

PRAYING THROUGH

THE FEAR

Your 30 Day Workbook

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Don't let fear, stress, anxiety or depression rob you of your ability to live your life to the fullest.

This workbook includes scriptures that will help you pray through all of those emotions. So you can get your life back on track.



POSITIVELY  
• JANE •



## Praying Through the Fear

For a few months now I have been thinking and praying about creating some type of journal/workbook that would help you get through your fear, anxiety and worry. But I wasn't sure what would benefit YOU the most.

One morning (middle of the night) the Lord woke me at 2.00 AM. He gave me ALL the ideas for this workbook including most of the scriptures. Rather than tossing and turning in bed, I got up, made myself a pot of tea, and went to work.

Within 4 hours this workbook was laid out and ready for all the fine tuning. 4 hours! He knew that you needed this and I knew that He wanted me to write it so you could have it.

God never promised us an easy life. John 16:33 says: 'I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.'

On the other hand, He DID say 'Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.' Proverbs 3: 5-6

As you write out your fears, worries and anxious thoughts please take time to listen so you can hear what your Heavenly Father is saying to you. God is loudest when we are the quietest. When we are still. Lean into Him. Let Him carry you through all of your rough terrain. Just close your eyes and ask him to take the wheel.

Be still and know that He is God,

*Jane*

Founder of PositivelyJane.net



# Praying Through the Fear

## The Fearful Woman

- The fearful woman allows her thoughts to think of the worst case scenario.
- The fearful woman dwells on all of the things that she feels are wrong or bad.
- The fearful woman has difficulty doing her daily activities.
- The fearful woman wants to control every situation and outcome.
- The fearful woman's heart may race due to worry or anxiety.

## The Content Woman

- The content woman has 'learned' to be content in all circumstances. She realizes that contentment does not come naturally.
- The content woman knows that God loves her so much He sent His one and only Son to die for her sins.
- The content woman trusts in the Lord and knows that He is in control.
- The content woman knows that if God is for her then who can be against her.
- The content woman follows Jesus regardless of where He leads her.



# Praying Through the Fear

## *Prayerfully Consider & Remember*

Matthew 6:25 says 'Therefore I tell you, do not worry about your life...'

As you go through this workbook take some time to, not only write down your fears, worry and anxiety given moments, but also take time to reflect on all of those thoughts and feelings. And ask yourself if any of those thoughts and feelings are from God. If they are not from God...where do they come from?

Prayerfully consider what your triggers are. Do you want to be in control? Are you afraid of getting sick? Are you worried about a loved one?

Prayerfully remember that Jesus is the vine and you are the branches. In times of doubt, fear or worry...remain in Him. He will provide what you need in those anxious times.

The best way to remain in Him is to know His Word. Scripture is the Word of God. Memorize as many verses as you can so that you can refocus your mind when your thoughts turn inward.

Every verse that you memorize is one more arrow into your fear, anxiety and worry. Every verse that you memorize AND claim as your own allows you to live victoriously and not be defeated!



# Praying Through the Fear

## *Before* you begin

### First things first...

Ask the Lord for help. Ask the Lord to help you to apply His Word to your life. Ask the Lord to help you to see things as He does. Ask the Lord to open your heart to the truth.

### Manifesto...

On the next page you will find your Praying Through the Fear Manifesto. A manifesto is 'a written statement declaring publicly the intentions, motives, or views of its issuer.' It is your commitment to **yourself**.

You may want to remove this page from this workbook and put it someplace to remind you that this workbook is NOT just another thing to do...it is an opportunity for you to reclaim **YOUR** life. It is an opportunity to journal your fears, worry and anxiety so that you can:

**Kick Fear, Worry and Anxiety to the curb -  
once and for all!**



# Praying Through the Fear

## MY Praying Through the Fear Manifesto

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I am determined to NOT let my emotions get the better of me. I resolve to grab ahold of any thought that is NOT peaceful and put it behind me.

I believe that Jesus Christ wants what is best for me. I believe that Jesus Christ has my back and is 100% in my corner. I believe that if I can figure out a way to give it ALL to Him my thoughts and emotions will turn around and I will be able to live my life in the light...not in the shadow of the darkness.

Because Jesus is better than any fear, worry or anxious thought, I will pick up my spiritual shovel and dig into what the Word of Truth has to say. I will cling to those words of truth. I will believe them. I will remember them. I will put them into practice. I will lean into, and gather, Jesus' strength.

I want to do this **because I can NOT live my life** this way anymore. I only have one life and I want to live it to the fullest. I realize that I can't change myself. I need Jesus. I need His power and strength to work within me and change me. I will keep my eyes and heart glued on Jesus.

.....  
Signature

.....  
Date



# Praying Through the Fear

## How to use this Workbook

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### Consistency is important...

- Find a regular time to work each day. Grab your Bible and maybe a journal for taking notes (**journaling pages are included on the next to last page of this workbook...feel free to print as many copies as you need**).
- Record the date, time and your place of reflection.

