



# Faith Over Fear Workbook





# ✦ WELCOME ✦



If you opened this workbook, there's a good chance fear has been following you around lately. Maybe it's keeping you up at night. Maybe it's making simple decisions feel impossible. Maybe it's just there, humming in the background of everything you do.

You're not alone in this. Fear is something every believer faces. But here's what's true: **God doesn't want you to stay stuck in it.**

This workbook isn't going to solve everything in one sitting. What it will do is give you a few quiet moments to pause, breathe, and remember what's actually true when fear starts talking. Each reflection takes just a few minutes. You can work through them all at once or come back to one whenever you need it.

There's no right or wrong way to use this. Just show up honest, and let God meet you there.





## REFLECTION 1: WHEN FEAR TAKES OVER YOUR THOUGHTS

**"For God has not given us a spirit of fear, but of power and of love and of a sound mind."**

*2 Timothy 1:7 (NKJV)*

Fear has a way of making itself sound like the truth. It whispers worst-case scenarios and convinces you that worrying is the same as being prepared. But this verse reminds us that the fear is spiraling through your mind right now? That's not from God. He gave you something better: a sound mind. That means you have the ability to think clearly, even when everything feels chaotic.

### **A FAITH-BASED THOUGHT SHIFT:**

Instead of asking "What if everything goes wrong?" try asking "What if God is still in control of this?"

### **ONE SIMPLE ACTION STEP:**

The next time a fearful thought loops in your mind, say this out loud: "That's fear talking. God gave me a sound mind." Say it as many times as you need to. Then write down one sentence about what's been scaring you lately, or write a short prayer asking God to quiet the noise.





## REFLECTION 2: WHEN YOU LOSE YOUR SENSE OF CONTROL

**"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."**

*Proverbs 3:5-6 (NKJV)*

Losing control is terrifying because it forces us to admit we were never really in control to begin with. But that's actually where freedom starts. When you stop trying to manage every outcome and instead trust that God is directing your steps, the weight lifts. You don't have to have it all figured out. You just have to keep following Him.

### **A FAITH-BASED THOUGHT SHIFT:**

Instead of thinking "I have to fix this," try thinking "I can trust God with this."

### **ONE SIMPLE ACTION STEP:**

Think of one situation you've been trying to control. Right now, tell God out loud: "I'm giving this to You. I trust You with it." Then write down what you've been gripping too tightly, or write a prayer releasing it to God.





## REFLECTION 3: WHEN YOU FEEL OVERWHELMED

**“Come to Me, all you who labor and are heavy laden, and I will give you rest.”**

*Matthew 11:28 (NKJV)*

When life piles up, it's easy to think you just need to power through it. But Jesus says something different. He says come to Him. Bring the mess. Bring the exhaustion. Bring the long list of things you don't know how to handle. He's not waiting for you to get it together first. He's inviting you to rest right in the middle of it.

### **A FAITH-BASED THOUGHT SHIFT:**

Instead of saying "I have to handle all of this," try saying "I can bring this to Jesus and rest."

### **ONE SIMPLE ACTION STEP:**

Set a timer for three minutes. Close your eyes, take a few deep breaths, and picture yourself handing everything on your mind to Jesus. Imagine Him taking it from you. When the timer goes off, write down what feels heaviest right now, or write a prayer asking Jesus for rest.





## REFLECTION 4: WHEN YOU FEEL GOD IS QUIET

**“Be still, and know that I am God.”**

*Psalm 46:10 (NKJV)*

Silence can feel like absence, especially when you're begging God for an answer. But sometimes God's silence isn't distance. It's an invitation to stop striving and just be with Him. He doesn't always speak in the loud moments. Sometimes He waits for you to get still enough to hear Him in the quiet.

### **A FAITH-BASED THOUGHT SHIFT:**

Instead of thinking "God isn't listening," try thinking "Maybe God is asking me to be still."

