

## Do It Afraid Embracing Courage In The Face Of Fear

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### Beauty for Ashes

The bodies God gives are instruments for experiencing a fulfilling life on earth, for doing good works, for spiritual development. To do the work individuals are meant to do, they need to keep in shape. They must maintain a sound mind, body, and soul. Yet in the modern world, it is all too easy to let one, two, or all three of these slip. LOOK GREAT, FEEL GREAT presents Joyce's twelve-key plan to address the epidemic of "self esteem drought" that appears to be a factor in perpetuating habits that create poor health. Additionally, Joyce will provide helpful resources, like the "Ounce of Prevention Checklist," for self-maintenance.

### Do It Afraid

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For Christian singles, spiritual union with Christ must be the foundation of all of their relationships—including dating relationships. Rather than looking to people to meet needs only God can fulfill, readers will learn how to let Christ's sacrificial love ignite within them a passionate desire to share His love with a special person. This practical guide includes plenty of suggestions for establishing successful dating relationships and dealing with the pressure to get married experiencing healing for past hurts finding and attracting mature singles to date choosing whom to marry resisting sexual temptation Each chapter concludes with a personal Bible study as well as group discussion questions, making this a valuable resource for private devotions, small groups, or premarital counseling.

## Do It Scared

Everyone who has ever lived has known the torment of fear. Fear will try to push you back and is always ready to attack you through your thoughts. But you can live free from it! God's promise is that you will be able to overcome this powerful emotion. In this book, Joyce Meyer shows that even though fear will surely challenge you, the Holy Spirit can still help you walk in faith. Find out: - How to keep fear from controlling your life - How to move forward in spite of your fears - How God stays faithful regardless of what you're feeling - The one basic fear underneath all fears. You can act on God's Word and defeat this enemy. Now is the time to seize victory, by stepping out to do it afraid!

## Fear

Drawing on her own experiences of trauma and difficulties, renowned Bible teacher and bestselling author Joyce Meyer shares her expertise on how to grow and live a happy and joyous life.

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Joyce Meyer is probably better equipped than anyone when it comes to never giving up. She overcame an abused childhood, a bad marriage and extremely limited opportunities to become one of the most popular author/speakers in the world. Joyce Meyer Ministries was the first ministry in America to be headed by a woman, and it's one of the largest in the world. If anyone knows how to hold on to a dream and realize it, it's her. Packed with examples of people who pursued their goals relentlessly, the book profiles nearly fifty individuals who prevailed against all odds. From the builder of the Brooklyn Bridge to the chemists who invented Post-It notes we meet people like Bessie Coleman, an African-American who had to go to flight school in Paris in order to learn how to fly. But she did, becoming the first woman in America to earn her pilot's license in 1920. Download the free Joyce Meyer author app.

## I Choose Brave

In today's world, peace is hard to come by. When personal desires are followed, serenity is forfeited. By submitting one's life to God, a peace-filled life is ensured. Maintaining peace is a choice, says Joyce Meyer, as she discusses how to be at peace with yourself, the importance of having peace with God, and the paradox that peace equals power. Joyce says peace is one of the greatest gifts God has given us, and is the only way to true happiness. Readers will find 21 WAYS TO FINDING PEACE & HAPPINESS to be a guidebook for success on their journey.

## Healing the Soul of a Woman Devotional

What if fear is the new brave? That's the question that you need answered if you are living afraid. Finding courage begins with fear itself--fear of the Lord. I Choose Brave reveals a countercultural plan to help you where you are--knee-deep in fears of parenting, the

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future, your marriage, and a world that feels unstable. When you're feeling fearful, the last thing you need is a social-media meme telling you to simply "power through" your fears. In *I Choose Brave*, Katie Westenberg digs deep into Scripture and shows that finding the courage to overcome our fears must start with fear of the Lord. Hundreds of passages speak to this foundational truth, yet we have somehow relegated them to antiquity. In sharing her own compelling story of facing her worst fear, Katie serves up theological truth with relatable application. In this book, you will · discover a fresh take on an old truth that displaces fear once and for all · understand why the culture's idea of "fearlessness" is a farce · access the holy courage you were made for With this new knowledge comes tremendous freedom. Hidden in the cleft of the Rock, the One truly worthy of our fear, you will begin to understand the only path to real courage.

