

OVERCOMING FEAR



COACH OWIDI

**"FOR THE SPIRIT GOD GAVE US DOES NOT MAKE US TIMID,
BUT GIVES US POWER, LOVE AND SELF-DISCIPLINE"**

2 TIMOTHY 1:7 (NIV)

Overcoming Fear in Divorce and Widowhood Through Coaching

By Coach Charles Owidi



The fear of the Lord is the beginning of wisdom
(Proverbs 9:10)

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Overcoming Fear

In Divorce and Widowhood through Coaching

Q, What Is Fear?

Fear is a natural, God-given emotional response to perceived danger. It acts as a **protective warning system**, helping us stay alert, cautious, and responsive.

Psychologically, it triggers the body's "fight or flight" response.

Spiritually, it can either **bind us** (unhealthy fear) or **lead us to wisdom** (fear of God).

"The fear of the Lord is the beginning of wisdom."

- Proverbs 9:10

"God has not given us a spirit of fear..." - 2 Timothy 1:7

Fear is not the enemy – **misplaced fear is**.

When surrendered to God, fear becomes a tool for growth, not a barrier. Fear is a natural and healthy part of us. It was designed by God as an internal warning system—a protective sensor to alert us to potential danger or deeper emotional needs. Alongside fear, emotions like anger and anxiety are not enemies; they are divine signals.

Signals meant to warn, guide, and protect us when well used and not to paralyze us.

My Experience My Motivation:

My Story with Fear

(Deeper Personal story on my pain my motivation -

<https://drive.google.com/file/d/13rYASg5Tisch-vGSZHKkjoMy4a8HlsI/view?usp=sharing>)

One morning, while exercising, I suddenly remembered a meeting scheduled for the day. Immediately, my heart started pounding with fear as past experiences with my friend rushed through my mind.

I asked myself some sobering questions:

- Why do I fear? What unresolved issues exist between us?
- If perfect love drives out fear, why am I still afraid?
- The Bible calls me to love my enemies and neighbors – what about my brother and workmate, for whom Christ died?
- How can Christ's perfect love overcome my fears in this situation?

This led me to study fear deeply. I realized fear is a natural, God-given tool designed to protect us from danger. Not all fears are bad or good—it's important to know the difference.

I learned to ask:

- Is my fear caused by something truly dangerous and biblically legitimate?
- Or is it a reaction to past pain, mistaken beliefs, or unhealthy habits?
- Is it fear of failure, punishment, or something else?

Understanding the root of fear helps manage it better.

God's word encourages us:

"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

This truth reminds me that fear is natural but doesn't have to control me—because God is with me, strengthening and upholding me.

Table of Content	Page
Health challenges associated with fear	10
Benefits of fear	14
Possible causes of fear	18
OVERCOMING FEAR –	
Through Building Inner Sanctity	22
By Trusting in God	28
By Seeking the Peace of God in Jesus	34
Be Filled with God’s Love	39
FEAR GOD INSTEAD	45
BE STRONG AND OF GOOD COURAGE	53
STOP WORRYING AND START LIVING	59
WHEN ALL HOPE SEEMS LOST	66
REMAIN UNDER THE SHADOW OF	
THE ALMIGHTY	72
Why Is Overcoming Fear Difficult At Old Age	
Than When you are Still Young?	79
LONELINESS:	
Fear of Being Alone Long-Term	81
Poverty: Fear of Financial Instability	83
Fresh Start: Fear of Starting Over	85
Fear of Wasted Years	88

Scriptural directives for overcoming fear	90
Finding balance in the golden years:	96
Why Forgiveness Feels Harder After 50- and How to Heal Anyway	99
The forgiveness Healing Shift:	102
How Satan Keeps You Stuck After 50	105
Daily devotionals for your spiritual health Protecting your emotional and spiritual well-being ..	108
Validation must come from God: Proverbs 14:10 God honors emotional maturity God is still leading. Proverbs 3:5-6 New connections and fresh beginnings: Proverbs 17:9 Choosing your peace over your pain. Proverbs 19:11	111
Devotionals Part 2: Myth, older people have Less “Time” to rebuild	113
Time Is Never Wasted: Wisdom for the 50+ Soul Truth 2: Your Age Doesn’t Disqualify You - It Deepens You	114
Truth 3: Forgiveness Over 50 Is a Gift to the Next Generation - Practical Ways to Redeem the Time:	115
WHY FORGIVENESS FEELS HARDER AFTER 50: ...	118

