

Choosing Love Over Fear:

A Resource for Peace and Unity After Tragedy

01

PROTECT YOUR MIND FROM MEDIA OVERLOAD

- **Limit exposure:** Choose intentional times to check the news or scroll social media instead of consuming constantly.
- **Notice word choice:** Is the language calming and informative, or does it create fear with aggressive or accusatory words? Look for outlets that share information objectively and factually.
- **Pay attention to visuals:** Images and video clips are often designed to stir emotion more than words. Ask yourself: Does the visual match the tone of the message, or is it meant to shock and inflame?
- **Step into another lens:** Occasionally consume media the “other side” watches. Not to agree, but to understand perspective and notice how differently stories can be framed.
- **Practice discernment:** Before sharing a story or reacting online, pause and ask: Is this rooted in love, or is it trying to provoke fear or division?

02

RECONNECT WITH OTHERS

- Reach out to a friend or family member you trust. Share what’s on your heart without trying to fix or debate.
- Create a moment of connection: go for a walk together, share a meal, or pray side by side.

03

REMEMBER SHARED HUMANITY

- Write down three ways you are alike with someone you disagree with.
- Pray or meditate on the truth that each person is made in the image of God.

04

GROUND YOURSELF

- Pause and take three deep breaths when emotions feel overwhelming.
- Place your hand over your heart and silently say: "I am safe. I am loved. I am not alone."

05

PRACTICE COMPASSIONATE ACTION

- Do one act of kindness today—send a note, volunteer, donate, or simply smile at someone who looks down.
- Ask: "What does love require of me in this moment?"

06

SUGGESTED AT HOME PRACTICE

- Each night, write down one fear you felt during the day and one act of love you either witnessed or offered.
- End by saying: "Love is greater than fear. I choose love."

07

SCRIPTURES FOR REFLECTION

- John 13:34 – "Love one another. As I have loved you, so you must love one another."
- Matthew 5:9 – "Blessed are the peacemakers, for they will be called children of God."
- 1 John 4:18 – "There is no fear in love. But perfect love drives out fear."