

# WHAT IF?

I encourage you to process through your fears so that you can see God's heart for you.

## 1. TAKE YOUR THOUGHTS CAPTIVE.

a. What are some thoughts that you have about yourself or others that you know are not from God.

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b. Cast them off.

c. Repent for believing lies.

d. Replace those lies with the truth. What does God have to say about that situation?

## 2. TAKE THE FEARS THAT AREN'T AS EASY TO DISMISS TO JESUS.

a. Acknowledge the thought.

b. Where did it come from?

c. Imagine Jesus sitting with you and hand Him that fear. What does He have to say about it?

d. Then take the thought captive (from step one).

## 3. WALK THEM OUT.

a. Ask God, "What if \_\_\_\_\_?" List your fear. (Only address one at a time.)

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b. Imagine God asking you, "Then what?" in response. Answer what you would do/feel on the line below.

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c. "Ok, then what?" \_\_\_\_\_

d. "Then what?" \_\_\_\_\_

e. "Then what?" \_\_\_\_\_

f. "Then what?" \_\_\_\_\_

g. Allow God to comfort you and speak truth to you.

This is a hard thing to do and I am proud of you for walking it out. At the end of the day, God will be with you. He promises to never leave us or forsake us.

