



Fear

# WHEN FEAR KNOCKS

A 10-DAY DEVOTIONAL FOR WOMEN

*Stepping Into Courage, Faith, and Freedom*

Based on the Teaching of  
**Dr. Tonya Breland**

# A Note:

Fear is not a stranger to any of us. It shows up uninvited — in the quiet of the morning, in the middle of the night, in the middle of our biggest dreams. But here is what I know after years of walking women through transitions from career to calling: the size of your fear is often a signal pointing directly at the significance of your assignment.

The enemy does not waste his strategies on small things. If fear has been relentless in your life, pay attention — because God has likely placed something extraordinary on the inside of you that fear is desperately trying to prevent from coming out.

This devotional was born out of my teaching series *From Career to Calling*, where I address the fears and apprehension that stand between where you are and where God is calling you to go. Over ten days, we will name fear, understand its power, discover who God says you really are, and pick up the spiritual weapons to fight back.

We will not pretend fear is not real. We will not offer spiritual clichés or quick fixes. We will open the Word, open our hearts, and invite God into every place fear has lived.



## How To Use This Devotional

Each day follows a clear rhythm designed to carry you from Scripture into your life:

- ◆ **Scripture:** Read the verse slowly, more than once. Let it settle before moving on.
- ◆ **Reflection:** Read with an open heart. Note when something strikes you as personal.
- ◆ **Dr. Tonya Says:** A highlighted truth drawn directly from Dr. Tonya's teaching.
- ◆ **Reflect & Journal:** Three questions to go deeper. Write your responses — there are no wrong answers.
- ◆ **Prayer:** Pray as written or let it launch your own conversation with God.

This devotional is designed for individual use or for a small group of women who are ready to be honest with each other. If you use it in a group, create space after the reflection questions for real conversation — the kind that reminds us we are not walking through this alone.

Take your time. God is not in a hurry with you.



# Dr. Tonya's Framework for Overcoming Fear

Throughout this devotional, you will encounter a four-part framework Dr. Tonya Breland teaches in her From Career to Calling series. Familiarize yourself with it before you begin:

## 01. IDENTIFY YOUR FEARS

You cannot combat what you will not confront. Name the fear specifically — bring it out of the shadows.

## 02. REPLACE YOUR FEARS

Ask: What does God say about me? Replace fear's lies with the specific, personal truth of God's Word.

## 03. SUBMIT YOURSELF TO GOD — TRUST HIM

Surrender your will. Place your fears, your timeline, and your plans into the hands of the One who holds all authority.

## 04. FIGHT WITH SPIRITUAL WEAPONS

Prayer, faith, the Word of God, and fasting are not passive. They are active weapons of warfare. Pick them up.

*Fear paralyzes. Fear discourages. Fear imprisons. Fear steals. But God has given you the power, the identity, and the weapons to refuse every one of those outcomes.*





Day 1

## Calling Fear by Its Name

*“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 (NKJV)*

Fear is not a mystery – it is a defined, identifiable force. According to the Oxford Dictionary, fear is an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Notice the word belief. Fear is rooted in what we believe, not always in what is real.

This is why the first and most important step in overcoming fear is to identify it – to call it out by name. Dr. Tonya Breland teaches that we cannot combat what we will not confront. Unnamed fear stays in the shadows, where it grows. Named fear is brought into the light, where God meets it.

God has not given us a spirit of fear. That means fear, when it paralyzes us and silences our calling, is not from Him. It is a counterfeit – a false spirit wearing the mask of wisdom or caution. Today we name it, and in naming it, we begin to strip away its power.

### Dr. Tonya Says

*Step One from Dr. Tonya's framework: **IDENTIFY** your fears. You cannot replace, submit, or fight what you have not first clearly seen.*

### Reflect & Journal

- ◆ *What specific fear has been most present in your life right now? Write it down by name.*
- ◆ *Is this fear rooted in a real threat – or in a belief about what might happen?*
- ◆ *How does knowing that this spirit of fear did not come from God change how you see it?*

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### Prayer

*Lord, I bring my fear into the light today. I name it: [name your fear]. I declare that it did not come from You. You have given me power, love, and a sound mind – and today I choose to walk in those gifts instead. Amen.*



## Day 2

### Fear Has Power – But So Do You

*“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”*

*–John 10:10 (NKJV)*

Dr. Tonya Breland makes it plain: fear has power. It is not something to be minimized or dismissed. Fear paralyzes – it stops you mid-stride, right before the breakthrough. Fear discourages – it drains your energy and makes quitting feel like wisdom. Fear imprisons – it builds walls around your potential and convinces you the cell is protection. And fear steals – your time, your dreams, your calling, your yes.