## Straight Talk on Fear

**#1 NEW YORK TIMES BESTSELLER** □ Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the hourlong Netflix special *Brené Brown: The Call to Courage!*  
**NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG** Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's

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necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

## Look Great, Feel Great

When someone says, "I can forgive, but I cannot forget," they really are saying, "I will not forgive." Unforgiveness, resentment, and

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bitterness are spiritual maladies that keep many people from living a Spirit-filled life. Joyce Meyer says that keeping score of all the hurts we have suffered does more spiritual damage to us than those who have offended us. In fact, we can suffer serious physical illnesses as a result of unforgiveness. Is it difficult to forgive? Absolutely, but the rewards are well worth it. In **THE POWER OF FORGIVENESS**, Joyce Meyer reveals that when we choose to forgive others, we release ourselves from sin's power. The act of forgiving them allows God to work his will and our healing in the situation. Forgiveness is the power that will change life of defeat into one of victory.

### Dating with Pure Passion

What would you do if fear no longer stood in your way? What would happen if you were no longer afraid to dive in, head first, and go after your dreams, instead of feeling like you were sitting on the sidelines of your own life? What then? We tell ourselves we are too busy to pursue our dreams. That there's no time, or that it's not practical. But what if the real reason we're putting off our goals is FEAR? The fear that we're not good enough, not smart or talented or capable enough. It's the fear that others might laugh at us, or that we'll get hurt or be rejected, or that pursuing our true potential will simply be too hard. And most of all, the fear that we'll fail. But courage doesn't mean we are never afraid. True courage means taking action, despite the fear. True courage means doing it scared. The question is - how? How do we face those fears and take that first step in the right direction? How do we overcome those obstacles that stand in our way and sometimes feel insurmountable? In *Do It Scared*, popular blogger and podcast host Ruth Soukup will help you to: Identify your own unique Fear Archetype - the specific type of fear that keeps you stuck - and learn how to conquer it. Dare to start thinking bigger about your life and your goals.

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Learn how to seek out honest feedback to accomplish big things. Embrace the core beliefs you need to overcome different types of fears. Discover why our magical idea of 'balance' is totally overrated and let go of the guilt, once and for all. Equal parts inspiration and tough love, Do It Scared combines easy-to-implement tips with the motivation to start making real changes that lead to big results. Get ready to get off the sidelines and jump into your own life as you dare to Do It Scared.

## Brave Enough

In the hustle and bustle of today's busy world, sometimes it's hard enough to hear yourself think, much less take a minute to stop and listen for the voice of God. But learning to recognize God's voice and the many ways in which He speaks is vital for following His plan. In *How to Hear from God*, Joyce Meyer shows readers that God reaches out to people every day, seeking a partnership with them to offer guidance and love. She reveals the ways in which God delivers His word and the benefits of asking God for the sensitivity to hear His voice. Joyce asks the question, "Are you listening?" and shares how to do just that.

## Afraid to Hope

Overcome the issues that affect your heart, mind, and soul with encouraging wisdom and biblical advice from #1 New York Times bestselling author Joyce Meyer. In this book -- small and portable enough to fit in a purse, suitcase, backpack, briefcase, or even a pocket -- Joyce Meyer addresses the many issues that women face today, and encourages them to embrace their unique identity in Christ. Joyce touches on topics like: Living beyond feelings Overcoming fear and insecurity Being wise with words Establishing proper priorities Defeating negative circumstances Overcoming an

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"I can't" attitude Enjoying the favor of God Women need inspiration today more than ever, and Habits of a Godly Woman will encourage and motivate you to make it through the day with God at the forefront.

## Why, God, Why?

You Can Live Your Life Free from All Fear! Many people live their entire lives crippled and bound by fear. Whether it is the fear of dying or the fear of a bad haircut, it makes life miserable! Fear cannot be wished away . . . it must be confronted and dealt with through the Word of God. We have to show fear that it is not going to rule us! In this powerful book, bestselling author Joyce Meyer offers answers from the Scriptures and from her own experience revealing the way out of this particular bondage. You will learn how to face fear head-on with the Word of God and use the "keys of the kingdom" to keep it out of your life. Joyce also explains these life-changing truths: perfect love casts out fear, and prayer plays an important role in combating it. Don't let intimidation and fear rule your life one more day! Break the back of fear and be set free today!