Realistic, sobering truths – with divine hope woven in.	
Deeper Wounds, Fewer Outlets:	
Deeper Wounds, Deeper Roots	118
Fewer Outlets, More Silence	
Shame & Cultural Pressure	120
Fear of Loneliness	
Bitterness feels safer than emptiness	
Possible solution:	
Fixed Worldviews = Rigid Pain	122
Forgiveness doesn't rewrite your values -	
it redeems your heart.	
Confronting the Self- forgiving the self	124
The Hidden Battle: Forgiving Yourself	125
Practical activities for forgiveness	129
Name the Wound...	
Reclaim Your Peace	130
Guard Your Heart Without Hardening It...	
Let Go of the Story You Told Yourself	131
Release the Right to Retaliate	
Make Room for Something New.	
Forgive, Even If You Never Get Closure	134
DEVOTIONAL:	

Forgiveness 50+ TIME IS NOT WASTED	135
Day 1 – God Redeems the Years	
The Power of Gray Hair	
Forgiveness Is Legacy	
The Fear of “Wasted Time”	137
Starting Over Isn't Starting From Scratch	
Fixed Stories Need a Gentle Rewrite...	
You’re Closer to Heaven Now Than Ever	
Devotional:	
“Still Becoming: Forgiving Myself After 50”	141
The Mirror of Mercy	
The Backpack You Don’t Have to Carry	
Grace for the Younger Me	143
The Power of Unlearning	
The Mirror Isn’t the Judge	145
The Masterpiece Isn’t Finished	
Becoming New, Even Now...	
The Illusion of wanting to take Control and not letting God be	148
Day 1: – When You Play God, You Sabotage Grace	
The God Complex – How Pride Fuels Hidden Fear	
Replacing Panic with Presence	149

Fear of Man vs. Fear of God	
What Are You Worshipping?	
Let God Be the Beast – Holy but Safe	
Holy Confidence – Walking in Fearless Trust	151
DAY DEVOTIONAL	153
“BE STRONG AND COURAGEOUS: OVERCOMING FEAR FOR GOD’S GLORY”	
The Battlefield Is Real	
Feel the Fear – and Do It Anyway	154
Even If He Doesn’t	
Borrow Strength from Your Testimony	156
Courage Isn’t Loud – It’s Loyal	
Who’s Backing You?	158
Take Territory	
The root of fear devotional:	161
Playing God	
FEAR’S COUSIN: CONTROL	162
FALSE GODS: Fear of Man	
HOLY FEAR: The Key to Wisdom	164
THE SABOTAGE CYCLE: Self-Dependence	
FROM FEAR TO FAITH	
WHEN GOD IS GOD... FEAR DIES	167

Fear in Divorce and Widowhood

In the wake of divorce or the death of a spouse, fear can feel overwhelming—fear of the unknown, fear of being alone, fear of starting over.

These moments shake the foundation of what we once knew. But when fear is not understood, it can spiral into confusion, isolation, and even despair.

What God placed in us to protect, when mismanaged, can begin to harm.



Chapter 1

HEALTH CHALLENGES ASSOCIATED WITH FEAR:

HEALTH CHALLENGES CAUSED BY FEAR

Fear, when not understood or managed, becomes more than an emotion—it becomes a silent destroyer of both **mind and body**.

