

# Overcoming a Spirit of Fear

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

## Step 1 Identify our Fear

Ask, "What am I afraid of?"

## Step 2 Ask, "What is the worst thing that could happen?"

In other words, what is the worst punishment that might happen? Keep listing these until you get to the worst-case scenario.

## Step 3 Decide how you'll handle it.

Even if the worst comes true, how will I handle it? If I truly know and believe that I have a Heavenly Father who loves me and is for me, how would I handle it in His love?

## Step 4 Pray and rebuke fear.

*"Heavenly Father, I am tired of this fear ruling my life. I feel it's grip on my heart. I see how it's holding me back and I don't want to live with this fear anymore. I receive your perfect love for me. I trust that even if some of my fears do come true, you will be there for me. So now, I rebuke the (NAME THE FEAR) in Jesus name. Satan, you no longer have authority over my heart or my mind. Spirit of fear, flee in Jesus Name. Now, Father, fill me with faith. I choose to trust you. I pray these things in Jesus' name. Amen!"*

## Step 5 Resolve to trust God.

List out what your position of faith is. How am I choosing to trust God?