



GROWTH WALK: SESSION 1

# ADDRESSING OUR FEARS

## 1. List your Top Fears

It is difficult to grow when our minds are distracted and troubled by fear. We must begin by looking at them clearly, choosing which action to take, and then relinquishing them in trust. List your current fears below.

1.
2.
3.

## 2. Identify Preemptive Actions

For each fear make a list of actions you could take to address the problem. First list the obvious things you could do, followed by the more difficult things, and finally list an outrageous action you could take.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

First Step: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

First Step: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

First Step: \_\_\_\_\_

Look over the actions you have listed above and decide which ones you are going to carry out. Take a moment and ask the Lord what He would have you do. Underline which actions you are deciding to carry out and identify the first step you can take.

### 3. Find the Promise

Take a moment to think about what promises God has given you in regard to each issue. Search the internet for verses that inform each fear and list one that speaks to you below. Take time to read it slowly and commit it to memory.

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### 4. Relinquish and Trust

Write out a prayer of relinquishing and trust for each fear you have listed. Visualize yourself handing each concern to the Lord and by faith, see Him taking it and carrying it for you.

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**Remember:** When we focus on something, we tend to see it popping up everywhere. Stay encouraged by focusing on the growth actions you have taken rather than fixating on what you didn't do. Celebrate even the smallest victories. Thank God each time He gives you the strength to take a proactive step. At the end of this season, you will not have stagnated in fear, but you will have expanded and discovered a deeper more beautiful life. I can't wait to hear how you have pushed into your fears, shown courage and grown!