Mental & Emotional Strain:

- Anxiety and panic attacks
- Depression and discouragement
- Sleeplessness and constant worry
- Mental fog and indecision

Physical Consequences:

- High blood pressure and heart strain
- Weakened immune system
- Headaches, fatigue, and body pain
- Stomach issues like ulcers or IBS

Long-Term Effects:

- Hormonal imbalance (cortisol overload)
- Increased risk of stroke or heart disease
- Memory issues, lack of focus
- Burnout, appetite changes

From the very beginning, **God knew the dangers** of unbalanced living.

Anxiety in a man's heart weighs him down, but a good word makes him glad." *Proverbs 12:25 (ESV)*

"A tranquil heart gives life to the body, but envy makes the bones rot." *Proverbs 14:30 (ESV)*

This verse speaks to the internal corrosion caused by emotional turmoil.

At creation, He gave us inner warning systems - fear, anger, caution - not to destroy us, but to **protect and guide** us.

Paul says,

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." *Philippians 4:6 (NIV)*

“Cast all your anxiety on Him because He cares for you.” 1
Peter 5:7 (NIV)

While He also gifts those who trust Him with Peace of Mind is a gift from Him:

John 14:27 – Jesus Speaks Peace

“Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

– John 14:27 (NIV)

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.” *Isaiah 26:3 (NIV)*

“Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

– John 14:27 (NIV)

It then remains that it is a personal choice, yet when we ignore His wisdom, we suffer the consequences.

That's why I, having witnessed what many are going through, I saw it wise to introduce you to a renewal and transformative journey of the mind for the glory of God.

Note:

However, this kind of transformation only works for those **willing to implement these life giving principles.**

As Jesus said:

In Matthew 7:24 -25 *"The house built on the rock is the only one that can withstand the storms of life."* –

If you're ready to rebuild on the rock—through faith, truth, and renewed thinking—**your healing begins here.**

Chapter 2

BENEFITS OF FEAR:

Illustration to help understand the benefits of Fear:

The Leprosy Analogy

Fear Is a God-Given Sense for Survival. Many people misunderstand what leprosy is. They believe it directly causes wounds, rotting flesh, or missing limbs. But **scientifically**, leprosy (Hansen's disease) doesn't create the wounds—it **kills the nerves** responsible for sensing pain, heat, or injury. When a person can no longer feel, they may cut, burn, or injure themselves repeatedly without even realizing it. Over time, those unnoticed wounds lead to infection, damage, and physical loss.

The tragedy isn't the disease itself—it's the **loss of sensation** that allows destruction to creep in silently.

In the same way, fear, anger, and anxiety are like God-given emotional sensors. They're not curses—they're **alerts**, designed to help us pause, reflect, and protect ourselves.

Without these inner signals, we wouldn't know when something's wrong.

But in today's world, many people, especially when facing grief, divorce, or personal loss, **harden their hearts** to these natural warning systems. They try to silence fear, pain, and emotion by turning to **alcohol, drugs, overwork, or distractions**. These may numb the pain temporarily, but in the long run, just like with leprosy, **unseen damage begins to grow** – emotionally, physically, and spiritually.

Ephesians 4:18-19 – “They are darkened in their understanding and separated from the life of God... having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity...” This is why **coaching, grounded in biblical truth**, is so vital. It's not just about managing emotions—it's about learning to hear God's voice *through* the fear and pain.

Psalms 34:4 – “I sought the Lord, and He answered me; He delivered me from all my fears.” The best solution is not to numb or run from what overwhelms us, but to bring it to **God—the ultimate Healer**. His remedy is not escape, but transformation.

Through His Word, His Spirit, and wise counsel, we begin to feel again, heal again, and live again. Because when we truly fear God, we no longer have to fear anything else.

While on the Flip Side

Fear, while painful, can also be a powerful teacher. It's often where the deepest growth begins. When faced, understood, and gently worked through, it can become a catalyst for rebuilding identity, rediscovering inner strength, and learning to love life – and oneself – again.

Allow us to join hands together to learn through coaching, taking a minute to pause, reflect, and *listen* to what your fear is truly pointing to. So as to help uncover the root causes beneath the surface grief, rejection, identity, loss of purpose, and begin to reframe them in the light of God's truth.

