

STEPS TO **RELEASING FEARS** TO GOD

The following are steps, which you should implement when you become fearful. Practicing these steps can free you to live your life in submission to whatever God's plan might be for your ultimate welfare. These steps can also help release you from trying to sinfully control people and your present or future circumstances. (Jer. 29:11)

1. List your fears. Be specific.
2. Read Luke 22:42; 9:23, Deuteronomy 31:6, Joshua 1:9 in preparation for releasing your fears to the Lord.
3. Confess by seeking God's forgiveness for each of your fears. (1 John 1:9)
4. Face the possibility of each fear happening and then claim a promise of God that relates to each fear.
 - a. For example: Pray, "Lord, even if (name your fear) happens, I will follow You, and You will give me the grace and strength to go through it."
 - b. You may also claim God's character traits. For example, "Even if I fail, You will love me unconditionally."
 - c. Be sure to say, "God, You will be there for me, as I walk the path of obedience." Claim His sure promise rather than saying, "I hope You will be there." (Heb. 13:5b)
5. Repeat these steps whenever the fear reoccurs until you are released. (Ps. 94:19)
6. Practice renewing your mind with truth. (Is. 26:3)