



## Lean Into The Fear



Fear holds us back from doing the things that bring us joy in our lives; fear of failure, fear of expectations (our own and other's), fear of judgment, past failures, and fear of being hurt. The list goes on and on, right?!

This spiritual exercise will allow God to work in those fear areas in your life and bring you healing and freedom so that you live a life full of JOY!

### Here's how it works...

- ☀ Find a comfortable spot to sit where you won't be distracted or disturbed. It helps to put soft music on to help you get in a prayerful space.
- ☀ Invite Jesus to join you. Jesus is always waiting for permission. He's always there but because He gave us the gift of free will, He anxiously waits for our invite. *"Jesus, please come and be with me."* This might feel uncomfortable at first especially if this is the first time you've invited Jesus to join you. Use your own words when inviting Jesus in with you.
- ☀ Think about your fears. What are you afraid of, what comes up? Talk to Jesus about each one. This is a process and takes practice, so start with one at a time and work through that one fear with Jesus before moving to the next.
- ☀ Talk to Him just like you would a trustworthy friend. Think of a particular experience(s) that instigated this fear? Tell Jesus all about it. Thoughts and emotions will arise, share everything you're feeling with Him.
- ☀ When you feel you've come to an end of sharing the depths of that fear, ask Jesus to take that fear. Surrender it all to Him. *"Jesus, I surrender, take this fear \_\_\_\_ (name your fear) I trust in you."*
- ☀ Remember: Jesus is love, the evil one is fear. Going forward if you begin to feel that fear you gave to Jesus arise in you, invite Jesus in again, *"Jesus, I surrender, take this fear \_\_\_\_\_. I trust in you"*.
- ☀ Journal any thoughts that come from this exercise.

Just like all the exercises in the Project, they take practice. This might be difficult at first so as always, give yourself grace. These spiritual exercises are no different than any other exercises within the Project. It's important to try it three times before deciding to continue or find something else to try.