Not all fear is harmful:

Scripture teaches us that the **fear of the Lord** is a source of wisdom, strength, and stability:

"The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding." – *Proverbs 9:10*

"The fear of the Lord leads to life; then one rests content, untouched by trouble." — *Proverbs 19:23*

"The angel of the Lord encamps around those who fear Him, and He delivers them." — *Psalms 34:7*

When we learn to fear God above all else—not in terror, but in awe, reverence, and trust—every other fear begins to lose its grip. We stop letting fear rule us, and start letting God *lead* us.

Healing after loss doesn't mean you erase fear—it means you learn how to walk through it with wisdom, faith, and purpose.

Coaching provides the safe, Spirit-led space to rediscover your identity, rebuild your inner strength, and take bold steps into the future God still has for you.

You were not created to live in fear—you were created to rise from it, anchored in the fear of the Lord.

Chapter 3

POSSIBLE CAUSES OF FEAR:

****Fear of the Unknown****

One of the most crippling aspects, suddenly, the life, the partner, the solutions provider you knew is gone.

You don't know what comes next, whether you'll be okay, or how to rebuild. It creates anxiety and you start feeling lost, uncertain, or without firm support or direction.

You start asking yourself many questions like

Q, "Will I ever find love again?"

Q, "Can I make it on my own?"

Q, "What happens to my identity without them?"

We must accept that we humans are wired for connection.

The end of a close bond—whether through divorce or death—can trigger a primal fear of loneliness and abandonment.

This fear can cause people to cling to unhealthy relationships or avoid forming new ones altogether.

The other common fears commonly experienced are

Fear of Financial Instability:

Especially in long-term relationships where finances were shared, the idea of managing life solo can be terrifying. It affects confidence and can make people freeze up in decision-making.

Fear of Emotional Pain

After the loss, the heart is raw. Many fear feeling that depth of pain again, which can lead to emotional shutdown.

This avoidance can block healing and lead to depression or chronic anxiety.

Q, the big question is How does fear Cripples People?

Paralysis in Decision-Making: Can't move forward, stuck in "what-ifs."

Isolation: Fear pushes people to withdraw from friends, family, or potential new connections.

Loss of Self-Worth: The fear convinces them they're not lovable, not capable, or not enough without the other person.

Overthinking: Constantly replaying the past or obsessing about the future.

Avoidance of Healing: Refusing therapy, numbing with distractions (alcohol, work, etc.), or rushing into new relationships to escape the void.

How does Fear Prevents Healing?

Let's elaborate on it just a bit. Fear often acts like an invisible barrier that keeps people stuck in pain instead of moving toward healing. Here's how:

- 1. Fear of Facing the Pain**: People avoid confronting painful emotions or memories because fear tells them it's safer to stay numb or distracted. This avoidance prevents the natural healing process that comes from acknowledgment and acceptance.
- 2. Fear of Change**: Healing often requires change, letting go of old habits, relationships, or mindsets. Fear of the unknown can make individuals cling to familiar pain rather than stepping into uncertainty.
- 3. Fear of Vulnerability**: Healing requires vulnerability, opening up to others, seeking help, and expressing true feelings. Fear can make people shut down or isolate

themselves, blocking the support and connection they need.

4. **Fear of Failure or Judgment:** Many fear that trying to heal and fail will lead to shame or rejection. This fear stops them from taking the first steps toward growth or reaching out for coaching, counseling, or spiritual guidance.
5. **Spiritual Fear:** Sometimes fear is rooted in misunderstanding God's character, thinking He is angry or punishing rather than loving and healing. This can prevent people from fully trusting God to restore them.

Chapter 4

OVERCOMING FEAR Intro:

Action plan:

Now that we understand fear – what it is, why it exists, and how it affects our mind, body, and spirit—let’s move forward to the most important step: overcoming fear.

Knowing a problem without working toward a solution is like diagnosing a disease but never seeking the cure. Fear, while natural and protective, can become a barrier if left unchecked. But the good news is, fear *can* be overcome.

