

# My faith overcomes my fears

## **My faith overcomes my fears.**

My faith gives me the courage to face my fears. As my convictions grow stronger, my fears fade away. (Read 2 Timothy 1:7)

## ***Faith helps me stay the course rather than fear hard work.***

I know that my efforts bring me great rewards.

Faith helps me to see my circumstances realistically instead of exaggerating possible setbacks. I accept that I make errors and I learn from them. Faith also assists me with making sound decisions, rather than giving in to panic. I weigh my options and think about their outcomes. (Read Proverbs 21:25)

## ***Faith helps me to feel at peace, even when I fear events that are beyond my control.***

I clear away the fears that hold me back by getting to the root of my anxiety. I figure out what is causing my doubts. With my faith to ground me, I take baby steps until I overcome my fears and doubts. (Read Hebrews 11:6)

## ***When I do the things I fear, my fears often subside.***

On the other hand, I listen to healthy fears that are consistent with my faith. I want to protect myself and others from unnecessary risks. I trust my faith, but still obey speed limits and see my doctor for regular check-ups.

Today, I follow my faith rather than my fears. My God gives me strength and confidence. (Read 2 Corinthians 2:14)

## **Self-Reflection Questions:**

1. Why is my faith more important than my fears?
2. How can I use my faith to calm my mind when I am feeling anxious?
3. In what ways can being fearful teach me to be more compassionate?

