

# **STEP OUT OF FEAR**

THE WORLD IS WAITING FOR YOU TO START  
LIVING

**VALERIE KUDJOE**

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ISBN: 978-1-7393835-0-3

Cover design by Marie Reid, Crispel Media, UK

Book Coaching by Camelle ilona, Brand Strategist

## FOREWORD

While ministering in England with my former pastor, the late Bishop Norman L. Wagner, the privilege was all mine when I met Valerie, nearly 30 years ago. Valerie had a laugh and glow about herself that could brighten up any room, while being able to hold your attention with her exuberant personality. Valerie and I embarked on a new friendship and sisterhood as our common love for art allowed us to share a bond, as she graciously provided me a tour of museums and the culture of the city of London. Throughout these years, the Lord allowed me to prophetically speak into Valerie's life, while counselling her through life's journey. I am so honoured to see the manifestation of God's words come to pass in her life as I had the pleasure of reading this book.

Smiles continued to appear upon my face as I read and remembered how great a writer Valerie is and such a prolific storyteller, as she shares her struggles

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with fear and how she was able to break free. I was blessed by how Valerie reminded me in this book of the torment that fear brings and how she was able to paint a picture with her words of what torment looks like and how it paralyzes us. Another point she explicates on was her fear of man, more than her fear of God. That fear nearly derailed her destiny in her pursuit for her passion for art. Valerie expounds on the opposite of fear, which is being loved and how comprehending the power of God's love is what breaks the power of fear. She does a good job in moving the reader past the major fears that cause us to get stuck, and helping them recognize the everyday fears that occupy our minds and prevent us from moving forward.

I pray this book will be an answer to prayer for every person who finds themselves trapped by the spirit of fear or stuck in the emotion of fear, while embracing the power of God's love that bring true freedom.

Regina Barbour,

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Owner of GodWorks Coaching, Charlotte, North Carolina, USA

Author of "*Saved, Single, and Seeking to Be Satisfied*" and new release "*How to Start Living When Your Marriage Is Dying*"

## DEDICATION

*I dedicate this book to an amazing, anointed, yet humble man of God: my husband Andrews Kudjoe, who was gifted to me over a decade ago and has cultivated me into the flowering, blossoming, fruit-bearing person that I am today. Andrews you are one of a kind, unique, a masterpiece which I am truly grateful to God for. Only you and I know the journey we have taken that has brought us to this day, the pushing and nudging and exasperation you experienced while trying to coax the growth of the seed that you have always been convinced was inside me. You pulled me through the darkness of being buried in the soil and interceded for the bursting forth of the green shoots, watering me with your prayers and praises while pointing me to the Creator for strength and sustenance. Only God has the capacity to reward you as you deserve and I always pray that He will.*

*This book is also dedicated to the memory of my beloved parents, Elder Sylvester Williams and Mother Jasmine Williams, now both transitioned to glory, from whom I inherited a love of literature and who both ensured I knew that Jesus Christ is Lord and that I should accept Salvation and have a personal relationship and connection with Him.*

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## ACKNOWLEDGMENTS

I wish I could acknowledge and name every person who has ever sown into my life and contributed to my journey in any way but obviously I neither remember all of them nor have the time or space to list all of them, so I'll just name a few and ask forgiveness for those I haven't named.

I am grateful to God for all the mentors, counsellors and coaches, who impacted my life, long before these terms were in our vernacular as they are now. There are some special people who have had great impact on me at significant times in my life and I am grateful to God for orchestrating my life to come into contact with and had the pleasure to serve some great men of God such as Bishop Benjamin Pitt and Bishop Norman L Wagner who have both transitioned to glory. I am also very grateful for my first mentor, counsellor and very dear friend, Regina Barbour (nee Hall) whom God sent to England just for me and who introduced me to Bishop C. Wayne Brantley who also ministered to me. I thank God for and my anointed brother-in-law Bishop Thomas P.K. Smith in Ghana, Pastor Jonathon James, Elder Patrick Reid and Claudine Reid MBE, coach Anneth (Netty B)

Bryan – that discovery call!, Evangelist Laurice Thompson-Murphy, with whom I spent many days and very late nights working on so many literary projects for various people/events, Coach Camelle Ilona – you are awesome!! Pastor Marie Reid – (GD extraordinaire!) it was great to work with you on my own project for a change. God bless you all.

Lastly to all my siblings – you all have stories that the world need to read. Tell your stories.

## **INTRODUCTION**

Everyone has to deal with fear at some point in their lives regardless of age, position, gender or faith, but no one really wants to admit that they struggle with fear. If we're honest and take the time to look diligently into our lives, we will be able to identify a dream, a plan or an idea we once had, that we abandoned because we were too afraid to try and make it happen.

For the most part, we are able to get on with our lives and the fear factor does not interfere with life too much, but there are times when fear features heavily in our affairs and we are left paralysed and incapacitated by it. You know that feeling when you are faced with a massive task or you've been put on the spot, maybe someone asks you a question in a meeting and your mouth suddenly gets dry, your head starts spinning and your heart feels like it is about to burst out of your chest. We've all been there. For some of

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us the feeling lasts longer than for others. It can last for years.

For some of us this happens at very significant times in our lives when we have to make major decisions, or are about to embark on a very important journey or venture. If left unchallenged, that paralysing fear can control us to the point that we are just barely making it through life, a mere shadow of who we really are or who we should be.

I want to dispel the myth that everyone can or should just “get over” fear once and for all, but instead, to look at the fact that fear can challenge and affect us on a daily basis and even on a moment to moment basis, but also that it is possible to win the battle over fear every time, to do what we want to do and become the person God created us to be. We were all created on purpose for purpose and have been assigned time and seasons in which this purpose should be accomplished. But fear can affect this to the point that we forget that we ever had purpose and our time can be spent doing other things that do not contribute to that purpose.

*To every thing there is a season, a time to every purpose under the heaven. Ecclesiastes 3:1 NKJV*

American psychologist, Abraham Maslow said: *one can choose to go backwards to safety or forward towards growth. Growth must be chosen again and again, fear must be overcome again and again.*

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I really hope this book helps to debunk some of the myths about fear, how it can be overcome and that this book helps every reader to fulfil their hopes and dreams. Someone *needs* you to win this battle, so you must stop being controlled or crippled by fear!

This book is written from the perspective of my lived experience as a Christian, African - Caribbean woman living in the UK, and references to these aspects of my life will appear in the book, as I share my experiences of fear and how I use the tools of the Word of God and prayer to deal with it.

There will also be references to the global pandemic that started in 2020 and subsequent lockdown as that is when this book was written.

The inevitable coaching question is then: what would you do if fear were not an issue?

**It's time to Step Out of Fear.**

**Valerie Kudjoe**