## Living Courageously

What kind of life would you live if you didn't allow your fears to hold you back? The Courage Habit offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you truly want? Do you ever wish that you had a better job, lived in a different city, or had more authentic and nurturing relationships? Many people believe that they would do more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that

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constantly whispers, "you can't do it." In *The Courage Habit*, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit. Using a practical four-part program, you'll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your emotional state before you act. You'll discover how to listen without attachment to the self-defeating messages of your inner critic, understand the critic's function, and implement respectful boundaries so that your inner voice no longer controls your behavior. You'll reframe self-limiting life narratives that can—without conscious awareness—dictate your day-to-day decisions. And finally, you'll nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes you're making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or simply taking advantage of all life has to offer—and if you have a sneaking suspicion that that something is you—then this one-of-a-kind guide will show you how to finally break free from self-doubt and start living your best life.

### Do it Afraid!

In her dynamic new devotional, *TRUSTING GOD DAY BY DAY*, international speaker and New York Times bestselling author Joyce Meyer provides you with powerful "starting points" for every day of the year. Each day's devotion is filled with practical advice and help from Joyce along with life-changing promises from God's Word that you can quickly and easily apply in your own life. The world wants you to place your trust in your circumstances, your success,

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your talents and the opinions of others. But God's called you to rise above the world, and put your full trust in Him - to believe and apply what He's promised in His Word more than anything else. Living this way won't just happen - you have to be intentional. But where do you begin? We all need help to make good choices, battle worry, overcome anxiety and keep a positive attitude. Using this devotional, readers will learn to grab hold of life this way, day by day, with trust in God.

## Do it Afraid

“Why do bad things happen?” “God, I don’t understand!” Heartbreak and loss happen to us all. On New Year’s Day, at the age of thirty-seven, Karen Jensen’s husband died suddenly in his bed, leaving her alone to raise two grieving boys and pastor a bewildered congregation. Despite her strong faith and love for God, she had some serious questions. Has tragedy shaken the foundation of your life? Have you been blindsided by an event you never expected to face? What should we do when we’re going through the dark places in life? when we’ve lost everything? when we’re in pain? when we’re wondering why? With a mix of sharp insight and warm optimism, Karen skillfully combines experience and scripture to guide you through the land mines of doubt and confusion that come with loss. She then provides solid principles for moving forward past the pain and into a brighter future.

## How Big Is Your Brave?

Have you ever felt you tried every solution on earth to solve a problem, but nothing worked? Have you ever wondered where the difficulties you face are coming from? Joyce Meyer has answers. In *Your Battles Belong to the Lord*, Meyer explains that once you recognize the devil - who is real and active in the world today - as

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your true enemy and the source of many of your struggles, you can overcome them and live a life of peace, freedom, faith and victory. When facing life's battles, there are certain things you must do for yourself, such as being diligent to study and apply God's Word, trusting Him, praying, helping others, and maintaining a positive attitude and a thankful heart. But there are other things only God can do. When you do your part, God does His - and He is always ready and eager to defend you and help you. In this fresh approach to the subject of spiritual warfare, Meyer focuses not only on the nature and strategies of the enemy, but also on the power and love of God, who always defeats the enemy and leads you to triumph. No matter how difficult your challenges are, if you have God with you, you have all you need to win every battle.

## Embracing Fear

Internationally renowned Bible teacher Joyce Meyer draws on her own history of abuse to show women how Christ's redeeming love heals emotional wounds and brings joy to life. Can a woman who has been deeply hurt by life's circumstances be healed, heart and soul? If she has been wounded by a man she loved and trusted, can she love and trust again? As a woman who endured years of abuse, abandonment, and betrayal by those closest to her, Joyce Meyer can answer with a resounding "yes!" Meyer's positivity comes from living her own journey, and from seeing so many women who don't believe they can fully overcome their pain--or even know where to begin--find the guidance they need in the life-changing wisdom of the Bible. Meyer's bestseller *Beauty for Ashes* told of her personal story of healing. Now, with the passage of more time, *HEALING THE SOUL OF A WOMAN* delves deeper into Joyce's story and the journey of healing for all women. Each chapter guides you through whatever obstacles may be holding you back to find your true destiny as God's beloved. God can heal all pain, and He wants

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to do this in you. Let HEALING THE SOUL OF A WOMAN be the first step toward the wonderful, joyful future God intends for you.

