

Act : Name that Fear

Name the things you fear. Write them down and name them aloud. List as many or as few as there are. It might be one big thing, or it might be several things. What are you anxious about? What are you worried about?

- I'm afraid of _____ .
- I'm worried that _____ .
- _____ keeps me awake at night .

If you're not sure, if you just have free-floating anxiety, then sit down and write whatever comes into your head for twenty minutes. After twenty minutes, read what you've written and see if there are any clues to the roots of your anxiety. Another approach is to fill in the blanks to these sentences :

- I need _____ .
- I want _____ .
- I hope _____, but _____ .
- If only _____ .

Now that you've identified your fear, get into a posture of prayer. Close your eyes and hold your hands out, palms down. Say, "Lord Jesus, I entrust these fears to you." Say your fears aloud and picture them falling from your hands into his. Then turn your palms up and ask to receive whatever Jesus wants to give you in exchange.

Worship : Memorize These

Memorizing Scripture gives you a powerful weapon to use against a dead giant that is taunting you. Write this verse five times, saying it aloud as you write, and then say the whole verse aloud when you've finished writing.

I have set the Lord always before me ;
because He is at my right hand, I shall not be moved.
Psalm 16:8 (NKJV)

Post this verse somewhere you will see it multiple times a day. Repeat it often to yourself. To keep it fresh, emphasize different words or phrases each time you say it. If you master Psalm 16:8 and want to add to your memorized arsenal, try verse 9 :

Therefore my heart is glad and my tongue rejoices ;
my body also will rest secure.
Psalm 16:9

Proclaim : Share the news

If you've identified fears that are taunting you, tell someone. Tell one trusted person what's bothering you. Then, after you confess your fear, confess also what you know to be true about God. Confess that he is mightier than your fears. If your fear still feels too big to manage, that's fine. Be real about where you are in this process. But do give airtime to both truths : the honest truth that you're worried, and the highest truth that God has and will and must handle it.