

WORKSHEETS AND SCRIPTURES

These worksheets are taken from the book Our Hands His Healing and form part of the section on Pastoral Prayer Ministry. Sheets may be printed and given to the person coming for prayer ministry to work on between sessions.

All scriptures are taken from NIV unless otherwise stated.

FEAR

We can have spontaneous negative thoughts that confront us with the worst case scenario and flood us with instant fear. We need to act immediately on these thoughts and say “NO” to them. Or there may be demoralising thoughts that go round and round in our heads, accusing us: “You can’t do that”, “You will mess that up”, etc. The Bible says, “Take captive every thought to make it obedient to Christ” (2 Corinthians 10:5).

Some of us have been taken in by a belief system based on lies. Look at the following exercise:

1. Make a list of all your fears.
2. See if any of them are connected to each other.
3. When did this fear first start?
4. See if any of the fears you have listed are based on lies. For example, “You will be all alone”, “No one will like you or love you”, etc. See from the list below the promises of Jesus that counteract those lies.
5. Choose not to live out of those lies any longer.
6. Do any of these lies, when you uncover them, come down to the three most common fears:
 - fear of death
 - fear of being alone
 - fear of not being in control or powerless?

If so, look at the truth in the Bible:

- Jesus defeated death on the cross and we have eternal life (Romans 6:4–11; John 3:16).

- Jesus said He will be with us always to the very end of the age (Matthew 28:20).
- We need to surrender control to Jesus: all power and authority belong to Him but He allows us to use it in His name. We need to receive it (Matthew 28:18–20; Luke 9:1).

Examine the statements above. What do you think? Are they true?

If we believe they are true, then we need to stand by that belief and live with that truth inside us to replace the fear. Jesus didn't just speak the truth: HE IS THE TRUTH. He said of Himself, "I am the way and the truth and the life" (John 14:6).

Pray the following Bible verses (right now, and on a regular basis) to receive, and to live out of, this truth

"Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?"

Psalm 27:1

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

All who rage against you will surely be ashamed and disgraced...

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you."

Isaiah 41:10–11, 13

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

Romans 8:15

Turn some of the following verses into prayers. Select others to declare – proclaim – out loud. Declaring is powerful. You are declaring things to yourself, acknowledging who God is and giving the enemy a kick up the backside!

Promises of God from the Bible:

“Never will I leave you; never will I forsake you.”

Hebrews 13:5

“... fear not for I am with you; be not dismayed for I am your God...”

Isaiah 41:1 (ESV)

“... surely I am with you always, to the very end of the age.”

“Do not be anxious about anything...” Matthew 28:20 & Philippians 4:6

“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.”

Luke 12:32

“For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him.”

Romans 6:9

“My grace is sufficient for you...”

2 Corinthians 12:9

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

1 John 4:18

“The Lord is with me; I will not be afraid. What can mere mortals do to me?”

Psalms 118:6

“But as for me, it is good to be near God. I have made the sovereign Lord my refuge. I must tell of all your deeds.”

Psalms 73:28

“Come near to God and he will come near to you.”

James 4:8

“Even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.”

Matthew 10:30–31

“He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

Revelation 21:4

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”
Isaiah 43:2

“Having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.”
Colossians 2:15

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”
John 3:16 (NKJV)

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 1 John 4:18

It would also be beneficial to read the whole of Psalm 139 and Psalm 91.
(Let go of fear, confess it, and grasp hold of love – choose love.)

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USE THE WORD OF GOD AS STRENGTH – DEVOUR IT!

Take the following Scripture passage apart. Choose a part every day for five days, meditating on it and choosing to live by its message.

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him and he will make your paths straight.”
Proverbs 3:5–6

Day 1: TRUST IN THE LORD: I will trust in You, Lord... I choose to trust in You... remind me when I forget to trust You... Trust in the Lord.

Day 2: WITH ALL YOUR HEART: I choose to trust You, Lord, with all my heart... with all my heart, not just part of it... as far as I am able I will trust You with all my heart... I am sorry when I have trusted You with just part of me... in Jesus' name I choose to trust You, Lord, with all my heart...

Continue in the same way until all the verses have been done.

Another way is to emphasise one word at a time. It is a good way to learn and digest the verse. It can be very empowering to say it aloud. Try this with the following verse as well as the one above.

Even though I walk through the valley of the shadow of death I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

Even though I walk through Even though I walk through...

Start at the beginning of this verse using this idea throughout.

Here is another verse of Scripture that you can use in the same way:

“When I am afraid, I put my trust in you. In God, whose word I praise – in God I trust and am not afraid. [Out loud choose not to be afraid] What can mere mortals do to me?”

Psalm 56:3–4