

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 of [state the 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 [name the specific defense/coping mechanism] instead of obeying and trusting you Lord Jesus. [State how it the defense/coping mechanism has impacted your life.] I RENOUNCE [name the specific defense/coping mechanism]. Thank you, God, for your forgiveness.

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

I Confess I have participated in believing this lie [state the lie] and I RENOUNCE this lie. [State how it the lie has impacted your life]. Thank you, God, for your forgiveness.

THE TRUTHS that contradict each lie I have believed:

I Choose to believe these truths [state the truths] and to live my life according to them.

Action Plan: What I am going to do next time I am confronted with this fear:

When you have renounced all your fears and their accompanying lies and you have announced the truths that you choose to live by, finish the Fear Step with this prayer:

God, because you have not given me a spirit of fear (2 Tim 1:7), I choose to live by faith in You, and I acknowledge You as the only legitimate fear object in my life. In Jesus name I pray. Amen.