Today's Date:

I fear

Shining light in the dark

Write about your greatest fear. It can be something very concrete like a ferocious animal or something vague like an unwanted feeling or circumstance. Try to be as detailed as you can, and write whatever comes up, even if it doesn't seem to make any sense at the time. Once completed, read back and notice what is undisputable truth vs. your own story/interpretation. What is one thing you can do this week to bring faith to this fear and no longer let it control your life?