But here is the truth that changes everything: the enemy uses fear as a weapon precisely because he knows what is on the other side of it. He does not waste his strategies on small things. The intensity of your fear is often a signal pointing directly at the significance of your assignment.

Jesus came so that you could have life – abundant, full, expansive life. Not a life managed from inside a cell of fear, but a life lived in the wide-open spaces of faith and purpose. Fear has power, yes. But so do you – because the One who lives in you is greater than the one behind the fear.

### Dr. Tonya Says

*Fear paralyzes. Fear discourages. Fear imprisons. Fear steals. Knowing what fear does is the first step to refusing to let it win.*

### Reflect & Journal

- ◆ *Which of the four effects of fear – paralyzing, discouraging, imprisoning, or stealing – has had the greatest impact on your life?*
- ◆ *What dream, calling, or step of obedience has fear stolen from you?*
- ◆ *How does reframing fear as a sign of significance – rather than a sign to stop – change your perspective?*

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### Prayer

*Father, I refuse to let fear have the final word. I see what it has stolen, and I declare: no more. I am not called to a small, fearful life. I am called to abundance. Restore what fear has taken, and give me the courage to step into the fullness You have prepared for me. Amen.*



Day 3

## You Are a Masterpiece

*“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.”*

*— Ephesians 2:10 (NLT)*

Dr. Tonya declares this without apology: You are a masterpiece. Not a rough draft. Not a work in progress that might not make it. A masterpiece – crafted intentionally by the hand of God, with purpose woven into every detail of who you are.

Fear tells you the opposite. Fear says you are not enough, not ready, too broken, too late, too much, or too little. But fear is a liar, and it has never created anything great. Fear does not start businesses. Fear does not write books. Fear does not save marriages, invent solutions, serve on the Supreme Court, or fly to the stars. Those things require someone who knows who they are.

The word 'masterpiece' in the original Greek is poiema – the root of our word 'poem.' You are God's poem. He chose every word, every line, every rhythm of your life with intention. When fear tells you that you are ordinary, Scripture responds: you are handcrafted, purposed, and already equipped for the good works God planned for you before you were born.

### Dr. Tonya Says

*Fear does not do great things. Masterpieces do. And you are one.*

### Reflect & Journal

- ◆ *What has fear told you about yourself that directly contradicts what God says about you?*
- ◆ *What is one 'good thing' – one purpose or calling – you sense God has planned specifically for you?*
- ◆ *What would it look like to walk through today as a masterpiece, fully known and fully equipped by God?*

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### Prayer

*God, I receive this truth today: I am Your masterpiece. Help me to see myself the way You see me – not through the eyes of fear, but through the eyes of the One who made me on purpose, with purpose. I will not minimize what You have made. Amen.*



Day 4

## When Fear Becomes a Stronghold

*“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God.”*

*– 2 Corinthians 10:4–5 (NKJV)*

A stronghold is not just a bad feeling – it is a fortified position that the enemy has built in your mind, one thought at a time, over time. Dr. Tonya Breland teaches that fear, when left unchallenged, becomes a stronghold: a deeply embedded pattern of thinking that filters everything you see, hear, and believe through the lens of threat and danger.

Scripture also names another weapon of fear: it exalts itself. Fear does not stay in its lane. It rises up and demands to sit on the throne of your mind, pushing out faith, hope, and truth. When fear exalts itself, every decision is filtered through its authority rather than God's.

But God's Word is clear: fear does not get the throne. The stronghold of fear can be pulled down – not by willpower or positive thinking, but by the mighty weapons God has given us. His Word dismantles what fear has built. His truth casts down every argument fear has made. Today, we begin to dismantle the fortress.