## Healing the Soul of a Woman

We all live with fear. It hangs around, whispering in our ears, reminding us of all we can't do or will never be. But that's not the end of the story. We also have a God who draws close to say, Fear not. I am with you. This Spirit transforms us into fear fighters--women breaking free of trepidation to find bold dedication to God's peace-, purpose- and joy-filled callings. With remarkable compassion born from personal experience, Kelly Balarie shows women how to · Cultivate unstoppable faith by harnessing God's Word and promptings · Pray panic-, blood pressure- and stress-reducing prayers to usher in lasting peace · Discover clear and immediate action plans to exchange worry for God's greatest gifts · Implement daily bravery decrees to stand armed through the day · Participate in a 12-week study guide to foster new courageous habits Kelly pulls back the curtain of fear so you can find the beautiful woman God created you to be.

## Habits of a Godly Woman

More than 160 MILLION people have viewed the widely popular Facebook video of Rick Rigsby speaking on the transformative power of hope. Now he shares these truths and more in his landmark book, "Afraid to Hope." You will discover how the dynamic power of hope has the capacity to transform every part of your life.

## Discerning the Voice of God

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Understand, confront, and walk in freedom from fear with renowned Bible teacher and New York Times bestselling author, Joyce Meyer. Fear will never entirely disappear from your life, but you can confront and overcome it! Courage isn't the absence of fear; it is moving forward in the presence of fear. Courageous people do what they believe in their hearts they should do, no matter how they feel or what doubts fill their minds. In *DO IT AFRAID*, Joyce Meyer explains that fear is everywhere and affects everyone. It rules many people, but it doesn't have to be that way. The first portion of this book will help you understand fear and recognize how it works in your life, and the second will help you confront fear. In the third section, you will learn about mindsets that will position you for freedom from some of the most common fears people face. Fear is the devil's favorite tool in the toolbox of schemes he uses to destroy God's good plan for you. He uses it to hold you back and prevent progress in every area of your life. That is why you must take ownership of your problems and open your heart to God. He will help bring light into darkness. If you can understand fear and how it operates, you can be free from it!

## Is God Speaking to Me?

#1 New York Times bestselling author Joyce Meyer takes us on a journey through the wisdom of Proverbs that leaves us transformed and prepared to face daily choices and challenges. The book of Proverbs is a treasure trove of spiritual and practical wisdom that equips us to live our best lives. Knowledge is important, but if it isn't converted into action, it fails to create transformational change in our lives. It is important to gain a thoughtful and practical understanding of the seven foundational principles in the book of Proverbs: Wisdom, Understanding, Prudence, Knowledge, Discretion, Discernment, and Fear of the Lord. If we desire to possess these qualities, we must make a commitment to a deeper

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understanding and implementation of these values in our daily lives. Featuring inspiring questions to promote thoughtful reflection, In Search of Wisdom will enlighten you with God's understanding and teach you the foundational principles and secure God's help in practicing them.

## The Courage Habit

One of the world's leading practical Bible teachers outlines a flexible program to turn thoughts into habits, and habits into success, by using the mind as a tool for achievement.

## Hope in the Midst of Any Crisis

How do you teach a child to dream big and shoot for the stars? In this inspiring story, a young bunny named Zippy dreams of traveling to space. When the opportunity to attend space camp arrives, she worries she might not be capable enough to compete with other kids. But Zippy's desire to build her rocket is bigger than her fear of failing, and through hard work and creativity works to make her dreams come true. New York Times bestselling author Ruth Soukup empowers children everywhere to dream big and live a life they love. *How Big Is Your Brave?* encourages readers to face their fears and overcome obstacles in order to follow their dreams and reach their goals. *How Big Is Your Brave?* is: Great for boys and girls, ages 4-8 An excellent choice for STEM storytime and sparking discussions about STEM fields A great resource to teach young children about confidence, self-esteem, and the value of hard work Through whimsical illustrations and encouraging text, children will discover how standing up to fears (both big and small) makes them stronger and unstoppable.

