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# BREAK FREE

7 WAYS TO CHOOSE FAITH OVER FEAR



## **EDEN FONTAINE-SHIMODA**

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# **BREAK FREE**

## **7 WAYS TO CHOOSE FAITH OVER FEAR**

### **INTRODUCTION**

**F**ear can hold you back in many ways. It can make you doubt your ability to achieve your goals, blur your vision of a brighter future, and leave you feeling stuck with seemingly insurmountable problems and struggles.

In this eBook, we'll go through seven ways you can break free from the fear that might be holding your heart and mind captive. You weren't designed to just give in to fear and settle for "good enough" in life. You were meant for so much more!

YOU WERE NOT DESIGNED TO  
BE HELD BACK BY FEAR.

## CHAPTER 1

# BREAK DOWN THE WALLS OF FEAR

**Too many people are trapped in “the waiting room of life.”** In other words, they’re trapped in fear. Fear may keep us anxiously waiting for something bad to happen, or passively waiting for something good to come our way without any effort or risk on our part. It holds us back from the good life God has planned for us.

**But you were not designed to be held back by fear. You can break down those walls!** How? First, you need to recognize that you hold the power to say no to that fear. And second, you need to **understand who God made you to be.**

*For God has not given us a spirit of fear, but  
of power and of love and of a sound mind.*

- 2 Timothy 1:7 (NKJV)

In the Passion Translation, which often takes into consideration the Aramaic language that Jesus spoke in His time, it says “self-control” instead of sound mind. **You have more power than you give yourself credit for—power to take control of your flesh and thoughts.**

So, if God hasn’t given you a spirit of fear, why would you continue to live controlled by it? Why make excuses for fear and welcome its misery into your life? Fear is built on the enemy’s lies, and James 4:7 promises that when we resist the devil, he will flee.

If there’s an area of your life where you have been stuck waiting in fear, today is the day to declare, **“Fear has no place in my life. God has given me a spirit of love, power, and self-control. I choose to live in His freedom!”**

### **GO DEEPER:**

1. What specific fears have been holding you back, and how can you begin to resist them today?
2. How does the promise in 2 Timothy 1:7 change the way you view fear and courage in your life?
3. In what ways have you been waiting passively for things to change, and how can you shift towards active trust in God's plan?

WHEN YOU RECEIVE THE TRUTH AND  
ABIDE IN IT, IT HAS THE POWER TO  
TRANSFORM YOU FROM THE INSIDE OUT.

## CHAPTER 2

# SET YOUR MIND'S SECURITY SYSTEM

If I asked you where you live, you would probably tell me about your neighbourhood or home. But just like our bodies live in a physical place, our minds and hearts live somewhere too. **Whatever we habitually dwell on affects us more than we might realize.**

That's why it's so important to be aware of the messages coming to you through social media, entertainment, and other people. **What pictures are being painted on your heart? Do those pictures line up with God's Word?** So much of what we see in the world around us is based on fear. But if you wouldn't let a thief into your home, why would you let fear into your mind?

The best "home security system" for your mind is to make the Word your home. **Jesus said that when we *abide* in the Word—which means to live, dwell, and make our home in it—then the truth will set us free.**

***Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”***

- John 8:31-32 (NKJV)

God's Word is such a gift. It's a love letter from Him showing us who He is and what Jesus accomplished for us at the cross. And when you receive the truth and abide in it, it has the power to transform you from the inside out. It will set you free from fear, addiction, negative thinking, and every lie that has held you back.

**Is it time to check on your spiritual security system?** As you get into the Word today, start by asking God to help you receive the truth. Holy Spirit is always there as your ever-present helper!

### **GO DEEPER:**

1. What thoughts or messages have you been allowing into your mind that do not align with God's Word?
2. How can you begin to “set your mind's security system” by filtering the media and influences that enter your heart and mind?
3. What practical steps can you take to abide in God's Word daily, and how do you think this could transform your thinking?

YOU ARE CONSTANTLY LISTENING  
TO YOURSELF, SO DECLARE  
GOD'S WORD!

### CHAPTER 3

# VOICE-ACTIVATE YOUR FAITH

**With so many things screaming for your attention, how do you keep your mind on Jesus?** Here are some of the ways that help me.

First, I want to clear up one thing. The Bible doesn't say you're not *allowed* to have a bad thought. God knows you're human. **You can't control what thoughts pass through your mind, but you can control which ones you dwell on.** And He has given you the ability to take the wrong ones captive.

One of the best ways I've found to deal with fear or wrong thoughts is to speak the truth out loud. **Faith is voice-activated!** You are constantly listening to yourself, so when you declare God's Word, you arrest that stream of negative thoughts and silence them. You replace them with truth.