### Dr. Tonya Says

*Fear exalts itself – it tries to sit on a throne that belongs to God alone. The first step to pulling it down is recognizing it has no rightful authority over you.*

### Reflect & Journal

- ◆ *In what area of your life has fear built a stronghold – a pattern of thinking that has become automatic and deeply embedded?*
- ◆ *What 'arguments' has fear made that you have accepted as truth? Can you name them?*
- ◆ *What specific truth from God's Word directly challenges one of those arguments?*

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### Prayer

*Lord, I identify the strongholds that fear has built in my mind. I bring Your Word against every argument, every lie, every wall. Pull down what does not belong, and rebuild with truth. Fear does not get the throne of my mind – You do. Amen.*



Day 5

## Transform Your Mind First

*“Don't copy the behaviors and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.”*

— Romans 12:2 (NLT)

Dr. Tonya Breland opens her teaching with a foundational truth: first things first. Before the strategy, before the next step, before the action plan — transformation starts in the mind. Romans 12:2 is not a suggestion. It is a sequence. Change how you think, and then you will be positioned to recognize and walk in God's will.

This is why fear is so dangerous to your calling: it corrupts the thinking that your decisions flow from. When fear runs the operating system of your mind, every choice gets filtered through worst-case scenarios, self-doubt, and a sense of threat. But when your mind is being renewed by the Word of God, the lens shifts — and what once looked impossible begins to look like an assignment.

Transformation is not a one-time event — it is a daily practice. Each day you choose God's Word over fear's narrative, you are rewiring. Each day you bring your thoughts into alignment with truth, the stronghold loses ground. This is not passive. It is the most active, intentional work a woman of faith can do.

### Dr. Tonya Says

*Transformation begins in the mind. You cannot walk into a new calling with old fear-saturated thinking. Renewal is the first step.*

### Reflect & Journal

- ◆ *What patterns of thinking — shaped by fear — do you most need God to renew right now?*
- ◆ *What would it look like practically to immerse your mind in God's Word this week as an act of transformation?*
- ◆ *How has fear distorted your view of God's will for your life? What does Romans 12:2 say that will actually look like?*

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### Prayer

*God, I submit my mind to You today. I don't want to think the way fear tells me to think. Transform me — renew every thought pattern that does not align with Your truth. I want to know Your will, and I trust that it is good, pleasing, and perfect. Amen.*



## Day 6

### Are You Hiding?

*"Then the Lord God called to Adam and said to him, 'Where are you?' So he said, 'I heard Your voice in the garden, and I was afraid... and I hid myself.'"*

*— Genesis 3:9-10 (NKJV)*

Fear makes hiders out of all of us. The very first response to fear recorded in Scripture is hiding — Adam heard the voice of God and ran. Not because God was cruel, but because shame and fear convinced him that hiding was safer than being seen.

Dr. Tonya Breland asks a bold question in her teaching: Are you hiding? Are you hiding your gifts, your calling, your voice, your true self — not because you don't have something to offer, but because fear has convinced you that being fully seen is too dangerous?

God's response to Adam is the same response He offers you today: He comes looking. He calls out — not to shame, but to restore. The question 'Where are you?' is not an accusation. It is an invitation to come out of hiding and back into the fullness of what He created you to be. He is not disappointed in you for hiding. He is calling you out.

### Dr. Tonya Says

*God is not asking 'Where are you?' to shame you. He is asking because He sees you, He knows where you are, and He wants to lead you out.*

### Reflect & Journal

- ◆ *In what area of your life are you hiding — your gifts, your calling, your voice, your true self?*
- ◆ *What is the fear that drives you to hide? Name it specifically.*
- ◆ *What would it mean for you to come out of hiding today — even one small step toward being fully seen?*

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### Prayer

*Lord, You already know where I am. I've been hiding — my gifts, my yes, myself. Today I hear You calling, and I choose to step out. I don't have to perform or be perfect to come to You. I just have to come. Here I am. Amen.*



Day 7

## Don't Let Fear Become Your God

*"You shall have no other gods before Me."  
— Exodus 20:3 (NKJV)*

Dr. Tonya Breland makes a statement that stops people in their tracks: Don't let fear become your god. It is a bold word — but it is an accurate one. When fear is the primary force shaping your decisions, governing your choices, and determining what you will and will not do, fear has taken the position that belongs only to God.

We think of idols as ancient statues. But an idol is anything we give the authority that belongs to God alone. Fear, when it exalts itself above what God has said — when it overrides His command, His promise, His call — has become an idol. And the first commandment leaves no room for it.