## Dare to Lead

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Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart. Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now. Sogyal Rinpoche Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, ranks second only to the Dalai Lama as the Buddhist leader with the most influence in the West. In *Fear: Essential Wisdom for Getting through the Storm*, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

## Power Thoughts

What keeps women from being their best? Joyce has been helping women better themselves by helping identify emotional barriers and physical, mental, and spiritual obstacles in their lives for years. Now she provides another answer—confidence. Our society has an insecurity epidemic, women in particular. Compensating by pretending to be secure—a common response—only leads to feelings of shame. Lack of self-confidence causes great difficulty in relationships of all kinds, and in marriage instances can even lead to divorce. In *THE CONFIDENT WOMAN*, Joyce explores the seven characteristics of a woman with confidence, which include a woman who knows she is loved, who refuses to live in fear, and who does not live by comparisons. Joyce explains that confidence stems from being positive in your actions and living honestly, but most importantly from having faith, in God and in ourselves.

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## Quiet Times with God Devotional

Recognize, confront, and conquer the fears holding you back from living boldly and freely with renowned Bible teacher and New York Times bestselling author, Joyce Meyer. Fear is the devil's favorite tool in the toolbox of schemes he uses to destroy God's good plan for you. He uses it to hold you back and prevent progress in your relationships, career, and more. In *Do It Afraid*, Joyce Meyer explains that fear is everywhere and affects everyone. It rules many people, but it doesn't have to rule you any longer. She will teach you how to: Understand fear and recognize how it works in your life. Confront those fears that are holding you back. Change your mindset for lasting freedom from some of the most common fears people face. Remember, courage isn't the absence of fear; it is learning how to move forward in the presence of fear. Courageous people do what they believe in their hearts they should do, no matter how they feel or what doubts fill their minds. When you take ownership of your problems and open your heart to God, He will help bring light into darkness so that you can be free.

## Approval Addiction

The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding emotion. No wonder so many of us often feel like we're controlled by our emotions. Our lives would be much improved if we controlled them. In *LIVING BEYOND YOUR FEELINGS*, Joyce Meyer examines the gamut of feelings that human beings experience. She discusses the way that the brain processes and stores memories and thoughts, and then - emotion by emotion - she explains how we can manage our reactions to those emotions. By doing that, she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives. In this book, Meyer blends the

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wisdom of the Bible with the latest psychological research and discusses: the 4 personality types and their influence on one's outlook, the impact of stress on physical and emotional health, the power of memories, the influence of words on emotions, anger & resentment, sadness, loss & grief, fear, guilt & regret, the power of replacing reactions with pro-actions, and the benefits of happiness.

## The Art of Fear

Will you abide under the shadow of FEAR or HOPE? Times of disaster are unavoidable. We don't get to choose whether or not to live in such times. We can only choose what to do with the time that we live. Will we let fear and darkness overwhelm us, or will we choose to shine the light of hope? In *Hope in the Midst of Any Crisis*, pastor and best-selling author Bill Johnson reveals the powerful divine protection offered to you as a believer, three responses you can experience in times of need, and your responsibility to have hope in all things. You'll discover the following: Kingdom solutions that bring hope in times of crisis How to stay sane in the midst of craziness and bring peace to a fearful world How to rest in God's protection as you pray the authority of Scripture As Christians, we have the answers the world is looking for, and times of crisis give us the opportunity to show them just how good God is. After reading this book, you will find rest in the safety of God's protection and be inspired to share His peace and comfort with others who are gripped by fear during uncertain times.

## Trusting God Day by Day

Many people seem to have it all together outwardly, but inside they are a wreck. Their past has broken, crushed, and wounded them inwardly. They can be healed. God has a plan, and Isaiah 61 reveals

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that the Lord came to heal the brokenhearted. He wants to heal victims of abuse and emotional wounding. Joyce Meyer is a victim of the physical, mental, emotional, and sexual abuse she suffered as a child. Yet today she has a nationwide ministry of emotional healing to others like herself. In *Beauty for Ashes* she outlines major truths that brought healing in her life and describes how other victims of abuse can also experience God's healing in their lives. You will learn: \* How to Deal with the Emotional Pain of Abuse \* How to Understand Your Responsibility to God for Overcoming Abuse \* Why Victims of Abuse Often Suffer from Other Addictive Behaviors \* How to Grab Hold of God's Unconditional Love \* The Importance of God's Timing in Working Through Painful Memories.

