

A Life's Adventure Resource

DO NOT FEAR

Remembering Who God Is When Fear Speaks

A Resource by Sean Brannan

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About This Resource

Do Not Fear is an [A Life's Adventure](#) resource written by Sean Brannan and published by R3B Press. It was created as a simple Scripture-based practice for recognizing fear, returning to what's true about God, and choosing where to place our trust.

- » Related Pillar: [Faith Formation](#)
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Scripture Notice

Scripture quotations are from the Amplified Bible (AMP) unless otherwise noted. Some statements within this resource summarize or personalize the truth of the cited passages and are not intended to represent word-for-word Scripture quotations.

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Core Idea

Fear may tell us what we're experiencing, but it doesn't get to determine what we believe about God, where we place our trust, or how we walk forward.

“When I am afraid, I will put my trust and faith in You.”

— *Psalm 56:3 (AMP)* —

A Simple Practice of Remembering

Fear has a way of narrowing our vision.

It pulls our attention toward what might happen, what we can't control, what we could lose, or what we don't yet understand.

God doesn't shame us for feeling afraid. All throughout Scripture, He repeatedly meets fear with a reminder of *who He is, what He has done, and where He is*.

- » *I am with you.*
- » *I am your God.*
- » *I will help you.*
- » *You are Mine.*

These pages are about recognizing fear, understanding what it's telling us, and returning to what's true about God, despite how our situation may look.

Read God's words slowly, sit with them, and then make them personal.

- » *Do not fear — I am with you.*

becomes

- » *I don't fear because You are with me.*

Not because the situation is guaranteed to turn out the way you want, but because **God is still God in the middle of it.**

How to Use This

A Simple Practice of Remembering What Is True

This resource isn't meant to be rushed through or completed once and put away. It's meant to help you return, again and again, to what is true about God when fear begins to speak louder than truth.

There's no perfect way to use it. Start simply and just use it.

Read it daily. Read the statements slowly, and when possible, aloud. Let yourself hear both what God has said and your response of trust.

Choose one truth for the day. You don't need to carry the entire list. Stay with the statement that speaks most directly to where you are.

Put it somewhere you'll see it. Write it on your mirror, a note card, your phone, or somewhere else you naturally look throughout the day.

Write the Scripture by hand. Look up the referenced passage and write it in a notebook or journal. Read beyond the single verse so you understand the context in which it was spoken.

Make it personal. Take what God has revealed and turn it into your own response of trust:

Do not fear — I am with you.

—Isaiah 41:10

I don't fear because You are with me.

Return to it when fear shows up. Don't ignore what you're feeling. Notice it. Ask what you're afraid of, then bring your attention back to what is true about God in the middle of it.

You don't have to convince yourself that everything will turn out the way you want.

The practice is simpler than that:

**Notice the fear. Remember what's true.
Choose where you'll place your trust.**

The Practice

God Speaks. I Respond.

Fear naturally pulls our attention toward what might happen, what we might lose, and what we can't control. This practice turns our attention back toward God.

Read each truth slowly. Read the referenced passage in context when you can. Then speak the response: not as a denial of what you feel, but as a deliberate statement of where you are placing your trust.

The statements below summarize the truth of the cited passages and are not always word-for-word quotations.

Do not fear — I am with you. — Isaiah 41:10

I don't fear because You are with me.

Do not fear — I am your God. — Isaiah 41:10

I don't fear because You are my God.

Do not fear — I will strengthen you and help you. — Isaiah 41:10, 13

I don't fear because You strengthen me and help me.

Do not fear — I have redeemed you. — Isaiah 43:1

I don't fear because You have redeemed me.

Do not fear — you are Mine. — Isaiah 43:1

I don't fear because I am Yours.

Do not fear — I will be with you when you pass through the waters and the fire. — Isaiah 43:2

I don't fear because You are with me in what I walk through.

Do not fear — I go with you. I will not fail you or abandon you. — Deuteronomy 31:6

I don't fear because You will not leave or abandon me.

Do not fear — I go before you. — Deuteronomy 31:8

I don't fear because You are already ahead of me.

Do not fear — the battle is not yours, but God's. — 2 Chronicles 20:15

I don't fear because the battle belongs to You.

Do not fear — I am your refuge and strength, a very present help in trouble.

— Psalm 46:1–2

I don't fear because You are my refuge, my strength, and my help.

Do not fear — your Father knows what you need. — Matthew 6:31–32

I don't fear because You know what I need.

Do not fear, little flock — your Father has chosen gladly to give you the kingdom.

— Luke 12:32

I don't fear because You are a good Father, and I belong to Your kingdom.

Do not let your heart be troubled or afraid — I give you My peace. — John 14:27

I don't fear because Your peace is with me.

Take courage — in this world you will have trouble, but I have overcome the world. — John 16:33

I don't fear because You have overcome the world.

Nothing can separate us from the love of God in Christ Jesus. — Romans 8:38–39

I don't fear because nothing can separate me from Your love.

When Fear Shows Up

Notice It. Name It. Return to What's True.

Fear is a messenger. Before trying to silence it, slow down long enough to understand what it's telling you.

The goal isn't to shame yourself for feeling afraid or to force yourself to feel differently. The goal is to recognize the fear, examine what's underneath it, and bring it back into the light of what's true about God.

What am I afraid of?

What is this fear telling me might happen?

What am I trying to control, prevent, protect, or guarantee?

What is true about God here? What Scripture reminds me of that truth?

What does trusting God look like in my next faithful step?

God says:

My response: I don't fear because...

**Fear may tell me what I am experiencing.
It does NOT get to tell me who God is.**

Fear Will Speak

It Does NOT Get the Final Word.

Fear will show up. It will warn you, question you, pull your attention toward uncertainty, or remind you of what you can't control.

Don't pretend it's not there. Notice it. Name it. Bring it before God. Return to what's true.

- » God is still God.
- » He is still with you.
- » He is still faithful.
- » He is still your refuge.
- » He still knows what you need.
- » He still goes before you.
- » He still holds what you cannot control.

Faith isn't the absence of fear, it's choosing where you will place your trust when fear is present.

"When I am afraid, I will put my trust and faith in You."

— Psalm 56:3 AMP

So when fear speaks:

- » **Listen to what it's telling you.**
- » **Examine what's true.**
- » **Remember who God is.**
- » **Choose your next faithful step.**

Fear will speak. It just doesn't get the final word.