

# FACING FEAR

# PRAYER GUIDE

IF:GATHERING





## ACKNOWLEDGE YOUR FEELINGS

It can be easy to go about these chaotic days and never push pause long enough to acknowledge how we are feeling. If we take the time to intentionally look at our minds and hearts, then we will be able to truly experience the life and peace Jesus has promised us. So, let's take a moment to pause and answer these questions:

WHAT ARE YOU FEELING?

WHAT IS MAKING YOU FEEL THAT WAY? (PEOPLE, CIRCUMSTANCES, ETC.)

WHAT IS THE RESULT OF YOUR FEELINGS? (WHAT IS IT AFFECTING, SHAPING, CHANGING ETC.)



## PRAY AGAINST FEAR

Truth is the most powerful weapon we have against anything that will try to overcome us in this world. When we declare the truth of who God is and what he says, we are able to live in the certainty of his word rather than what we may feel or fear.

USE THESE VERSES TO PRAY THROUGH YOUR ANXIETY  
AND PRAY AGAINST ANY FEAR YOU MAY BE FACING:

“...for God gave us a spirit not of fear but of power and love and self-control.”  
2 Timothy 1:7

“And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?” Luke 12:22-26

“Cast your burden on the Lord and he will sustain you; he will never permit the righteous to be moved.” Psalm 55:22

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though it’s waters roar and foam, though the mountains tremble and its swelling. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns.”  
Psalm 46:1-5



## LEAN INTO HOPE

Because we have Jesus, we have hope. We are not living our lives in lack or void of anything we need, rather we have an unshakable foundation in the midst of anything that may be uncertain or failing.

USE THESE VERSES TO ACKNOWLEDGE WHERE HOPE IS FOUND AND ASK FOR THE ABILITY TO LEAN INTO IT:

“So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.” 2 Corinthians 4:16-18

“For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God.” Romans 8:18-19

“For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.” Romans 8:24-25

“Rejoice in hope, be patient in tribulation, be constant in prayer.” Romans 12:12

“The sufferings of this present time are not worth comparing with the glory that is to be revealed to us.” Romans 8:18

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” Revelation 21:4



## CLING TO TRUTH

We need truth to not only remind us but also sustain us. Because we are God's creation, we are made to depend on Him. When we meditate on the truth and character of God we begin to notice His presence and control over our lives.

USE THESE VERSES TO REMIND YOU OF THE IMPORTANCE OF GOD'S WORD AND PRAY THAT TRUTH IS WHAT SUSTAINS YOU:

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Romans 12:2

"It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" Matthew 4:4

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." John 16:33

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." Joshua 1:9



## BE PRESENT WITH PEACE

We acknowledge that peace is not a feeling or a circumstance, but rather the person of Jesus Christ. He doesn't just give us peace, rather he invites us into his presence so that we can find peace in fellowship with him.

USE THESE VERSE TO ACKNOWLEDGE WHERE TRUE PEACE IS FOUND AND LEAN INTO IT:

“Come to me, all who labor and are heavy laden, and I will give you rest.”  
Matthew 11:28

“Now may the Lord of peace himself give you peace at all times in every way.”  
2 Thessalonians 3:16

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” John 14:27

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7

“For God is not a God of confusion but of peace.” 1 Corinthians 14:33

“Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace.” Ephesians 6:14-15

“For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.”  
Colossians 1:19-20



## GIVE IT AWAY

As believers, we weren't meant to just live for ourselves. So, we encourage you to offer the peace and hope you have to those around you. See people through, listen, care, respect others, and share the love you have come to know.

USE THESE VERSES TO PRAY FOR OTHERS AND  
ENCOURAGE YOU TO BE THE HANDS AND FEET OF JESUS:

“Bear one another's burdens, and so fulfill the law of Christ.” Galatians 6:2

“Love one another with brotherly affection. Outdo one another in showing honor.”  
Romans 12:10

“Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.”  
1 John 4:7-8

“Above all, keep loving one another earnestly, since love covers a multitude of sins.” 1  
Peter 4:8

“Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.” Colossians 3:12-15