



CONTENTS

Foreword.....	9
Introduction	13
SECTION I: WHAT WOMEN FEAR	
1. Fear – a Strong Human Emotion.....	19
2. The Fear of Death.....	27
3. The Fear of Physical Harm, Violence, Hate Crime, and Evil	31
4. The Fear of Losing Loved Ones	35
5. Fear – The Number-One Emotional Issue for Women.....	39
SECTION 2: EXAMINE YOUR FEARS—HEALTHY FEAR, GOD’S GIFT THAT ARMS YOU	
6. Wise Women Fear God	45
7. Healthy Fear Demands Your Undivided Attention.....	49
8. How Your Body Responds to Healthy Fear	53
9. How A.R.M.S. Fear Can Save Your Life	59
10. You Are Created To Survive	63
SECTION 3: UNHEALTHY FEAR—SATAN’S TOOL THAT HARMS YOU	
11. Unhealthy Fear Is Satan’s Instrument	69
12. Women and Panic Attacks.....	75
13. Women and Post-Traumatic Stress Disorder	81
14. Women and Anxiety	85
15. Women and Phobias	89





SECTION: 4 FACE YOUR FEARS

- 16. Face Fear with God’s Promises 97
- 17. God Promises You Strength When You Fear Hardship 101
- 18. God Promises You Hope When You Fear
the Process of Dying 105
- 19. God Promises You Courage When You Fear Danger 109
- 20. God Promises You Comfort When You Fear Loss 115

SECTION 5: CONQUER YOUR FEARS WITH CHRIST’S EXAMPLE

- 21. Conquer Fear of Evil with Christ’s Words 123
- 22. Conquer Fear of Hate with Christ’s Love 127
- 23. Conquer Fear of Cruelty with Christ’s Forgiveness 131
- 24. Conquer Fear of Fear with Christ’s Courage 135
- 25. Conquer Fear of Suffering with Christ’s Acceptance 141

SECTION 6: TESTIMONIES OF FEARS CONQUERED

- 26. Old Testament Heroes We Should All Know About 149
- 27. More Examples of Old Testament Heroes 153
- 28. Mary, the Amazing Mother of Jesus 157
- 29. The Fearless Witness of Faithful Disciples 161
- 30. Dedicated, Dauntless, and Joyful Martyrs 165

Bible Study Section For Personal Reflection and Study.... 171

Bible Study Section For Group Study and Discussion..... 199

Scriptural Prayers to Pray When You (or a Loved One)

Face Painful Situations 209

A List of Common Phobias..... 219

