**Faith Over Fear**

**Purpose:**  
Fear is a powerful emotion that can paralyze us and shake our confidence, but as believers, we are called to place our trust in God’s promises and power. Faith over fear means shifting our focus from our uncertainties to His sovereignty, allowing Him to guide and strengthen us through life’s challenges. As **Isaiah 41:10** reminds us: *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”* This worksheet will guide you in exploring the roots of your fears, meditating on God’s truth, and cultivating a faith that overcomes anxiety and doubt.

**Identifying Your Fears:** What specific fears or anxieties are you currently struggling with? Write them down honestly, no matter how big or small.

**Exploring the Roots:** Reflect on where these fears might be coming from. Are they tied to past experiences, uncertainty about the future, or feelings of inadequacy?

**Scripture for Courage:** Choose a Bible verse that speaks to overcoming fear. Write it here:  
*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_  
(Book, Chapter:Verse)

How does this verse encourage you to place your faith in God rather than your fears?

**Shifting from Fear to Faith:** What steps can you take to trust God more deeply in the face of your fears? Consider practical actions like prayer, reading scripture, or seeking counsel from a spiritual mentor.

**A Prayer for Courage and Trust:** Write a prayer asking God to replace your fear with faith and to strengthen your trust in His plan.  
\_“Lord, I come to You with the fears that weigh on my heart. I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Help me to release these worries to You and trust in Your power and goodness. Replace my fear with unwavering faith in Your promises. Thank You for walking with me every step of the way. Amen.”*

**Faith in Action:** Reflect on a specific situation where you can act in faith rather than fear. What will you do to demonstrate trust in God?

**Looking Back at God’s Faithfulness:** Recall a time in your life when God helped you overcome a challenge or fear. How does this memory strengthen your faith today?

**Affirming Faith Over Fear:** Write a personal affirmation to remind yourself to choose faith when fear arises.  
\_“I choose faith over fear because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.”*

May this exercise help you release your fears to God and walk boldly in faith, trusting that His love and strength are greater than anything you may face.