

Overcoming Series: Part 2 – Overcoming Fear

Fear is a universal experience—but it doesn't have to be a permanent stronghold. In this second part of the Overcoming Series, we'll explore how fear shows up in your thoughts, body, and choices—and how God's truth can transform it into bold, Spirit-led action.

Whether it's fear of failure, rejection, uncertainty, or not being enough, fear is often rooted in lies that keep us small. This module will help you recognize those lies, build courage through truth, and step into the life God has for you.

The Roots of Fear

Fear often begins with a perceived threat—real or imagined. The brain's amygdala quickly signals the body to respond with fight, flight, or freeze. While this response is useful in danger, it becomes toxic when it rules your decisions.

Common roots of fear:

- Past trauma or rejection
- Perfectionism and fear of failure
- People-pleasing and fear of disapproval
- Lack of clarity or trust in God's plan

The Bible contains over 300 verses that address fear. God knew we would need regular reminders that we are not alone and that fear doesn't have to lead our lives:

- 2 Timothy 1:7 – 'For God has not given us a spirit of fear, but of power and of love and of a sound mind.'
- Isaiah 41:10 – 'Do not fear, for I am with you... I will strengthen you and help you.'
- Psalm 56:3 – 'When I am afraid, I put my trust in you.'
- Joshua 1:9 – 'Be strong and courageous... the Lord your God will be with you wherever you go.'

What Fear Does to the Brain

Fear hijacks the brain's prefrontal cortex—your logic and decision-making center—and amplifies the amygdala's signals. This makes it harder to think clearly, take action, or access your full creativity.

But when you name your fear, breathe deeply, and reframe with truth, you re-engage the prefrontal cortex. This creates space for courage, clarity, and faith.

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Action Steps to Overcome Fear

1. Name It: Identify the fear that's holding you back. Say it out loud or write it down.
2. Trace It: Ask where this fear came from—past experience, belief, or cultural influence?
3. Truth It: Find a scripture that speaks to that fear and declare it over yourself daily.
4. Breathe Through It: Use box breathing (4-inhale, 4-hold, 4-exhale, 4-hold) to calm your nervous system.
5. Move Despite It: Courage is built through action. What small step can you take today?
6. Believe It—Anchor to God's Presence: Start your day with 5 minutes of quiet prayer, inviting God into your thoughts and decisions.
7. Celebrate It: Each time you face a fear—even in small ways—acknowledge and thank God for the growth.

You Were Not Made to Live Afraid

Fear may knock on the door, but it doesn't have to move in. God has given you His Spirit, His promises, and His presence. You don't have to have all the answers—you just have to keep saying yes to the next right step.

When you show up in faith, even when you feel afraid, you become a vessel of courage that inspires others to do the same. This is how we break the cycle—and become who we were always meant to be.