The good news is this: dethroning fear does not require you to feel fearless. It requires you to act in obedience to God even while fear is still speaking. Every time you choose God's voice over fear's voice, you are casting fear down from the throne and returning it to where it belongs — under your feet, not over your life.

### Dr. Tonya Says

*When fear governs your decisions more than God does, it has become your god. Reclaim the throne. Fear does not belong there.*

### Reflect & Journal

- ◆ *In what area of your life has fear been making the final decision — more than faith, more than God's Word?*
- ◆ *What is one decision you have delayed or refused because fear has had more authority than God in that area?*
- ◆ *What would it look like to dethrone fear today — to make one choice based on faith instead?*

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### Prayer

*Father, I confess that I have given fear authority it does not deserve. It has been sitting on a throne that is Yours alone. Today I dethrone it. You are my God — not my fear. I will act on what You say, not on what fear predicts. Amen.*



Day 8

## Replace Fear — What Does God Say?

*“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.”*

*— 1 John 4:18 (NKJV)*

Identifying fear is essential — but it is only the beginning. Dr. Tonya Breland's framework pushes further: replace the fear. You cannot simply remove something from your mind and leave a vacuum. You must fill that space with truth. And the most powerful question to ask in that moment is: What does God say about me?

Fear speaks loudly. It has a well-rehearsed script — full of worst-case scenarios, old wounds, and lies dressed up as logic. To replace fear, you need God's script. What does He say about your worth? Your capacity? Your future? Your calling? His Word is not a collection of nice thoughts — it is the most reliable intelligence available, because He is the only One who actually knows every outcome.

Perfect love casts out fear — not by arguing with it, but by displacing it. When God's love becomes more real than your fear, fear loses its grip. Begin today to build a vocabulary of what God says about you. Write it. Speak it. Pray it. Let His words take the space that fear has occupied.

### Dr. Tonya Says

*Step Two from Dr. Tonya's framework: REPLACE fear — not with positive thinking, but with the specific, personal truth of what God says about you.*

### Reflect & Journal

- ◆ *What is one specific lie that fear has been telling you about yourself?*
- ◆ *What does God's Word say in direct response to that lie? Find a verse and write it down.*
- ◆ *What would it look like to speak God's truth out loud every time fear's lie surfaces this week?*

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### Prayer

*God, I ask You today: what do You say about me? Speak it clearly. I want Your words to be louder than fear's voice. I choose to replace every lie with Your truth, and I will practice that replacement until faith becomes stronger than fear. Amen.*



## Day 9

# Submit, Trust, and Fight

*“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”  
— James 4:7 (ESV)*

Dr. Tonya Breland's framework for combating fear includes four decisive actions: identify your fears; replace them with God's truth; submit yourself to God and trust Him completely; and then fight—with the spiritual weapons He has given you: prayer, faith, His Word, and fasting.

Submitting to God is not weakness — it is the most strategic move you can make. When you surrender your will, your timeline, your plans, and your fears into His hands, you remove yourself from the position of trying to manage everything alone. You align yourself with the One who holds all authority. And from that position, resistance to fear becomes possible. James promises: resist, and the enemy flees.

The spiritual weapons are not passive. Prayer is active communion and warfare. Faith is a declaration made before the evidence arrives. The Word of God is described in Ephesians 6 as a sword — you wield it. Fasting sharpens focus and breaks patterns that have become strongholds. These are not suggestions for the especially spiritual among us. They are the arsenal God has placed in every believer's hands.

### Dr. Tonya Says

*Steps Three and Four from Dr. Tonya's framework: SUBMIT to God — surrender your will. FIGHT with spiritual weapons: prayer, faith, the Word, and fasting.*

### Reflect & Journal

- ◆ *What would it mean practically to surrender the fear you have been managing — to truly place it in God's hands?*
- ◆ *Which spiritual weapon — prayer, faith, the Word, or fasting — do you most need to pick up right now?*
- ◆ *What is one specific act of resistance you can take against fear this week using that weapon?*

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### Prayer

*Lord, I submit to You — my plans, my fears, my will. I trust that You are sovereign over every detail I cannot control. And from this position of surrender, I rise to fight. I take up prayer, faith, Your Word, and fasting as my weapons. The enemy does not get to win. Amen.*



Day 10

## Say YES — From Career to Calling

*“She is clothed with strength and dignity, and she laughs without fear of the future.”  
— Proverbs 31:25 (NLT)*

Dr. Tonya Breland tells the story of Kaiya — a woman who said YES. Amid fear and apprehension, Kaiya chose to trust God with her next step. She moved from the safety of what she knew toward the calling she was made for. That YES did not require the absence of fear. It required the presence of faith — and the decision that God's voice would be louder than fear's.

