

A close-up photograph of a hand holding a pen, poised to write on a piece of paper. The paper has a torn edge and is layered over other papers, including one with a grid pattern. The main text is written in a dark, cursive script. A small piece of yellow tape is visible on the right side of the paper.

# How To Conquer Your Fears

3 things to do by Jason

# *How to Conquer Your fears*

So do not fear, for I am with you;  
do not be dismayed, for I am  
your God. I will strengthen you  
and help you; I will uphold you  
with my righteous right hand.

Isaiah 41:10

# 1. Cast it

"Cast all your anxiety on Him because He cares for you." – 1 Peter 5:7

- Naming the fear brings it into the open. Fear thrives in secrecy and shadows, but it weakens in the light of honesty and truth.
- Neuroscience research by Dr. Matthew Lieberman at UCLA

# 1. Cast it

“Are you weary? Are you heavy-hearted? Do you fear the gathering clouds of sorrow?

Do you fear the gath'ring clouds of sorrow? Are you anxious what shall be tomorrow? Are you troubled at the thought of dying? Tell it to Jesus alone.”

(Edmund S. Lorenz)

Say it aloud in prayer. Journal. Be honest with God and yourself. When you name it, you begin to tame it. Cast it... with Prayer

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Phillipians 4:6

## 2. Calm It

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



## 2. Calm It

Notice the "But"

Going to the Dentist

Psalm 46:10 – "Be still and know  
that I am God."

Calm it ...With God's Word

# Crush It

For God has not given us a spirit of fear and timidity,  
but of power, love, and self-discipline 2 Timothy 1:7  
Psalm 23:4 – "Even though I walk through the valley  
of the shadow of death, I will fear no evil, for You are  
with me."

# 3. Crush it

“The presence of God is the antidote to fear.”

Charles Spurgeon

Crush it ...with the Holy Spirit

“If God is for us who can be against us? Rom 8:31

Like a parent holding a child's hand

“Through it...step by step”

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# How To Conquer Your Fears

Cast it (with Prayer)

Calm it (With His Word)

Crush It (With Holy Spirit)