

Hey, Say, Pray and Obey



- **“Hey!** I know what this is. This is fear.” Once you know what you are feeling, you can start to do something about it!
- **Say**, truth from God’s word. For fear, you can say this Bible verse: ***“Do not fear, for I am with you; do not be dismayed, for I am your God.” Isaiah 41:10***
- **Pray.** Pray something like, “God, I am feeling fearful right now, but I really want to obey you. Will you help me to take the next step to obey? Thank you, God.”
- **Obey.** After asking God for help, the last thing to do is obey. Instead of letting our fear rule us and deciding to give up, we can step out and obey God, knowing he is with us and will help us do what he wants us to.