### **ONE SIMPLE ACTION STEP:**

Sit somewhere quiet for just five minutes. Don't pray, don't ask for anything. Just sit with God and let yourself rest in His presence. Afterward, write down what you wish God would say to you right now, or write a short prayer about what you're feeling.





## REFLECTION 5: WHEN THE FUTURE FEELS UNCERTAIN

**“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”**

*Psalm 46:10 (NKJV)*

You can't predict the future, and honestly, that's probably a good thing. If you knew everything coming, you'd try to control it all. Jesus tells us not to borrow tomorrow's trouble. Today has enough on its own. Focus on what's in front of you right now, and trust God with what's ahead.

### **A FAITH-BASED THOUGHT SHIFT:**

Instead of asking "What's going to happen?" try asking "What does God want me to do today?"

### **ONE SIMPLE ACTION STEP:**

Write down three things you can actually do today. Not things you're worried about. Just three small, manageable actions. Then do one of them. After you finish, write down what you're most afraid will happen in the future, or write a prayer giving that fear to God.





## REFLECTION 6: WHEN YOU'RE AFRAID YOU'RE NOT ENOUGH

**“And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.’”**

*2 Corinthians 12:9 (NKJV)*

You're going to fall short. That's just the truth. But here's the better truth: God's grace is enough to cover every gap. His strength shows up best when you stop pretending you have it all together. Weakness isn't failure. It's the place where God gets to work.

### **A FAITH-BASED THOUGHT SHIFT:**

Instead of thinking "I'm not strong enough for this," try thinking "God's strength works best in my weakness."

### **ONE SIMPLE ACTION STEP:**

Think of one area where you feel weak or inadequate. Thank God for it. Yes, really. Thank Him that you get to see His strength in that exact place. Then write down where you feel like you're not enough, or write a prayer asking God to meet you there.





## REFLECTION 7: WHEN YOU JUST NEED PEACE

**“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”**

*Isaiah 26:3 (NKJV)*

Peace isn't something you create by fixing every problem. It's something that comes when you fix your mind on God. When you stop rehearsing all the worst-case scenarios and instead choose to focus on who He is, peace follows. It's not about your circumstances changing. It's about where your attention goes.

### **A FAITH-BASED THOUGHT SHIFT:**

Instead of thinking "I'll have peace when things calm down," try thinking "I can have peace by keeping my mind on God."

### **ONE SIMPLE ACTION STEP:**

Every time worry creeps in today, say this: "God, You are good. God, You are in control. God, I trust You." Repeat it until you feel your mind settle. Then write down what peace looks like for you right now, or write a prayer asking God to guard your heart and mind.





# A SIMPLE WAY TO BUILD PEACE INTO YOUR DAY

Here's what actually works when you're trying to stay grounded instead of anxious all the time.



## **WHEN YOU FIRST WAKE UP:**

Before you grab your phone, just take a few slow breaths. Tell God you're giving Him the day. Pick one of the verses from this workbook and read it a couple times. That's it. You're not trying to have some big spiritual moment, you're just starting with your focus in the right place.



## **SOMETIME IN THE MIDDLE OF THE DAY:**

Stop for a second and notice where your head is at. Are you spiraling? Are you playing out worst-case scenarios again? If you are, just say this: "God, bring my thoughts back to You." You can say it out loud or in your head. It doesn't need to be formal.



## **BEFORE YOU GO TO SLEEP:**

Write down one thing you're thankful for, even if it's small. Then write down one thing you're done trying to control. Tell God you're handing it over. You don't have to write a whole paragraph. A sentence is fine.



None of this has to be perfect. You're just practicing turning back to God instead of staying stuck in fear. The more you do it, the easier it gets.





## ✦ A FINAL WORD ✦

Fear doesn't disappear overnight. But peace? That's built one small decision at a time. Every time you choose to turn your thoughts back to God instead of spiraling into worry, you're building something. Every time you release control and trust Him instead, you're growing stronger.

You don't have to be perfect at this. You just have to keep showing up. Keep coming back to these truths. Keep giving your fear to the God who's bigger than all of it.

He's got you. And he's not letting go.

