

Week 4: Do Not Fear

Fear is paralyzing. It prevents us from doing God's will and following our dreams. It is also a lie from the enemy, an attempt to steal our joy and peace. This week, make a list of your fears and pray about them, asking God to help you remove the mental block so that you can live free and continue on your healing journey.

Remember: If you are feeling negative about this challenge, you will probably have a hard time with it. Change your thought pattern to reflect how completing this challenge will make a positive difference in your life. Write 3 negative words in the space below that come to mind when you think about this challenge. Then write down 3 positive words that describe the possible positive outcome. **Focus on the three positive words throughout the challenge.**

Notes:

negative

positive

BEGINNING OF THE WEEK:

Pray for guidance and discipline—you WILL be tempted to cheat or quit.

Do you believe you can complete this challenge (believing is half the battle!)?.....

What is your biggest hurdle in completing this challenge?.....

END OF WEEK:

How are you doing on this challenge?.....

Were you able to overcome your biggest hurdle?.....

What changes do you need to make in order to make this a permanent lifestyle change?.....

HOW ARE YOU FEELING / WHAT POSITIVE CHANGES HAVE YOU SEEN FROM THIS WEEK'S CHALLENGE?

Physically—.....

Emotionally—.....

Mentally—.....

Spiritually—.....

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