



*Joshua 1:7-9*  
***GOD'S RECIPE***  
***FOR OVERCOMING***  
***FEAR AND DOUBT***  
*Workbook & Journal*

BE STRONG  
AND COURAGEOUS

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*Pursuing Purpose with Passion!*



A desk setup featuring a white keyboard, a bouquet of pink flowers, several gold-colored pens, and paper clips. The background is a light, neutral color.

# ***GOD'S RECIPE FOR OVERCOMING FEAR AND DOUBT***

***Use this journal to document your journey from doubt and fear to faith and victory. You cannot conquer what you do not confront. Confront those doubts and fears today.  
God's Got You!***

**BE STRONG  
AND COURAGEOUS**

## **Joshua 1:7-9**

**This is my command—be strong and courageous! Do not be afraid or discouraged.**

**For the Lord your God is with you wherever you go.**

**If you are tired of being in the same place emotionally, physically, spiritually, and financially year after year it's time to rewrite your story, change the narrative of your life, and start moving toward your desired future.**

**This scripture is a recipe for success.**

**God gave Joshua this promise.**

**Take some time to go over the plan, take notes, and meditate daily on the Word.**

**BE STRONG  
AND COURAGEOUS**

# GOD'S RECIPE FOR GOOD SUCCESS:

## *Meditate on the Word*

**Read your Bible. You cannot have faith in God's word if you do not know God's will.**

**What scripture did you read today? How is it relevant to your life?**

BE STRONG  
AND COURAGEOUS



## *Hide the Word in Your Heart*

**Reading a scripture once does not create a place in your heart. Read it out loud so your ears can hear it and your eyes can see it. Faith comes by hearing and hearing and hearing continually (Romans 10:17)**

**Find 3 scriptures on fear. Provide some examples of how you can apply them to your current situation.**

*Confession:*

*God did not give me a spirit of timidity or cowardice or fear*

# Notes

A large sheet of white lined paper with horizontal blue lines, positioned diagonally across the right side of the page. The paper is blank, ready for writing.

*Confession:  
One who gets wisdom loves life;  
the one who cherishes understanding will soon prosper.*



# Notes

*Confession:  
Walking in God's counsel brings blessings!*



## *Be Strong in Spirit*

**Be on your guard; stand firm in the faith; be courageous; be strong (1 Corinthians 16:13-14)**

**Are you filled with the Holy Spirit? Jude 20 tells us to build ourselves up in this most holy faith by praying in the Holy Spirit, staying right at the center of God's love. God is a spirit, and those that worship him should do it in spirit and truth.**

**Be confident in God's ability to keep you. He will not allow anyone or anything to take you away from Him. Trust Him.**

**Find 3 scriptures on trusting God. Begin to confess your trust.**

*Confession:*

*God is not a man that He can lie. Everything He said is true.*

# Notes



*Confession:  
I will trust and not be afraid; God is my strength and salvation*



## *Do not Fear*

**When I am afraid, I will put my trust and faith in You**

**(Psalm 56:3)**

**The key to overcoming your fear is trusting God, PERIOD. The Apostle Paul led a fearless life, he stated, "For I am convinced [and continue to be convinced—beyond any doubt] that neither death, nor life, nor angels, nor principalities, nor things present and threatening, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the [unlimited] love of God, which is in Christ Jesus our Lord" (Romans 8:38-39). Are you convinced? If not, you should spend more time in the Word. Use self-talk. Meditate on the goodness of God. If you can think of times in your life or the lives of others when God showed up, meditate on those times. David encouraged himself by remembering how he killed the lion and the bear.**

**How do you overcome fear and the lies of the enemy? By the Word of your testimony and the blood of Jesus which cleanses you of all sin.**

*Confession:*

*The fear of man brings a snare,  
But whoever trusts in and puts his confidence in the Lord will be  
exalted and safe.*



## *Notes*

**As you think about those times that God brought you through, document them here. Let these testimonies continually remind you that you can trust Him.**

*Confession:*

*Fear not, for I am with you; be not dismayed, for I am your God.*

# Notes



*Confession:  
I will trust and not be afraid; God is my strength and salvation*



**It's time for you to step out and grab hold of those opportunities that God is presenting to you. Take small steps and trust God with each 24-hour period. His blessings are renewed each morning.**

**Want more? Check out my [Author's page](#) on [Amazon.com](#).**

*Confession:*

*Strength and dignity are my clothing and my position is strong  
and secure; I smile at the future  
[knowing that we are prepared].*

*I open my mouth in [skillful and godly] wisdom,  
And the teaching of kindness is on my tongue  
[giving counsel and instruction].*



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