

OVERCOMING FEAR WORKSHEET

I am afraid of _____

This is what happened in my past that made me fear this.

I Confess I have been stuck in this fear but now I choose to RENOUNCE it and be done with it. Thank you, God, for your forgiveness.

Defenses/Coping Mechanisms that I have used to cope with this fear are:

I Confess I have used these defenses and coping mechanism instead of obeying and trusting you Lord Jesus and I RENOUNCE them. Thank you, God, for your forgiveness. (Do them one at a time)

LIES I have believed about myself, others and/or God that are contributing to this fear:

I Confess I have participated in believing these lies and I RENOUNCE them. (Do them one at a time) Thank you, God, for your forgiveness.

THE TRUTHS that contradict **each lie** I have believed:

I Choose to believe these truths and to live my life according to them.