



STEPS TO RELEASING FEARS TO GOD



**Implement the following steps when you are fearful.
You may want to pray through your fears with your discipler or a friend.**

1. Create a list of your fears, using this study as a guide.
Add other personal fears. Be specific.
2. Read Luke 22:42; 9:23, Deuteronomy 31:6, Joshua 1:9 as preparation for releasing your fears.
3. Confess the first fear on your list. Receive God's forgiveness.
(1 John 1:9)
4. After the confession of that fear, face the possibility of it happening.
Pray, "**Even if** (*name the fear*) happens, You will give me (*claim a promise of God*) and/or (*claim a character trait of God*)," which relates to that fear.

Examples:

- "I confess my fear that John will never change. Even if John never changes, You will give me the grace and strength to endure."
 - "I confess my fear that when I stand for your values, Mary will ridicule me. Even if she mocks or ridicules me, You were mocked and the power that carried You through lives inside of me to overcome this." (John 16:33)
 - "Forgive me for fearing that I will fail. Even if I fail, Your love for me is unconditional and never fails."
5. Proceed to the next fear on your list and repeat the process.
 6. Conclude your prayer by saying, "I release these fears to You and will *accept* Your sovereign outcomes." Claim His sure promises: "Jesus, You *will* be there for me, as I walk in the path of obedience. You are loving me in the midst of each difficult situation."
 7. Develop the discipline of repeating these steps whenever these fears reoccur or when new ones surface, until you are spiritually and emotionally released. (Ps. 94:19)
 8. Practice renewing your mind with truth. (Is. 26:3)