us. You will learn how to gain victory over your lives. If the thought comes full of fear, you know it's not from God.

As you read the Word of God and read that Love covers a multitude of sins. 1 Corinthians 13: 4-8 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

Fear is afraid of Love, fear doesn't want you to learn that you can forgive and be forgiven so you can move on in your life.

God has not given you the spirit of fear but of power love and a sound mind. 2 Timothy 1:7

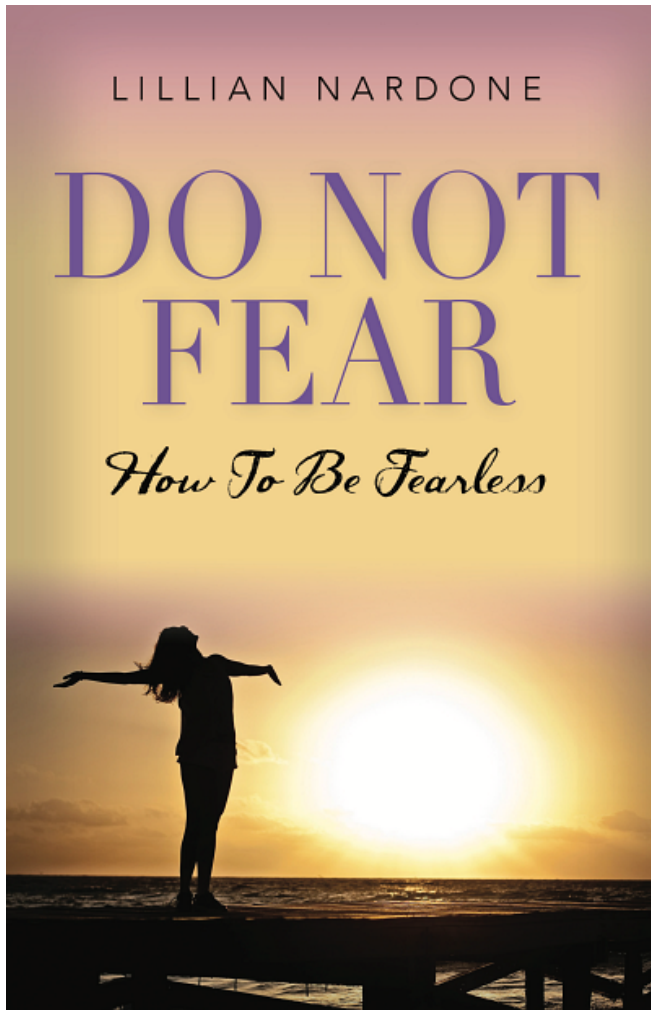
So when you start thinking about a past mistake you did and you start dwelling on it after you asked Jesus to forgive you, you know that the Lord didn't put it there because Jesus forgave you for your sin and remembers it no more. Hebrews 8:12 says and I will forgive their wickedness, and I will never again remember their sins."

John 14:26-28 But the Comforter, *which is* the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. You heard me say, 'I am going away and I am coming back to you.' If you loved me, you would be glad that I am going to the Father, for the Father is greater than I.

Deuteronomy 31:8 The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Isaiah 41:10; Do not fear, for I am with you; do not be dismayed, for I am Your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Fear will no longer have you blinded because you will come to understand the schemes of the enemy. You will learn to start making decisions based on the peace of God and based on His Word.



In this journey, I walk you through each chapter as you read it. Fear will no longer have a hold on you because you will learn what strategies you could incorporate into your daily lives and learn them, practice them, and implement them.

DO NOT FEAR: HOW TO BE FEARLESS

By Lillian Nardone

Order the book from the publisher BookLocker.com

<https://www.booklocker.com/p/books/12354.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**