### Your Battles Belong to the Lord

Receive healing for your emotional wounds and discover your destiny as God's daughter with this 90-day devotional by internationally renowned Bible teacher Joyce Meyer. *Healing the Soul of a Woman* delved deeply into Joyce Meyer's personal story and the journey of healing for all women. Despite suffering from years of abuse, abandonment, and betrayal by those closest to her, Joyce firmly believes a woman who has been deeply hurt by life's circumstances can be healed, heart and soul. Her steadfast claim comes from living her own journey of soul healing, and from seeing so many women who don't believe they can fully overcome their pain--or even know where to begin--find the guidance they need in the life-changing wisdom of the Bible. Now, in this companion devotional, Joyce will guide you through 90 daily readings to encourage you through whatever obstacles may be holding you back from finding your true destiny. God can heal your pain, and He wants to do this in you. Let **HEALING THE SOUL OF A WOMAN DEVOTIONAL** be an inspiration in your journey toward

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the wonderful, joyful future God has planned for you.

## The Courage Map

Recognize, confront, and conquer the fears holding you back from living boldly and freely with this study guide from renowned Bible teacher and New York Times bestselling author, Joyce Meyer. Fear is the devil's favorite tool in the toolbox of schemes he uses to destroy God's good plan for you. He uses it to hold you back and prevent progress in your relationships, career, and more. In the Do It Afraid Study Guide, Joyce Meyer offers encouraging biblical wisdom, inspirational scripture, and thought-provoking exercises. Fear is everywhere and affects everyone. It rules many people, but it doesn't have to be that way. Remember, courage isn't the absence of fear; it is learning how to move forward in the presence of fear. Courageous people do what they believe in their hearts they should do, no matter how they feel or what doubts fill their minds. When you take ownership of your problems and open your heart to God, He will help bring light into darkness so that you can be free.

## 21 Ways to Finding Peace and Happiness

Franziska is a maverick entrepreneur, leading marketing and brand strategist, adventurer, author and the co-founder of Basic Bananas, The Business Hood, Oceanlovers and Moments of Humanity. In 2013 Franziska was awarded the Young Entrepreneur of the Year award recognizing her innovation, creativity and philanthropic involvement. Franziska is a board member at the global Entrepreneurs Organization EO where she is advising on communications, marketing and branding. She also launched an impact initiative called EOcean to inspire entrepreneurs to be more sustainable. Franziska sits on the judging panel for Singularity University and has run think tanks at the United Nations to address

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the UN sustainable development goals through entrepreneurship.

## How to Hear from God

Has Fear Got the Best of You? Everyone who has ever lived has known the torment of fear. Like all of us, you experience fear almost every time you move toward a closer relationship with God. Fear will try to push you back and is always ready to attack you through your thoughts. But you can live free from it! God's promise is that you will be able to overcome this powerful emotion. In this book, Joyce Meyer shows that even though fear will surely challenge you, the Holy Spirit can still help you walk in faith. Find out: -How to keep fear from controlling your life -How to move forward in spite of your fears -How God stays faithful regardless of what you're feeling -The one basic fear underneath all fears. You can act on God's Word and defeat this enemy. Now is the time to seize victory by stepping out to do it afraid!

## In Search of Wisdom

Living with a deeper awareness of God's leading isn't just for a select few—it's for you too! Have you ever wondered if God still speaks to us today? Or do you worry that what you're perceiving as God's voice is really just your own thoughts? You're not alone. In *Is God Speaking to Me?*, Lysa TerKeurst shares her own wrestling with these questions and how God has taught her to more clearly discern His direction in her everyday life. Using Scripture, encouraging personal stories, and practical application, Lysa will help you: Stop merely going through the motions of life by learning how to recognize and respond to the Lord's divine appointments for you. Uncomplicate the idea of listening to God as you use five key questions to help you determine if what you're discerning is from Him or not. Discover the joy of truly walking with the Lord as you

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learn how to live in expectation of hearing from Him. Is God Speaking to Me? is both an invitation to a life of adventure with the Lord and the tender reminder that we serve a God who loves us deeply and longs to speak to us personally.

## Never Give Up!

There is an epidemic of insecurity in society today. Many people suffer from an unhealthy need for affirmation. They are not capable of feeling good about themselves. For some the quest for approval becomes an actual addiction, as they seek self-worth from the outside world because they can't find it within themselves. Joyce Meyer understands the need for seeking approval from others to overcome feelings of rejection and low self-esteem. The good news, she says, is that there is a cure. God provides all the security anyone needs. Her goal is to provide a pathway toward freedom from the approval addiction.

