

## Steps to New Life

*How can I get over my fears?*

Fear is a “giant in the land” blocking the way to things that need doing and robbing so much peace and joy from us. Don’t let it beat you into submission! You can learn to fight back and gain the life that God wants you to have. Jesus will help you!

**1. Recognize.** The first thing to do is recognize that fear is a spiritual problem. It is primarily a problem *in you*, not out there in the world. Deal with it that way!

2 Timothy 1:7; Romans 14:23

**2. Run.** Don’t run *from* the problem—run *to* God! Confess the truth to Him that you are not trusting Him with what He has allowed or with what He is asking of you. Repent of your unbelief—that’s the real problem! Now that you are being honest about it, the Lord can help you.

Matthew 11:28-30; Hebrews 4:16

**3. Reach.** Grab one of His promises—they are your spiritual life preservers. He has promised to love you perfectly, to always forgive you, to never forsake you, and to make all things work for your good.

Romans 8:28; Hebrews 13:5; 1 John 4:18

**4. Resist.** You have to fight to get free. Resist by trying to believe the promises until you truly do. Resist by praying. Resist by rebuking the spirit of fear. Resist by staying on course and doing it even if you are afraid. Resist by praising and thanking God despite the problem!

Ephesians 6:10-13; James 4:7-8



## Steps to New Life

*How can I get over my fears?*

Fear is a “giant in the land” blocking the way to things that need doing and robbing so much peace and joy from us. Don’t let it beat you into submission! You can learn to fight back and gain the life that God wants you to have. Jesus will help you!

**1. Recognize.** The first thing to do is recognize that fear is a spiritual problem. It is primarily a problem *in you*, not out there in the world. Deal with it that way!

2 Timothy 1:7; Romans 14:23

**2. Run.** Don’t run *from* the problem—run *to* God! Confess the truth to Him that you are not trusting Him with what He has allowed or with what He is asking of you. Repent of your unbelief—that’s the real problem! Now that you are being honest about it, the Lord can help you.

Matthew 11:28-30; Hebrews 4:16

**3. Reach.** Grab one of His promises—they are your spiritual life preservers. He has promised to love you perfectly, to always forgive you, to never forsake you, and to make all things work for your good.

Romans 8:28; Hebrews 13:5; 1 John 4:18

**4. Resist.** You have to fight to get free. Resist by trying to believe the promises until you truly do. Resist by praying. Resist by rebuking the spirit of fear. Resist by staying on course and doing it even if you are afraid. Resist by praising and thanking God despite the problem!

Ephesians 6:10-13; James 4:7-8



## Steps to New Life

*How can I get over my fears?*

Fear is a “giant in the land” blocking the way to things that need doing and robbing so much peace and joy from us. Don’t let it beat you into submission! You can learn to fight back and gain the life that God wants you to have. Jesus will help you!

**1. Recognize.** The first thing to do is recognize that fear is a spiritual problem. It is primarily a problem *in you*, not out there in the world. Deal with it that way!

2 Timothy 1:7; Romans 14:23

**2. Run.** Don’t run *from* the problem—run *to* God! Confess the truth to Him that you are not trusting Him with what He has allowed or with what He is asking of you. Repent of your unbelief—that’s the real problem! Now that you are being honest about it, the Lord can help you.

Matthew 11:28-30; Hebrews 4:16

**3. Reach.** Grab one of His promises—they are your spiritual life preservers. He has promised to love you perfectly, to always forgive you, to never forsake you, and to make all things work for your good.

Romans 8:28; Hebrews 13:5; 1 John 4:18

**4. Resist.** You have to fight to get free. Resist by trying to believe the promises until you truly do. Resist by praying. Resist by rebuking the spirit of fear. Resist by staying on course and doing it even if you are afraid. Resist by praising and thanking God despite the problem!

Ephesians 6:10-13; James 4:7-8





## Scripture

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7 KJV

For whatever does not proceed from faith is sin. Romans 14:23 ESV

Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace for help in time of need. Hebrews 4:16 WEB

For he has said, "I will never leave you nor forsake you." Hebrews 13:5 ESV

Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. James 4:7-8 ESV



## Prayers

*Father, forgive me for my unbelief in Your perfect love and powerful promises—that's the real problem! It's not what You allow or what You ask of me, it's my unwillingness to trust my life into Your safe-keeping.*

*Jesus, You said that You have overcome the world! That means You have the power to cover all my sins and to guide me to Your victories over all my problems. That battle is Yours! My battle is to defeat my fears by trusting myself to You in every situation. Help me fight the good fight of faith!*

*Holy Spirit, thank You for always being with me, reminding me to trust the Lord and to believe the promises. I repent of unbelief and fear and with your help I choose by an act of my will to trust the Father's perfect love, to believe His promises to me, and to trust and obey Jesus my Lord each step of the way.*



## Scripture

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7 KJV

For whatever does not proceed from faith is sin. Romans 14:23 ESV

Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace for help in time of need. Hebrews 4:16 WEB

For he has said, "I will never leave you nor forsake you." Hebrews 13:5 ESV

Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. James 4:7-8 ESV



## Prayers

*Father, forgive me for my unbelief in Your perfect love and powerful promises—that's the real problem! It's not what You allow or what You ask of me, it's my unwillingness to trust my life into Your safe-keeping.*

*Jesus, You said that You have overcome the world! That means You have the power to cover all my sins and to guide me to Your victories over all my problems. That battle is Yours! My battle is to defeat my fears by trusting myself to You in every situation. Help me fight the good fight of faith!*

*Holy Spirit, thank You for always being with me, reminding me to trust the Lord and to believe the promises. I repent of unbelief and fear and with your help I choose by an act of my will to trust the Father's perfect love, to believe His promises to me, and to trust and obey Jesus my Lord each step of the way.*



## Scripture

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7 KJV

For whatever does not proceed from faith is sin. Romans 14:23 ESV

Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace for help in time of need. Hebrews 4:16 WEB

For he has said, "I will never leave you nor forsake you." Hebrews 13:5 ESV

Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. James 4:7-8 ESV



## Prayers

*Father, forgive me for my unbelief in Your perfect love and powerful promises—that's the real problem! It's not what You allow or what You ask of me, it's my unwillingness to trust my life into Your safe-keeping.*

*Jesus, You said that You have overcome the world! That means You have the power to cover all my sins and to guide me to Your victories over all my problems. That battle is Yours! My battle is to defeat my fears by trusting myself to You in every situation. Help me fight the good fight of faith!*

*Holy Spirit, thank You for always being with me, reminding me to trust the Lord and to believe the promises. I repent of unbelief and fear and with your help I choose by an act of my will to trust the Father's perfect love, to believe His promises to me, and to trust and obey Jesus my Lord each step of the way.*