

Your Fear Fighting Action Plan for October



FACING FEAR CALENDAR



AN ACTION BASED 31 DAY CALENDAR

Fear doesn't get the final say.

This guide is packed with

- practical steps
- fresh truth
- daily action

Are you ready to shut down fear
and step into courage?



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Redemption
CHURCH



The Problem

Fear is a common struggle.

Studies show that more than 60% of adults admit to dealing with anxiety or fear on a regular basis.

Fear robs sleep, ruins confidence, and keeps people from stepping into opportunities. It can paralyze decision-making, increase stress hormones in your body, and even shorten your lifespan.

Left unchecked, fear controls us instead of us controlling it.

The Solution

That's why we created this calendar - a 31-day action plan to defeat fear. Each day, you'll face a specific fear, read a powerful scripture, take a practical step, and pray a focused prayer. **Fear thrives in silence, but when you bring it into the light of God's Word and act in faith, fear loses its grip.**

By the end of this month, we believe you'll be less fearful, more bold, more courageous, and ready to win the battles in front of you. We're praying that this guide helps you walk in freedom, strength, and peace like never before. Let's Get Started!

OCTOBER 1

Fear of the unknown

Scripture: Psalm 27:1

Do: List your 3 biggest fears. Circle the one you will face with God today.

Pray: Lord, You are my light and salvation. I will not fear.

Psalm 27:1

The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid?

OCTOBER 2

Fear of Being Alone

Scripture: Isaiah 41:10

Do: Put this verse on a sticky note where you will see it often.

Pray: Father, strengthen and uphold me with Your righteous right hand.

Isaiah 41:10 – So do not fear,
■ for I am with you; do not be
■ dismayed, for I am your God. I
■ will strengthen you and help
■ you; I will uphold you with my
■ righteous right hand.

OCTOBER 3

Fear of Failure

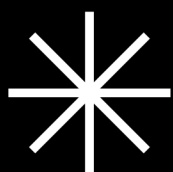
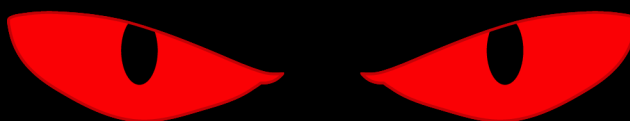
Scripture: 2 Timothy 1:7

Do: Speak out loud 3 truths God says about you. Replace fearful thoughts with truth.

Pray: Spirit of God, fill me with power, love, and a sound mind.

2 Timothy 1:7

For the Spirit God gave us
does not make us timid
(fearful), but gives us power,
love and self-discipline.



God said He would strengthen you.
Are you feeling His strength?

OCTOBER 4

Fear of Danger

Scripture: Psalm 23:4

Do: Take a 10-minute walk and repeat the verse as you walk - asking for God's protection and comfort.

Pray: Shepherd, be with me in every valley. Comfort me.

Psalm 23:4

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Fear of Anxiety

Scripture: Philippians 4:6-7

Do: Write a prayer list. Turn each anxiety into a request with thanksgiving.

Pray: God of peace, guard my heart and mind in Christ Jesus.

OCTOBER 6

Fear of Stepping Out

Scripture: Joshua 1:9

Do: Do one small courageous thing you have been avoiding.

Pray: Lord, make me strong and courageous. Remind me You are with me.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

1 Peter 5:7
Cast all your anxiety on him because he cares for you.

Fear of Carrying Burdens Alone

Scripture: 1 Peter 5:7

Do: Set a timer for 5 minutes and cast your cares to God one by one.

Pray: Father, I place every care into Your hands.

OCTOBER 7

OCTOBER 8

Fear of Difficult Times

Scripture: John 14:27

Do: "Play a worship song that reminds you of God's peace and rest in it."

Suggestion - Firm Foundation (He Won't)

Pray: Jesus, let Your peace settle my heart.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

OCTOBER 9

Fear of Past Trauma

Scripture: Psalm 34:4

Do: Share a brief testimony with a friend about a time God delivered you from fear.

Pray: Lord, I seek You. Deliver me again from all my fears.

Psalm 34:4

I sought the Lord, and he answered me; he delivered me from all my fears.

OCTOBER 10

Fear of Rejection

Scripture: Romans 8:15

Do: Speak out loud 3 truths God says about you. Replace fearful thoughts with truth.

Pray: Spirit of God, fill me with power, love, and a sound mind.



Romans 8:15

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

OCTOBER 11

Fear of People

Scripture: Psalm 56:3-4

Do: Memorize the phrase When I am afraid, I put my trust in You.

Pray: In God I trust. I will not be afraid.

Psalm 56:3-4 When I am afraid, I put my trust in you. In God, whose word I praise - in God I trust and am not afraid. What can mere mortals do to me?

OCTOBER 12

Fear of Enemies

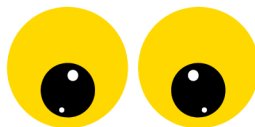
Scripture: Deuteronomy 31:6

Do: Encourage someone else who is anxious. Send a text that points them to God's presence.

Pray: Lord, make me strong to strengthen others.

Deuteronomy 31:6

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.



OCTOBER 13

Fear of Wrong Decisions

Scripture: Proverbs 3:5-6

Do: Identify one area you are leaning on your own understanding. Submit it to God.

Pray: Direct my paths as I trust in You with all my heart.

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

OCTOBER 14

Fear of Stepping Out

Scripture: Psalm 91:12

Do: Create a quiet place today. Sit for 5 minutes in stillness under God's shadow.

Pray: My refuge and fortress, in You I trust.



Psalm 91:12 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

OCTOBER 15

Fear of Chaos

Scripture: Psalm 46:1-3

Do: Turn off news and social feeds for 1+ hour. Notice God as your present help.