### Gratitude...

Begin each day with gratitude. Looking at the good will shift your focus from 'what is not' to 'what is.' Small things. Big things. ALL things. From your cup of hot coffee in the morning to going to bed at night.....and all the little things in between.

### Be Still and Know...

Surrender your worries to the Lord. What is He trying to tell you during your stillness with Him? What did he tell you yesterday? What DO you know about the Lord and what He has to say?



# Praying Through the Fear

## How to use this Workbook

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Each day, for 30 days, you will be given different scripture verses from the Bible...

- Write the verses on a notecard and carry it with you all day. (Scripture cards are included at the end of the workbook if you would rather print them out. Laminate them. Make multiple copies).
- Memorize the verses so that you can grab them from your memory when you need them.
- Meditate on the verses. Personalize them. Rewrite them into a prayer.

You are also given an area for you to write down what you are feeling.

Getting your thoughts on paper, out of your head **and into the light**, is the 1st step in eliminating your fear.

John 8:12 says: When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Psalms 119:105 says: Your word is a lamp to my feet, and a light for my path.



## Praying Through the Fear

Rewrite each day's scripture...

Personalize it. Add your own name. Make it yours. Here is an example using the verse on the previous page:

Lord, your word is my lamp. It lights up my feet and guides me when I walk. The light illuminates my path so that I don't get lost or stumble. If I keep my eyes on the light that YOU provide I will never lose my way or fall. Thank you so very much for guiding my way. Remind me to keep my eyes on the lamp so that I don't forget. In the name of Jesus...Amen.

**How does all of this change the way you think and live?**

What truths have you learned? What lies have you uncovered? Just discovering truths and lies does not change the way you think, feel and act. Just because I found a baseball does not mean I can play ball.

Romans 12:2 says 'Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.'



# Praying Through the Fear

## Pray BIG...

I mean really big. Lay everything at the feet of Jesus. Nothing, and I mean nothing, will surprise Him. Don't limit or censor what you say. Just say it. Pray without limitations.

- Pray for yourself.
- Pray for your family and friends.
- Pray for your country.
- Pray for your neighbor.
- Pray for healing.
- Pray for peace.
- Pray for forgiveness.
- Pray for understanding.
- Pray for gratitude.

Whatever you do...just pray. **And pray BIG.**

Write a prayer. A prayer of surrender. A prayer of praise. A prayer of commitment.

# Praying Through the Fear

Day 1

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 91:4

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 2

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 56:3-4

When I am afraid, I will trust in you. In God, whose word I praise - in God I trust; I will not be afraid. What can mortal man do to me?



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 3

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 4

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Proverbs 12:25

An anxious heart weighs a man down, but a kind word cheers him up.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 5

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 27:1

The Lord is my light and my salvation - whom shall I fear The Lord is the stronghold of my life - of whom shall I be afraid?



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 6

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Isaiah 41:10

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.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 7

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

## Scripture: Matthew 6:25

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to your life?



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 8

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 9

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 27:4-5

One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 10

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 118:6-7

The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper. I will look in triumph on my enemies.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 11

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Philippians 4:6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 12

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Romans 8:14-15

Because those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, 'Abba, Father.'



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 13

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: 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; your rod and your staff,  
they comfort me.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 14

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 34:4

I sought the Lord, and he answered me; he delivered me from all my fears.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 15

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Philippians 4:13

I can do everything through him who gives me strength.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 16

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Isaiah 43:1 (b)

Fear not, for I have redeemed you; I have summoned you by name; you are mine.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 17

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be terrified do not be discouraged, for the Lord your God will be with you wherever you go.”



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 18

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 121:1-2

I lift up my eyes to the hills - where does my help come from?  
My help comes from the Lord, the Maker of heaven and earth.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 19

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

## Scripture: James 1:2-8

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 20

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: James 1:12

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 21

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: James 1:22-24

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 22

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 23

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 46:1-3

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 24

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: 1 Peter 5:10

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 25

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Isaiah 12:2

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 26

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Exodus 15:2

The Lord is my strength and my song; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 27

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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Be Still & Know

Scripture: Psalm 73:26

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 28

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Be Still & Know

## Scripture: 2 Corinthians 12:9-10

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 29

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

Be Still & Know

Scripture: **Chronicals 16:11**

Look to the Lord and his strength; seek his face always.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*

# Praying Through the Fear

Day 30

..... Date ..... Time ..... Place

Today I am grateful for: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

Be Still & Know

Scripture: 2 Thessalonians 3:3-4

But the Lord is faithful, and he will strengthen you and protect you from the evil one. We have confidence in the Lord that you are doing and will continue to do the things we command. May the Lord direct your hearts into God's love and Christ's perseverance.



# Praying Through the Fear

Rewrite the Scripture into a prayer: \_\_\_\_\_

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HOW DOES THIS CHANGE THE WAY I THINK AND LIVE:

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PRAY *big*