***You will keep him in perfect peace, whose mind  
is stayed on You, because he trusts in You.***

- Isaiah 26:3 (NKJV)



**Even if you don't feel like it, even if you don't understand how it will work, start speaking the Word.** It's a powerful way to keep your mind on Jesus, and focusing on Him is the doorway to peace. When I'm struggling with my thoughts, I start to praise Him. I'll say something like, "Thank You Jesus that You died on the cross for me. You destroyed fear, so fear has no power over me. Thank You for keeping my mind in perfect peace as I set my thoughts on You. Jesus, You are my healer and protector. No weapon formed against me prospers!"

Your mouth has authority and power (Proverbs 18:21), so don't allow yourself to grumble, complain, or speak in fear. That only magnifies the problem. **We need to magnify the answer—and His name is Jesus!**

### **GO DEEPER:**

1. How can you make the practice of praising God and declaring His promises a more regular part of your routine?
2. Reflect on Proverbs 18:21. How do your words impact your faith, your mindset, and your circumstances?
3. What are some areas in your life where you've been tempted to grumble or complain? How can you replace those words with declarations of faith?

WHEN GOD CORRECTS YOU,  
THERE'S NO SHAME IN IT

## CHAPTER 4

# EMBRACE CORRECTION

I used to hate correction. Whenever someone pointed out where I was doing something wrong, I would feel bad about myself. But as I grow in the Word, I have come to realize that **God's correction is amazing.**

Proverbs 12:1 says that whoever hates correction is stupid. Now, don't get offended—God said it, not me! But if you think about it, someone who resists correction has a hard time changing because they are clinging to the belief that they always have to be right.

**When God corrects you, there's no shame in it** (Romans 8:1). He is the perfect person to be vulnerable with. You can be open about your failings with Him because He already knows everything about you and loves you anyway. In fact, His strength is made perfect through your weakness (2 Corinthians 12:9), and you can do all things through His strength (Philippians 4:13).

***Whoever loves instruction loves knowledge,  
but he who hates correction is stupid.***

- Proverbs 12:1 (NKJV)

But you and I need to be teachable. We need to be willing to admit where we got it wrong—not with self-pity but with humility and a readiness to simply go in a different direction.

If you struggle with condemnation when you are corrected, remember that God is love. And according to the description of love in 1 Corinthians 13:7, **He never gives up on you, never loses faith in you, and is always hopeful as He cheers you on.** He loves you so much that He wants to teach you His ways and help you live to the fullest. So let's learn to welcome His correction with open arms. Let's go to Him with our weaknesses, and then, empowered by His grace, allow the truth to transform our thoughts and actions!

### **GO DEEPER:**

1. How do you currently respond to correction from others or from God? What emotions arise in you?
2. What areas of your life might need correction right now? How can you approach God with humility and openness in these areas?
3. How does understanding that "there's no shame in God's correction" change your view of His discipline?

IF YOU'RE FACING A PROBLEM  
THAT SEEMS INSURMOUNTABLE,  
DON'T BACK DOWN.

## CHAPTER 5

# DON'T WAIT FOR PERFECT CONDITIONS

**When it comes to faith, all too often we get stuck waiting for the perfect conditions.** Today I want to show you two people who didn't wait before they believed.

In Mark 5, a man named Jairus asks Jesus to come heal his dying daughter. But on the way to Jairus' house, Jesus was stopped by a woman who had been suffering from illness for twelve long years. I'm sure Jairus was impatient—even desperate—to keep moving. In fact, news soon reached him that they were too late; Jairus' daughter had died.

Maybe you feel a bit like Jairus and you've been interrupted. Maybe a dream of yours has died. Or maybe you feel like the woman, stuck with the same problem for years. What sticks out to me is that **both Jairus and the woman spoke and acted in faith.** Neither of them waited for the perfect conditions.

***For the Scriptures encourage us with these words:  
“Everyone who believes in him will never be disappointed.”***

- Romans 10:11 (TPT)

Jairus could have given up, but he continued escorting Jesus to his house, and his daughter ended up healed. The woman could have held back, thinking Jesus was too busy for her or that her problem was unsolvable. But she pushed through the crowd to reach Him—and because of her faith, she received a miracle.

**If you're facing a problem that seems insurmountable, don't back down. If you've been interrupted, don't wait any longer to believe.** Choose to declare the truth that no matter what today looks like, “This is the day the Lord has made, and I choose to rejoice in it. I put my trust and faith in Jesus, and **I know that my hope will never be disappointed.**”

### **GO DEEPER:**

1. How have you allowed “waiting for perfect conditions” to keep you from stepping out in faith?
2. How can you adopt the mindset of Jairus or the woman with the issue of blood to act in faith without waiting for the perfect moment?
3. How does the promise in Romans 10:11 give you hope to act now rather than waiting for things to improve?

WHEN FEAR COMES KNOCKING,  
WE NEED TO INSTANTLY GO BACK  
TO THE TRUTH.

