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## FEARS WORKSHEET

### Step 6 – Bondage vs. Freedom

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A central part of walking in the truth, rejecting deception and being free from bondage is to deal with the fears that plague our lives. I Peter 5:8 says that our enemy, the devil, prowls around like a roaring lion, seeking people to devour. Just as a lion's roar strikes terror into the hearts of those who hear it, so Satan uses fear to try to paralyze believers. His intimidation tactics are designed to rob us of faith in God and drive us to look to the world or the flesh to have our needs met.

Fear weakens us, causes us to be self-centered and clouds our minds so that all we can think about is the thing that frightens us. Fear, however, can only control us if we let it. God does not want us to be mastered by anything, including fear (1 Cor. 6:12). Jesus Christ is to be our only Master.

In order to begin to experience freedom from the bondage of fear and the ability to walk by faith in God, pray the following prayer from your heart:

**Dear Heavenly Father, I confess to You that I have listened to the devil's roar and have allowed fear to master me. I have not always walked by faith in You; rather, I have focused on my feelings and circumstances (2 Cor. 4:16-18, 5:7). Thank you for forgiving me for my unbelief. I now renounce the spirit of fear and affirm the truth that you have not given me a spirit of fear, but of power, love, and a sound mind (2 Tim. 1:7). Lord, please reveal to my mind any fears that have been controlling me so I can renounce them and be free to walk by faith in You. I thank you for the freedom You give me to walk by faith and not by fear. In Jesus' powerful name, I pray. Amen.**

The following list may help you recognize some of the fears the devil has used to keep you from walking by faith. Check the ones that apply to your life, and write down any other that God brings to your mind. Then, use the declaration below to renounce each one.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Fear of death                                      | <input type="checkbox"/> Fear of losing my salvation'                  | <input type="checkbox"/> Fear of dreams or sleeping                          |
| <input type="checkbox"/> Fear of hospitals                                  | <input type="checkbox"/> Fear of having committed the unpardonable sin | <input type="checkbox"/> Fear of water or drowning                           |
| <input type="checkbox"/> Fear of Satan                                      | <input type="checkbox"/> Fear of not being loved by God                | <input type="checkbox"/> Fear of never loving or never being loved by others |
| <input type="checkbox"/> Fear of being like my mother/father/other relative | <input type="checkbox"/> Fear of high places or falling                | <input type="checkbox"/> Fear for my children's future                       |
| <input type="checkbox"/> Fear of disapproval                                | <input type="checkbox"/> Fear of being victimized by crime             | <input type="checkbox"/> Fear of not measuring up, being good enough         |
| <input type="checkbox"/> Fear of being or becoming homosexual               | <input type="checkbox"/> Fear of storms                                | <input type="checkbox"/> Fear of being taken advantage of by men/women       |
| <input type="checkbox"/> Fear of financial problems                         | <input type="checkbox"/> Fear of confrontation/anger, hostile people   | <input type="checkbox"/> Fear of authority or authorities                    |
| <input type="checkbox"/> Fear of never getting married                      | <input type="checkbox"/> Fear of being alone/left alone/abandoned      | <input type="checkbox"/> Fear of showing emotion                             |
| <input type="checkbox"/> Fear of marriage                                   | <input type="checkbox"/> Fear of pain/illness/aging                    | <input type="checkbox"/> Fear of failure                                     |
| <input type="checkbox"/> Fear of divorce                                    | <input type="checkbox"/> Fear of the future                            | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Fear of death of a loved one                       | <input type="checkbox"/> Fear of rejection/abandonment                 | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Fear of going crazy                                |  | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Fear of what other people think                    |  | <input type="checkbox"/> _____   |

**I renounce the fear(s) of \_\_\_\_\_ because God has not given me a spirit of fear, but a spirit of power, of love and of a sound mind. (2 Tim. 1:7). I choose to live by faith in the God who has promised to protect me and meet all my needs as I walk by faith in Him (Ps. 27:1; Mt. 6:33-34).**

Now pray the following from your heart.

**Dear Heavenly Father, You are trustworthy. I acknowledge You as the only legitimate fear object in my life. You are the only always present and all-knowing God and the only means by which all other fears can be expelled. You are my sanctuary. I confess that I have allowed fears to exercise control over me, but I choose to trust You, even when my feelings and circumstances tell me to fear. You have told me not to fear, for you are with me. You will strengthen me, help me and surely uphold me with Your righteous right hand (Isa. 41:10). I renounce all the effects that fears have had in my life (my marriage/family/ministry). I choose to worship only You. I ask that you would empower me with Your Holy Spirit that I may live my life and speak Your Word with boldness. I pray this with faith in the name of Jesus, my Lord. Amen**