



# **Fear Not!: Meditations to Overcome Fear, Worry, and Discouragement**

*Rand Hummel*

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# Fear Not!: Meditations to Overcome Fear, Worry, and Discouragement

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## **Fear Not!: Meditations to Overcome Fear, Worry, and Discouragement** Rand Hummel

Fear and anxiety can paralyze Christians, damage relationships, and hamper service for God. With step-by-step instructions and Scripture meditation, Rand Hummel offers freedom for those controlled or hindered by fear. Rand's Scripture meditation series and his book *The Dark Side of the Internet* have grown out of his experiences counseling men and women crippled by lust, anger, and fear.

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