## CHAPTER 6

# ONLY BELIEVE

**When your situation doesn't line up with God's Word, what do you believe: the facts or the truth?** Jairus faced this question. His twelve-year-old daughter was sick, so he ran to ask Jesus to heal her. But along the way to Jairus' house, they received the devastating news that she had died.

Notice that the instant the fearful facts presented themselves to Jairus, Jesus told him, "Do not be afraid; only believe, and she will be made well." Now, was it true that the daughter was dead? Yes. I'm not saying we should deny the facts in front of us, but we can deny their power in the presence of the ultimate truth of God's Word. **His Word brings a new perspective to the facts.**

By the time they arrived at the house, the funeral had already started. For Jairus, I'm sure the sight of the mourners weeping only drove home the physical reality that his daughter was gone. But again, Jesus said, "Do not weep; she is not dead, but sleeping" (Luke 8:52, NKJV). **Jesus saw the facts, but He brought in a supernatural perspective.**

***But when Jesus heard it, He answered him, saying, “Do not be afraid; only believe, and she will be made well.”***

- Luke 8:50 (NKJV)

Next, Jesus sent out the mourners so they couldn't continue to promote doubt and grief. He went inside, took the girl by the hand, and told her to rise up. Immediately, she got up and walked around, alive and well!

When fear comes knocking, we need to instantly go back to the truth. What does God's Word say about your situation? No matter what things look like right now, let the Word paint a new, hope-filled picture of your marriage, emotions, finances, health, and future!

### **GO DEEPER:**

1. Which part of God's armour could you add to your heart's arsenal today?
2. How can you better prepare yourself spiritually before challenges arise, rather than waiting until you're in the middle of the battle?
3. How can you use the principle of sowing and reaping to put on the armour of God?

YOU NEED TO SPEND TIME WITH  
GOD TO GROW AND EXPERIENCE  
A HEALTHY RELATIONSHIP.

## CHAPTER 7

# SPEND TIME WITH GOD

Meaningful relationships are all built from the same key ingredients: **love, trust, and quality time**. Think about it: a relationship can only grow to the extent that these three factors are present. Any connection that lacks one of these will constantly struggle to thrive. The same goes for our relationship with God.

**You need to spend time with Him to grow and experience a healthy relationship.**

The more you do that, the more your relationship will develop into a rich, fulfilling connection. But this is where some people struggle. We may feel uncomfortable spending time with God because we don't realize that He accepts us as we are, loves us, and truly enjoys our presence regardless of whether we've messed up.

If this has been holding you back, know that thanks to Jesus, God is at peace with you (Romans 5:1). Nothing stands unresolved between you and Him. That's why the Gospel brings such freedom!

Today, maybe you're plagued with a lingering sense of guilt over something you did or didn't do. Whatever the case, let it go and come to God. **He isn't holding back His love for you; after all, Jesus went to the cross *because of His great love for you!***



***We love, because He first loved us.***

- 1 John 4:19 (AMP)

He loves you whether you're a repeat offender or the best-behaved citizen. In fact, you haven't met a single person on this planet that God isn't deeply in love with. He's patiently waiting for you to come to Him. **He wants you to know and experience His love because it will put a spring in your step and completely transform your life.** Will you give Him that chance?

**GO DEEPER:**

1. Do you ever feel unworthy of God's love because of past mistakes? How does understanding His unconditional acceptance change that feeling?
2. What barriers (like guilt or shame) keep you from experiencing a deeper relationship with God, and how can you let go of them?
3. How can you prioritize spending more quality time with God to deepen your connection with Him?

# CONCLUSION

God has handed you the keys to a life full of hope, peace, and purpose.

Let's go over the seven seeds you can plant in your life today to begin to thrive rather than just survive:

- **Chapter 1:** *Sowing Is Up to You.* Whatever you sow into your life and heart *will* reap a harvest. Make sure it's the harvest you want.
- **Chapter 2:** *God's Love Is Unconditional.* God's love isn't performance-based. There's nothing you could do to make God love you more than He already does!
- **Chapter 3:** *Just Follow the Map.* No matter how many times you get off course, God can recalibrate and bring you back into His plan for you.
- **Chapter 4:** *Abide in Love.* We don't obey to be loved or accepted by God; it's abiding in His love that produces obedience.
- **Chapter 5:** *Know How God Sees You.* Stay God-conscious and not sin-conscious in everything that you do. Keep the image He has of you in your heart.
- **Chapter 6:** *Put On Your Armour.* God has given you full access to all the battle gear you need for life, but you must put it on!
- **Chapter 7:** *Spend Time With God.* To build any strong relationship there needs to be genuine time spent with the other person. The same goes for your relationship with God!

God's love is not based on perfection or dependent on how well you perform; it's unconditional. No matter where you've been or how many times you've stumbled, His grace is always available. Work with Him, abide in His love, and plant seeds today for an incredible harvest in the future.