

Hard cover front in light purple with less graphics

Diary of a Christian

Your yearly devotional friend

For a fearless year

Copyright (2024)

**LYDIA ISHARA, FOUNDER OF BE TRANSFORMED
MINISTRY**

Foreword

Fear is an enemy to our faith. It can overwhelm us with a thick shadow of darkness, controlling our every move and decision. So much crazy going on around us today - wars, conflicts, persecution, violence, crime, natural disasters, terrorism, economic uncertainty, unemployment, divisions, disease, death. We fear for our children's future, we fear for our families, we fear for our financial future, we fear for our safety. The list goes on...veery long. There actually is a lot we could potentially worry about.

Yet reality tells us that so much of what we spend our time worrying about never even happens. Living under the weight of the "what if's" is a hard place to dwell.

I struggled with fear and worry for years. But through time, I began to find that the things that once would have sent me down an anxious spiral, no longer had the same effect. It didn't happen quickly, but over days, months, years.

I read words - of life - of truth. Soaking them in, over and over, praying them out loud. Until they became so familiar, they replaced the other things in my mind that I'd battled against. There's nothing magical about words and verses, but there is power through them, because they're God's words. Change happened. Anxious thoughts began to diminish. Worry let go of its constant grip. And though fear is sometimes still there, it no longer wields control, holding me back, paralyzing me in its grasp. God words are "life" words, soothing to our soul, calming to our spirits, giving power to our days.

It's not always easy, and it often comes down to a choice:

1. Choosing not to allow fear and anxiety to control your life.
2. Choosing to guard your heart.
3. Choosing to focus your mind on what is truth in the midst of uncertain times.

We might still feel afraid, but we can believe that God is with us. We may not be in control, but we can trust the One who is. We may not know the future, but we can know the God who does.

Dedication to you and self

For the next 365 days of the year with a verse every week.

A little personal

For a year or two before I used to be a very fearful person. Not only fear of the unknown but specifically to our very own Kenyan revenue authority. My life would literally freeze when I saw an email from them. As a business woman, with different registered companies, it's normal for KRA to follow up on you. Either on reminding you of your taxes to pay, giving you lessons on how to go about your different taxes, inviting you to seminars or even just happy holiday wishes. It did not click on all these until after I opened the email.

I lived in fear for some time that one day I told myself enough is enough. For the Lord has not given me a spirit of fear but of power, love and self control.

The moment I realized this I started the journey of leaning on God by proclaiming the power of God given me. I refused to live in fear anymore. Today I have befriended a few friends in KRA who always guide me on my taxes that I do not fear anymore.

As you go through these verses, empty pages are here to allow you meditate and pour down your concerns unto the Lord. Journal your fears and let these verses speak life and not fear anymore

Week 1

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.”

Isaiah 41:10

Week 2

When I am afraid, I put my trust in you.” Psalm 56:3

Week 3

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. Philippians 4:6-7

Week 4

Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.” John 14:27

Week 5

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

Week 6

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. 1 John 4:18

Week 7

When anxiety was great within me, your consolation brought joy to my soul.

Psalm 94:19

Week 8

But now, this is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are mine. Isaiah 43:1

Week 9

An anxious heart weighs a man down, but a kind word cheers him up.

Proverbs 12:25

Week 10

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

Week 11

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

Joshua 1:9

Week 12

Therefore do not worry about tomorrow, for tomorrow will worry about itself.
Each day has enough trouble of its own. Matthew 6:34

Week 13

Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you. 1 Peter 5:6-7

Week 14

Tell everyone who is discouraged, Be strong and don't be afraid! God is coming to your rescue...Isaiah 35:4

Week 15

Do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest? Luke 12:22-26

Week 16

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? Psalm 27:1

Week 17

Cast your cares on the Lord and he will sustain you; he will never let the righteous fall. Psalm 55:22

Week 18

Immediately he spoke to them and said, 'Take courage! It is I. Don't be afraid.'
Mark 6:50

Week 19

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.

