



DO NOT FEAR

HOW TO BE FEARLESS

By

Lillian Nardone

TABLE OF CONTENTS

1	Disclaimer
2	Acknowledgements
3	Dedication
4	Introduction
6	What Is Fear
8	Salvation verses
11	Reciprocal Force
14	God has not given us a spirit of fear
16	Fear tolerated is faith contaminated
18	Get Faith
19	Faith the size of a mustard seed
20	Fight the good fight of faith
22	The Science of Thought
24	Reseachers from Times & Heritage
28	How our mind connect to fear
30	Gospel means good news
31	Continuation for good news
32	Guard your heart
34	My Routine
38	Live By Faith

TABLE OF CONTENTS

40	You have a choice
42	Think on Purpose
48	Psalm 91 A Prayer against fear
49	Identify that thought
53	Map out your mind
56	Renew Your Mind
58	Scriptures for you
60	Salvation Message
64	God's Grace a gift in Jesus
67	The Armor of God
69	Study to show yourself approved
71	Your breakthrough
73	Our Mind and Technology

DISCLAIMER

This book is copyrighted. All Rights Reserved. You may not sell this book, give it away, display it publicly, nor may you distribute it in any form whatsoever. While reasonable attempts have been made to ensure the accuracy of the information provided in this publication, the author does not assume any responsibility for errors, omissions, or contrary interpretation of this information and any damages or costs incurred by that.

The author does not warrant or represent at any time that the contents herein are completely accurate due to the rapidly changing nature of the internet. This book is not intended for use as a source of legal, business, accounting, or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting, and finance.

While examples of past results may be used occasionally in this work, they are intended to be for purposes of example only. No representation is made or implied that the reader will do as well from using the techniques.

The author does not assume any responsibility or liability whatsoever for what readers choose to do with this information. They should use their own judgment. Any perceived slight of specific people or organizations, and any resemblance to characters living, dead or otherwise, real or fictitious, is purely unintentional.

In practical advice reports, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment regarding their individual circumstances to act accordingly. Use this information at your own risk



ACKNOWLEDGEMENTS

I want to thank my Daughter Eliza and son CJ for your amazing support! Thanks for your love, and faith in me! I love you both very much. The most important thing I can ever tell you is Jesus Loves you!

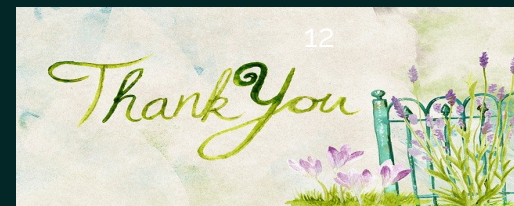
I want to thank my Mom who is a tenacious prayer warrior. To my amazing sisters, brother and family members, thanks for your faith in me!

To my extended family Dolores thank you for your support! Joshua, Darcy, Sharon, Joseph, Audrey, and kids thank you for being a game-changer in my life! I love you all!

To My Choir Family and Senior Class Thank you for your love.

To Pastor Larry the Founder of our Church, How I thank you and Sandra! You have both been very special to us. Thank you for encouraging me to use the platform that I have to bring out the gospel. Thank you for lengthy teaching on the grace of God, It was through your teachings that I learned about the loving grace of our savior Jesus!

To Pastor Jason and Mindy, what a pair with your creative arts and the word of God, the Sky's the limit. Thank you for being a dynamic duo team on preaching the Word of God, for the variety that you both bring together and speak into the hearts of many !! Once again thank you!

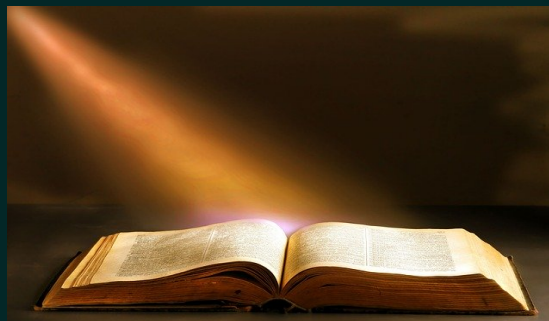


DEDICATION

I first and foremost want to Dedicate this book to my Lord and Saviour Jesus Christ. Lord, I thank you for your wisdom, guidance, love, and support. I love you Lord, thank you for your Love and goodness you have blessed me with. Thank you for your amazing favor and Love.

Thank you, Lord, as I searched the scriptures to put this blueprint together for others who need to hear your message on "Do Not Fear" as well as the peace of God they get in their lives as they listen to your word and obey it.

Lord, I pray that everyone that reads this book would be blessed. Father give them your peace and draw them closer to you, show them your love through the scriptures in your holy name Amen!



I also want to Dedicate this book to my husband D. My love, you have always been a rock for me and have stood by me in everything I can remember, especially the long hours of drafts on this book. You have been so loving, understanding and patient .

I want to thank you for your wisdom and words of inspiration. You have encouraged me to help others face their fears as well. Thank you, babe, for your love, goodness, your grace and peace.

I appreciate the time you make every morning for our devotions. For being a safe place to me. The studies that I have learned have made me fearless, because of the Love of God.

Applying the Word of God daily has made me strong and having our morning devotions have been a staple in our marriage and I love you very much!

Introduction

My name is Lillian and I am a Christian Woman with a vision and Joy! My goal is to share and help so many others 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 on becoming fearless so congratulations!

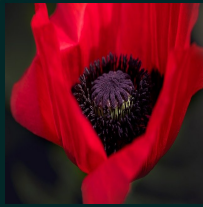
I know that the fears we experience in everyday life are so real to us. I know sometimes you think no one understands you, you think you're own family doesn't know what your going through. You feel all alone, but I want you to know that you don't have to be stuck in this place, you don't have to be alone.

So 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 think the way you do? Have you ever been afraid and not known why?

If I could go over with you and show you how to tap into the word of God and apply these steps which are crucial to you and show you how to become fearless, will you be interested?





What if I could help you shift your thinking by choosing what you think upon? Stick with me here... What if the steps you apply could make you unafraid, full of the boldness of God and teach you who you are in Christ. If you have answered yes to any of those questions you are in the right place! I have great news 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 fearful 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 be able to control it, but you could control how to react or respond to situations that do arise. Learn these golden nuggets and learn great habits that will show you, guide you, and change how you live your life.

Many times we take matters in our own hands, we become overwhelmed then you allow fear, or worry creep in. You don't have to live in fear or torment! How powerful it will be to live life on your terms and not allow the fears of this life 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".