## The Confident Woman

Find the courage to be who you are—not who you wish you were. Is fear holding you back from becoming your best self? Does it add stress to your day and keep you up at night? What could be different if you let go and started living brave today? Bravery doesn't have to mean cliff diving out of your comfort zone. Life is about being brave enough—for yourself, for God, for your tasks, and for your calling—right where He's placed you. A brave-enough life is one lived fully and confidently, with your shoulders relaxed and free from the weight of responsibility and the burden of trying too hard. Nicole Unice, author of She's Got Issues, wants that life to become a reality for you. She challenges you to get real about where you are right now—the places where you feel too scared to change, too tired to endure, or too worried to let go. Through personal stories and

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practical application, Nicole will lead you on a journey to harness all of your misspent doubts, concerns, and fears—and discover what God is saying about who you can be. Don't miss the companion Brave Enough DVD Group Experience (UPC 031809201381)!

## The Power of Forgiveness

It's Time to Take Back Your Life Fear takes many forms -- dread, panic, anxiety, self-consciousness, superstition, and negativity -- and manifests itself in many ways -- avoidance, procrastination, judgment, control, and agitation, to name just a few. Whether we are afraid of the dark or being alone, of failure or commitment, of public speaking or flying, fear dominates our lives, affecting nearly every decision we make. Combining compelling stories from the author's twenty-five-year practice, examples from his own struggles with addiction and depression, and practical exercises and tools, Embracing Fear does not pretend to teach the impossible and eliminate fear, but rather shows us that once we understand it we can live beyond its tyrannical control. Instead of repressing or ignoring the voices of panic and dread, we learn that it is only through facing, exploring, accepting, and responding to fear that we free ourselves from its paralyzing grip.

## Fear Fighting

Do you feel that the ability to hear God's voice is for other people and not for you? Is it only for people who lived in Biblical times? Not at all! The God who loved you enough to die for you loves you enough to talk to you. And wherever you are in your spiritual walk, God will find a way to speak to you in a way you will understand. Become acquainted with the Voice that has spoken from a fire and a cloud; with visible signs and an invisible Spirit; through a burning bush and burning hearts. Hear from some of the most well-known

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Christians in history about how God speaks to them—and discover for yourself how you can discern the voice of God.

## Living Beyond Your Feelings

Start your day with peaceful meditations, soulful inspirations, and encouraging Bible verses in this 365-day devotional from bestselling author Joyce Meyer -- and grow spiritually as you spend time with God. Life is busy and often uncertain, but you can live in the full peace of God with this easy-to-understand devotional designed to encourage you each day of the year. This includes a daily Bible verse followed by a devotional reading and power thought to meditate upon. With the constant demands and pressures, it can be hard to regularly take time to unplug and simply be with God. But Joyce's practical teaching format in *Quiet Times with God* will encourage you to discipline yourself so that you can receive the fullness of God's healing, revitalizing peace.

## Do It Afraid Study Guide

A revolutionary guide to acknowledging fear and developing the tools we need to build a healthy relationship with this confusing emotion—and use it as a positive force in our lives. We all feel fear. Yet we are often taught to ignore it, overcome it, push past it. But to what benefit? This is the essential question that guides Kristen Ulmer's remarkable exploration of our most misunderstood emotion in *The Art of Fear*. Once recognized as the best extreme skier in the world (an honor she held for twelve years), Ulmer knows fear well. In this conversation-changing book, she argues that fear is not here to cause us problems—and that in fact, the only true issue we face with fear is our misguided reaction to it (not the fear itself). Rebuilding our experience with fear from the ground up, Ulmer starts by exploring why we've come to view it as a negative. From

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here, she unpacks fear and shows it to be just one of 10,000 voices that make up our reality, here to help us come alive alongside joy, love, and gratitude. Introducing a mindfulness tool called "Shift," Ulmer teaches readers how to experience fear in a simpler, more authentic way, transforming our relationship with this emotion from that of a draining battle into one that's in line with our true nature. Influenced by Ulmer's own complicated relationship with fear and her over 15 years as a mindset facilitator, *The Art of Fear* will reconstruct the way we react to and experience fear—empowering us to easily and permanently address the underlying cause of our fear-based problems, and setting us on course to live a happier, more expansive future.

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