

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.

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.

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

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

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

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

Action Plan: *What I will 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.)*