Deuteronomy 31:6

Week 20

For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. Do not be afraid, for I myself will help you,' declares the Lord, your Redeemer, the Holy One of Israel. Isaiah 41:13-14

Week 21

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

Week 22

The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper. Psalm 118:6-7

Week 23

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25

Week 24

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith? Mark 4:39-40

Week 25

The angel of the Lord encamps around those who fear him, and he delivers them. Psalm 34:7

Week 26

But even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats. 1 Peter 3:14

Week 27

I prayed to the Lord, and he answered me. He freed me from all my fears.

Psalm 34:4

Week 28

Do not be afraid of them; the Lord your God himself will fight for you.

Deuteronomy 3:22

Week 29

Then he placed his right hand on me and said: 'Do not be afraid. I am the First and the Last. Revelation 1:17

Week 30

Jesus told him, 'Don't be afraid; just believe.' Mark 5:36

Week 31

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. Romans 8:38-39

Week 32

The Lord your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.

Zephaniah 3:17

Week 33

He who 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."...He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you...For he will command his angels concerning you, to guard you in all your ways..."Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him...Psalm 91:1-16

Week 34

And they went and woke him, saying, 'Save us, Lord; we are perishing.' And he said to them, 'Why are you afraid, O you of little faith?' Then he rose and rebuked the winds and the sea, and there was a great calm. And the men marveled, saying, 'What sort of man is this, that even winds and sea obey him?'
Matthew 8:25–27

Week 35

And Zechariah was troubled when he saw him, and fear fell upon him. But the angel said to him, 'Do not be afraid, Zechariah, for your prayer has been heard, and your wife Elizabeth will bear you a son, and you shall call his name John. And you will have joy and gladness, and many will rejoice at his birth. Luke 1:12–14

Week 36

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. Luke 14:27

Week 37

“Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows. So everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven. Matthew 10:29–32

Week 38

For the righteous will never be moved; he will be remembered forever. He is not afraid of bad news; his heart is firm, trusting in the Lord. His heart is steady; he will not be afraid, until he looks in triumph on his adversaries. Psalm 112:6–8

Week 39

Then you will walk on your way securely, and your foot will not stumble. If you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Proverbs 3:23–24

Week 40

Then they cried out to the Lord in their trouble, and he brought them out of their distress. He still the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and he guided them to their desired haven. Psalm 107:28-30

Week 41

Why do the nations say, "Where is their God?" Our God is in heaven; He does whatever pleases him. But their idols are silver and gold, Made by human hands. They have mouths, but cannot speak, Eyes, but cannot see. They have ears, but cannot hear, Noses, but cannot smell. They have hands, but cannot feel, Feet, but cannot walk, nor can they utter a sound with their throats. Those who make them will be like them, and so will all who trust in them. Psalms 115:2-8

Week 42

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. Romans 8:15

Week 43

So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me? Hebrews 13:6

Week 44

The Lord will fight for you; you need only to be still.” Exodus 14:14

Week 45

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defence. He has become my salvation. Isaiah 12:2

Week 46

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. Deuteronomy 31:8

Week 47

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me, Declares the Lord. Isaiah 54:17

Week 48

Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown. Revelations 2:10

Week 49

For I am the Lord your God, Who takes hold of your right hand And says to you,
Do not fear; I will help you. Isaiah 41:13

Week 50

So then, don't be afraid. I will provide for you and your children." And he reassured them and spoke kindly to them. Genesis 50:21

Week 51

Then the Lord said to Joshua, “Do not be afraid; do not be discouraged. Take the whole army with you, and go up and attack Ai. For I have delivered into your hands the king of Ai, his people, his city and his land. Joshua 8:1

Week 52

You who fear him, trust in the Lord, He is their help and shield. Psalms 115:11

BACK HARD COVER WITH MY PICTURE

Diary of a Christian is a weekly memory verse notebook that will empower you as a Christian to live a fearless life. Inspired by my own fears, be sure to start the journey as a victor in Christ.

This diary reminds you that truly we have not been given the spirit of fear but of POWER, LOVE and SELF CONTROL. This diary is yours to walk with you every year your life.