Pray: God, be my refuge and strength right now.

Psalm 46:1-3 God is our refuge and strength, an ever-present help in trouble.

Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

OCTOBER 16

Fear of the Future

Scripture: Matthew 6:34

Do: Write tomorrow's worry on paper and put it in a What-if Jar. Leave it with God.

Pray: Father, give me grace for today and trust for tomorrow.

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

1 John 4:18

■ There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

OCTOBER 17

Fear of Being Unloved

Scripture: 1 John 4:18

Do: Receive God's love. Speak this over yourself: Perfect love drives out fear.

Pray: God of love, drive fear from my heart.

OCTOBER 18

Fear of Instability

Scripture: Isaiah 26:3

Do: Set a phone reminder that says Steady mind, stayed on God.

Pray: Keep me in perfect peace as I trust You.

Isaiah 26:3

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Nahum 1:7
The Lord is good, a refuge in times of trouble. He cares for those who trust in him.

Fear of Trouble

Scripture: Nahum 1:7

Do: List 3 ways God has been good to you this week.

Pray: Lord, be my stronghold in the day of trouble.

OCTOBER 19

OCTOBER 20

Fear of being Overlooked

Scripture: Zephaniah 3:17

Do: Play a worship song and imagine God rejoicing over you.

Suggestion - Good Good Father (Tomlin)

Pray: Mighty Savior, quiet me with Your love.

Zephaniah 3:17 The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

Hebrews 13:5-6 Keep your lives free from the love of money and be content with what you have, because God has said, **"Never will I leave you; never will I forsake you."** So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Fear of Abandonment

Scripture: Hebrews 13:5-6

Do: Write He will never leave me on a card you carry today.

Pray: Lord, You are my helper. I will not be afraid.

OCTOBER 21

OCTOBER 22

Fear of Weakness

Scripture: Psalm 121:1-2

Do: Step outside and look up. Say where your help truly comes from.

Pray: Maker of heaven and earth, help me.

Psalm 121:1-2 I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth.



OCTOBER 23

Fear of Bad News

Scripture: Mark 5:36

Do: Replace every fearful headline with Jesus' words: Don't be afraid. Just believe.

Pray: Jesus, increase my faith and silence my fear.

Mark 5:36
Overhearing what they said, Jesus told him, "Don't be afraid; just believe."

OCTOBER 24

Fear of Loss

Scripture: Lamentations 3:22-23

Do: Start a gratitude list of new mercies you notice today.

Pray: Faithful God, thank You for fresh mercy this morning.

Lamentations 3:22-23

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

OCTOBER 25

Fear of Overwhelming Problems

Scripture: Exodus 14:13-14

Do: Face one problem without panic. Pause, pray, then take the next right step.

Pray: Lord, fight for me as I stand firm and stay still inside.

Exodus 14:13-14

Moses answered the people,

"Do not be afraid. **Stand firm**

and you will see the

deliverance the Lord will bring

you today. The Egyptians you

see today you will never see

again. The Lord will fight for

you; you need only to be still."

OCTOBER 26

Fear of Bad Outcomes

Scripture: Psalm 112:7

Do: Say this aloud 3 times: My heart is steadfast, trusting in the Lord.

Pray: Steady my heart, O God.

Psalm 112:7

They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.

OCTOBER 27

Fear of Lack

Scripture: Luke 12:32

Do: Give a small gift today as an act of fearless generosity.

Pray: Father, I will not be afraid. Thank You for the Kingdom.

Luke 12:32

Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.



OCTOBER 28

Fear of the Opposition

Scripture: Romans 8:31-32

Do: Write If God is for me, who can be against me at the top of your notes.

Pray: God, remind me You are for me in Christ.

Romans 8:31-32 What, then, shall we say in response to these things? **If God is for us, who can be against us?** He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

OCTOBER 29

Fear of Disaster

Scripture: Isaiah 43:2



Do: Write down one “what if” fear about the future, then cross it out and write “God will be with me.”

Pray: Lord, when floods rise and fire rages, keep me safe and close to You.

OCTOBER 30

Fear of the devil

Scripture: Ephesians 6:10-11

Do: Put on the armor of God in prayer, piece by piece.

Pray: Strengthen me, Lord, and help me stand.

Ephesians 6:10-11

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes.

Jude 24-25 To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy—to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen



Fear of Falling

Scripture: Jude 24-25

Do: Celebrate progress. Share one way God helped you face fear this month.

Pray: Now to You who are able to keep me from falling, be glory and joy forever. Amen.

OCTOBER 31



Hi, I'm Pastor Chris Fluitt. I hope you are already being blessed by this 31-day Facing Fear calendar. My prayer is that as you've walked through these scriptures, prayers, and action steps, you've felt God's strength rising in you.

Also I want to personally invite you to join us in person for our **Facing Fear** message series at Redemption Church this October.

Nothing is impossible when we put our trust in Jesus. No fear is too big, no struggle too strong, and no darkness too overwhelming for His light. This series is designed to help you face the real fears that keep you up at night and replace them with the courage and peace only Jesus can bring.

Series Outline

- October 5 – I Don't Feel Safe Anymore
- October 12 – The Pressure Is Crushing Me
- October 19 – Is Evil Winning? Darkness, the Devil, and Death
- October 26 – What If Everything Falls Apart?

When & Where

- 📍 Redemption Church
2001 Independence Parkway Plano, TX 75023
- 🕒 Sundays at 4:30 PM
- 🌐 RedemptionPlano.com



At Redemption Church, you'll find a hope-filled message, a welcoming community, great kids ministry, and the encouragement you need to live without fear. You don't have to walk this road alone – let's face fear together.

I'd love to meet you this October. Bring a friend, and come expecting God to move in your life.

-Chris Fluitt

