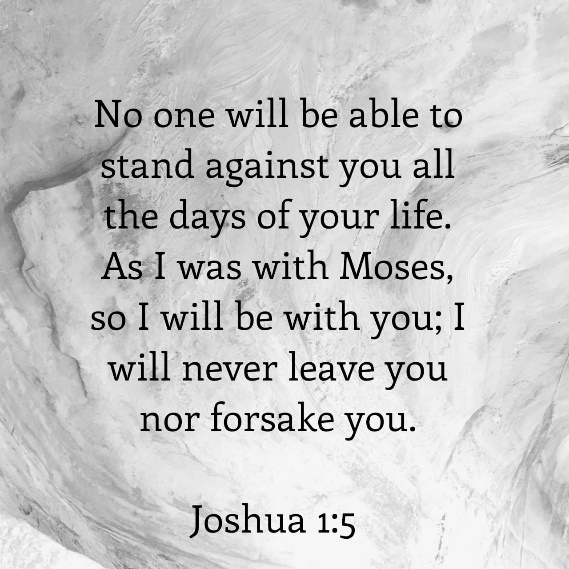
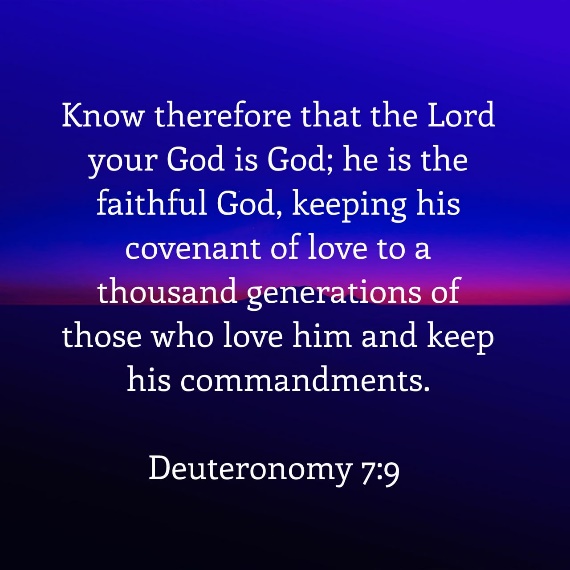
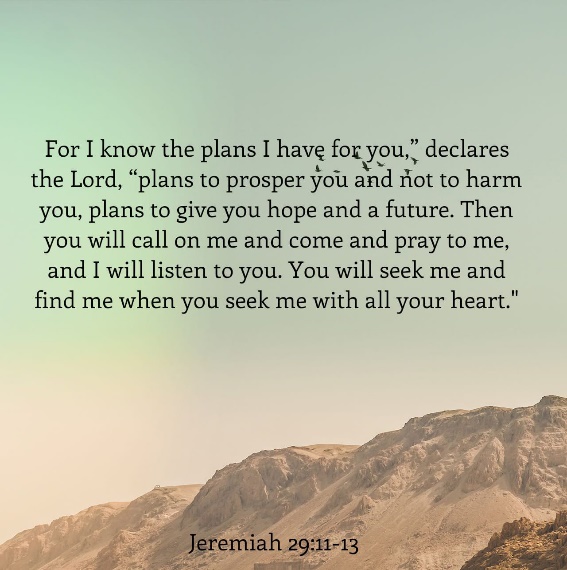
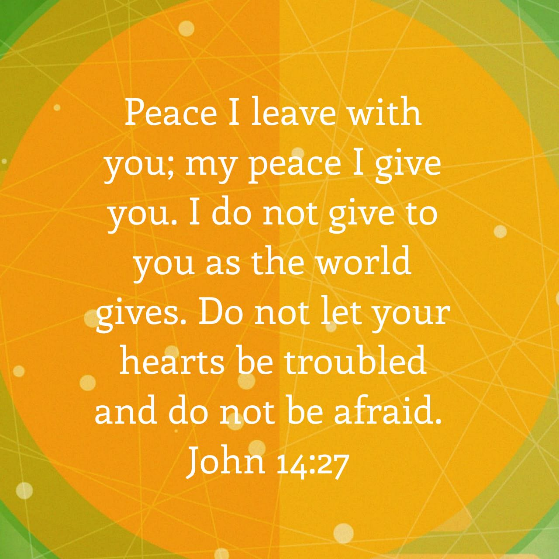
**Part 1.**

*Perfect love drives out fear, the only way to be strong and overcome fear is by fastening ourselves to God, then we can be courageous.*

# **4 Practical things to do this week to work through fear:**

1. **Meditate on God’s promises**



1. **Talk with someone you trust**

I will arrange to talk with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Write down the story you’re telling yourself that is making your anxious. Then write down the story imagining that God was the author.**

*The story I’m telling myself is…………..*

*The story God is telling me………..*

1. **When or where do you feel most loved by God? Try create time to be in that place.**

*I feel most loved by God…..*

*The time I’m going to create to be in this place is…*