



Ruach Well-being Service

Be Encouraged – Do not fear

Did you know fear
Tried to step up on me in here?
All over the place
To worry and scare me

When fear comes knocking
Let faith open the door
Believe the Word of God
He will see you through, for He is Lord

So, in the Name of Jesus
I opened up my mouth
Spoke loudly with authority
And said to fear, 'Get out of here!'

You see I'm un-moveable
I'm un-shakable
I'm un-stoppable
In Jesus Name I will NOT fear

**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**

**Be encouraged to journal or write down
your fears and cancel it out by
speaking the scripture above.**

**Sonia Dougall on behalf of RWS
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