

DEALING WITH FEAR WORKSHEET

SPIRITUAL GROWTH BIBLE STUDIES

1. What are you fearful about? (for example, finances, illness, etc.)

2. Find the scripture (s) that promises you to overcome the thing that is causing you to fear?

3. Write down the scripture in a prayer form and affirm that verse or verses daily:

4. Make a quality decision that you will no longer live in fear because you have FAITH in God:

DECLARATION:

I, _____, declare that I will no longer live in fear. **Psalm 55:22** tells me to, "Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved" (KJV); and I am the righteousness of God because of Jesus in my life; **2 Corinthians 5:21**.

Signature: _____

Date: _____

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Scripture Affirmations:

Note: *Personalize these scriptures and say them daily:*

- "The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid? **Psalm 27:1, (KJV).**
- "When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me" **Psalm 56:9, (KJV)**
- "God is our refuge and strength, a very present help in trouble" **Psalm 46:1, (KJV).**
- "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness" **Isaiah 41:10, (KJV).**
- "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly" **John 10:10, (KJV).**

Prayer against the Spirit Of Fear

Father, I come to you in the name of Jesus. I thank you that you have not given me the spirit of fear; but of power, love, and of a sound mind. I cast down imaginations, and every high thing that exalts itself against the knowledge of God; and I bring into captivity every thought to the obedience of Christ.

I take authority over the spirit of fear and I command it to leave my mind and my life. I have the mind of Christ; and I think on things that are true, honest, just, pure, lovely, and things that are of good report and that are praiseworthy. In Jesus' name, I pray, Amen.

Scripture References:

1 Timothy 1:7
Philippians 4:8

1 Corinthians 2:16
2 Corinthians 10:5

THANK YOU FOR DOWNLOADING THE WORKSHEET.