So, let’s explore practical, biblical, and empowering ways to break free from fear and step into the peace and freedom God intends for us.

Overcoming Fear – Through Building Inner Sanctity

Fear is one of the most powerful emotions we all face. Whether we like it or not, fear has touched each of our lives at some point.

It's deeply wired into our subconscious and conscious minds as a natural response to danger, both real and imagined.

Fear can protect us, but if left unmanaged, it can rob us of our peace, joy, and even our health. It can freeze us in place, stop our growth, and keep us from stepping into the fullness of life God has planned.

The Bible reminds us clearly:

"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)

This means unhealthy fear that steals our faith is not from God—it is not meant to dominate us. Instead, God empowers us with strength, love, and a calm, clear mind to overcome such fear.

Understanding Fear

We all carry different fears—fear of failure, fear of the unknown, fear of success, and many more. Some of these fears are inherited from childhood, passed down through traditions, or born from past painful experiences. Some fears remain hidden deep within us, influencing us without our awareness. Uncontrolled fear can lead to chronic worry, anxiety, and even paralysis—spiritually, emotionally, and physically.

But the first step to overcoming fear is to understand its source and learn how to manage ourselves when fear arises.

Realize That God Is With You

One of the greatest weapons against fear is the truth that God is always by your side:

“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

Fear thrives in the absence of God’s presence. When we try to rely solely on our own strength and wisdom, fear takes hold. But when we rest in God’s protection, fear loses its power.

God’s Promise of Protection

The Psalms and the letters of Paul echo this promise again and again:

“The LORD is on my side; I will not fear. What can man do to me?” — Psalm 118:6

“If God is for us, who can be against us? ... No, in all these things we are more than conquerors through him who loved us.” — Romans 8:31, 37

“Yea, 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

Imagine this truth for a moment: the Almighty God who made the heavens and the earth is with you. The Supreme Ruler of the universe is your protector and guide.

Will you still be afraid? The answer must be NO.

Your Fearless Journey Begins Now

Today, start your journey to fearless living by seeking God’s presence and resting in His promises.

Closing remarks:

Hey friend,

Let me leave you with this —

I've sat across from many people, hearts cracked open by fear. Some trembling after loss. Others just... stuck. Frozen at the edge of something new, unsure if they could ever move again.

You're not alone in this.

Fear is loud. But God's presence? Louder. Steadier. Kinder.

I know what it's like to walk through dark seasons. But I also know what it's like to rise. To wake up one morning, feel the fear tapping at your chest... and choose courage anyway.

Not because the fear is gone, but because you finally believe you're not walking alone.

You've got strength in you.

You've got fire.

You've got a God who still parts seas.

So today, I want you to remember this:

You were not made to live small.

You were not made to be ruled by fear.

You were made to rise, to heal, to walk in bold peace.

Let fear come — but let it find no home in you.

Speak this with me now:

"I will not fear. I will walk in power, in love, and with a sound mind. My future is still bright. My story is still unfolding."

You've already made it through things you thought would break you.

So tell fear this:

"Not today. Not ever again."

With you every step,

To continue reading the rest of this book, kindly purchase the full copy by visiting: <https://coachowidi.org/book-launch/>

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By Coach Owidi

Mental Health Relationship Coach

+254724994066

coachowidi@gmail.com

OVERCOMING FEAR

You're not broken. You're brave.

But fear can still leave you feeling lost.

In Overcoming Fear in Divorce and Widowhood Through Coaching, Coach Charles Owidi offers biblical wisdom and practical tools to help you heal, regain clarity, and begin again.

Discover how to: Understand fear's root, Break free from paralysis, Embrace God's courage. You're not alone. God is with you—and healing starts here.



COACH OWIDI is a certified mental health coach and Christian mentor, using biblical truth and personal healing to guide singles, couples, and divorcees toward hope, healing, and lasting purpose.



COACH OWIDI
CHRISTIAN LIFE COACH