

Dismantling Fear

Focus Scripture

1 John 4:18
2 Timothy 1:7
Deuteronomy 31:8
Matthew 10:28

The Vision

Getting out of our own way to get the healing and restoration that is owed to us, that was bought by Christ, and stolen by ignorance. Will we keep watching the enemy steal our mind, peace, love, self-love, self respect, health, children, finances, marriage, progression, confidence, relationship, and family? I hope not, because I've had enough. Let's remove fear from it's throne! Let's get to work!

Prayer

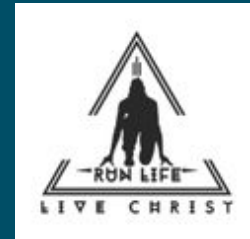
After thanking God for all he has been to you add....
God I ask you to be the Lord over my body, my thoughts, my intentions, and feelings. Lord continue to bring to my remembrance that you are everlasting. With your power I cannot be shaken. Lord I submit my feelings to you. My feelings are not always my truest expressions of who I am. Lord help not let the fleshly desires and feelings pull me into a place that I don't want to be. Right now Lord, I submit my body to your authority. Lord I rebuke every unclean spirit that is tied to me in the name of Jesus. I cast down the spirit of fear and every way it tries to manifest in my life. I cancel every assignment that the enemy has over my life. Lord, usher me in to holy boldness under the observance of the Holy Spirit. Open my ears to fully hear every true thing that you are. Make me hungry for your word. Keep me safe under your wing. In Jesus mighty name I thank you for the victory. Amen.

Fast Schedule

No food from 6am-6pm on the 1st, 2nd, 3rd day of the month

Strategic Plan

Run Life Ministries



Process Analysis

Mental

Move intentionally and realize every moment of fear. Combat fear when you feel it coming. Speak affirmations out loud that is in opposition of fear. Rebuke thoughts in the name of Jesus and consciously make a quick decisions to conquer fear.

Spiritual

Spend 30mins uninterrupted every morning praying and reviewing a verse or chapter in your bible.
Spiritual Listen for God's guidance, instructions, and encouragement. God can be felt in physical presence and heard audible in the mind. The Lord can be direct, but he is a gentleman. He will never tell you to do anything evil. You will learn your Saviors voice.

Physical

Do 30 min of exercise 5 days a week. You can walk, sprint, jog, lift weights, or swim. Just make sure you're consistent.
Building consistency with the body puts the flesh under submission. You will build dicipline and make time to improve Self and Savior (by listening to music or audio bible, praying, or being silent) while you workout. This active way of experiencing God is my personal favorite thing to do!

Consumption

Eat More of God's food. God's food is anything that is grown out of the earth. Your eating habits are under your control, this section is pure suggestion.
There are cancer fighting, sickness fighting food all around us. You can eat to live better.

Action Plan

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Strategic Goals and Actions

Strategic Question

What is fear holding up in your life?

Action Planner

What is your personal plan of action for victory?