You have spent ten days confronting fear honestly. You have named it, understood its power, received the truth that you are a masterpiece, dismantled strongholds, renewed your mind, come out of hiding, dethroned fear, replaced its lies with God's truth, and taken up spiritual weapons. That is not a small thing. That is a ten-day declaration that your calling is more important than your comfort.

Now it is your turn to say YES. Not when the fear is completely gone — it may not be. But yes anyway. Yes to the calling God has placed inside you. Yes to the next step, even if you cannot see the full staircase. Yes to being a woman who does not just exist in the shadow of what could have been, but who laughs — unafraid — at the future, because she knows who holds it.

### Dr. Tonya Says

*Kaiya said YES. You are next. The calling on your life is real. Fear is not the final word — your YES is.*

### Reflect & Journal

- ◆ *What is the YES that God has been waiting for you to say? Be specific.*
- ◆ *What is one concrete step you will take in the next 7 days as an act of saying YES to your calling?*
- ◆ *How have you changed over these 10 days? What truth about fear — and about yourself — will you carry forward?*

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### Prayer

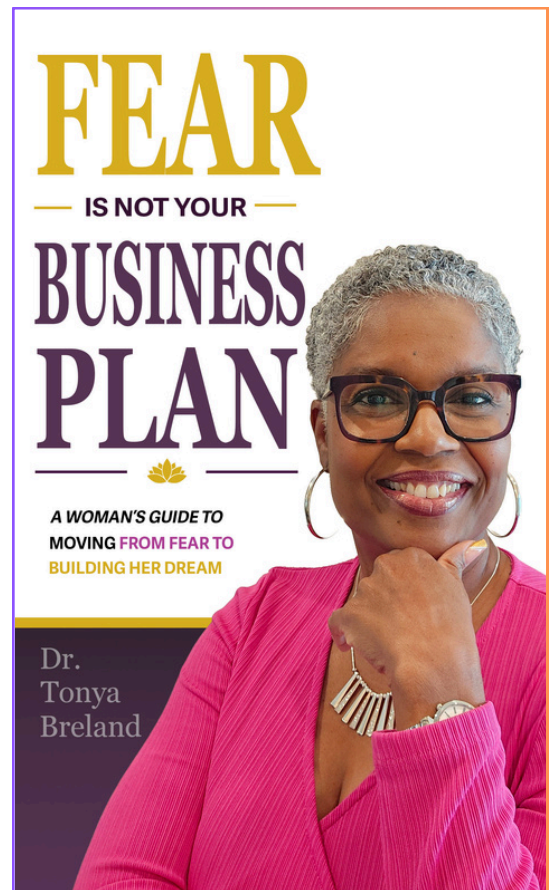
*God, I say YES. YES to You, YES to the calling You have placed in me, and YES to the next step — even though I do not see the whole path. I am clothed in strength and dignity. I am Your masterpiece. And I will laugh at what comes next, because I know the One who holds it all. Amen.*



# You Said Yes!

Ten days of choosing faith over fear. Of naming what tried to silence you and declaring that it does not have the final word. That is not a small thing. That is the beginning of living fully into the calling God placed inside you before you were born.

**You are a masterpiece. You are clothed in strength. And your YES matters.**



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If You Enjoyed This Devotional, Consider Getting **Fear is Not Your Business Plan: A Woman's Guide to Moving From Fear to Building Her Dream**

Fear has robbed too many women of the dreams God placed in their hearts.

For years, and sometimes even decades, women hide behind excuses, silence their gifts, shrink back from opportunity, and convince themselves that they are not ready, not worthy, not qualified, or not enough. Fear whispers lies that sound believable. It tells them to wait and that they will fail. It tells them they have missed their moment. And little by little, fear keeps them trapped, living lives that are safe, but unfulfilled.

This book exposes the traps fear sets in the hearts and minds of women and offers a path toward freedom. Through encouragement, reflection, faith, and practical steps, readers will be challenged to confront the lies, break agreement with fear, and begin walking boldly in their God-given calling, purpose, and giftedness.

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