

WORKING THROUGH MY FEARS TOOL
 FLOOD CHURCH LILONGWE

Working through my fears

Some fears can be appropriate and useful. But what about the fears and anxieties that feel crippling, burdensome, confusing, or excessive?

Area of fear WITHIN my influence	Actions I can take to manage safety in this area	Area of fear OUTSIDE my influence	A reminder to surrender this to God
Eg. Moving at night	Eg. Minimise moving at night, arrange transport with others.	Eg. Safety of my family members	Eg. I can entrust the things that are outside of my control to God because His understanding <i>is greater than mine</i> , He is <i>trustworthy</i> , and He is <i>capable</i> .