

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 _____ but now I choose to RENOUNCE it and be done with it. Thank you, God, for your forgiveness.

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

RENOUNCE EACH LIE SEPARATELY.

I Confess I have participated in believing the lie _____ and I RENOUNCE it. Thank you, God, for your forgiveness.

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

RENOUNCE EACH DEFENSE MECHANISM AND COPING MECHANISM SEPARATELY.

I Confess I have used _____ to defend myself or to cope with my fear instead of obeying and trusting you Lord Jesus and I RENOUNCE it. Thank you, God, for your forgiveness.

THE TRUTHS that contradict each lie I have believed:

I Choose to believe these truths (NAME EACH ONE OF THEM) and to live my life according to them.

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

(Hint: *it will involve identifying any lie you are starting to believe again and renouncing it. And replacing it with whatever truth contradicts that lie*)
