

Following are instructions for using the 'Fear to Faith' worksheet.

1. What's Happening

In **Box #1** write a brief description of a challenge in your life that you are currently facing. It is unnecessary to include a lot of details. Instead, focus on jotting down whatever words describe the situation in a way that captures the essence and feeling of it. Be aware that this experience is the result of your former way of thinking. A way that no longer serves you. Be sure to include the date at the bottom of the box.

2. What I Hope Will Happen

In **Box #2** write a brief description of what you hope the outcome of your challenge will be. Notice that hope is an idea that arises in response to a hidden doubt, or fear. Furthermore, notice that the substance of that idea is an intuition of Spirit, which is the experience of faith.

3. Finding My Word of Faith

In the Cloud on **Line #3** write down the 'Word of God' on which you plan to build your faith. A sampling of some of the "Words of God" are listed above the Cloud. Your choice can be any word associated with the nature of the Divine that causes you to feel *inspired*. Another way to make your choice is to identify the quality of God that seems to be most lacking in the original condition described in **Box #1**.

4. What I Fear Will Happen

In **Box #4** write down your greatest fear about the outcome of your challenge. Try to briefly describe your fears in a way that captures as much of the feeling as possible. The description of your fear is the nature of your doubt.

5. Naming My Fear

On **Line #5** try to identify a single word that best captures the nature of the fears you described in the previous step. A few suggestions are provided on the worksheet just above the cloud. It's helpful to note this 'word of error' can be any word that evokes an

emotional response similar to the feelings of fear described in **Step #4**.

6. Naming My Resistance

On **Line #6** write down your 'word of resistance.' This is what you always tend to do to resist your 'word of error' in order to keep it from happening so that you can experience your 'Word of Faith.' For example, if you believe in *rejection* you might tend to *appease* others in order to attempt to have an experience of Love.

7. Forgiving My Resentments

At this point, go within and ask your 'Higher Wisdom Self' to reveal to you the name of the person whom you must forgive in order to release your Word of Faith into expression in your life. Write their name on both of the blank lines of the 'Love Prayer' in **Box #7**. *Randomly perform this prayer whenever thoughts of this person arise. You can do this aloud, or silently along with your breathing, as indicated on the worksheet.*

8. Giving Thanks for Newness

Usually **Box #8** cannot be filled out at the same time that you complete the rest of the worksheet. The appropriate time to fill out this section is after the challenge has been overcome. This is a time to give thanks and identify the way in which the 'Word of God' has been made flesh in your life. This is also a place to record any wisdom you received from this process. Be sure to include the date of the day you finally complete this sheet.

The Releasing Prayer

On the first line enter the 'word of error' that you identified in Step #5 above. **Next**, on the second line enter the 'word of resistance' that you identified in Step #6 above. **Finally**, on the third line enter the 'Word of Faith' that you identified in Step #3 above. Use this prayer in conjunction with the postures shown in order to *embody* the realizations brought forth by completing this worksheet.

The Fear to Faith Worksheet

2/2

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Word of God
on which I build my Faith is:

3

W

B

Draw a symbol of the Word of God:

The 'word of resistance' that I react with is:



6

Control • Hide • Anger • Attachment • Flee • Appease • Whine
Depression • Confusion • Lose • Withdraw • Rebel • Confront

Draw a symbol of the false belief:

The 'word of error' that I have falsely believed in is:

5



Lack • Debt • Conflict • Limitation • Ignorance • Rejection • Death
Chaos • Judgment • Dependency • Duality • Disease • Poverty



HOPE

'The Universal Hope'

What I hope will happen is:

2

Y



FEAR

'The Universal Doubt'

What I fear will happen is:

4

O

NEWNESS

The person I must forgive is:

7



I Accept You _____ (Name) (Inhale)



I Bless You _____ (Name) (Exhale)

I am grateful God is gracious; I am grateful God is:

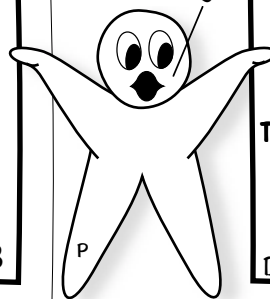
Date:

8

V

FLESH

"I am enough!"



"The Universal Truth"

P

OLDNESS

The current situation or condition is:

This is how I am feeling:

Date:

1

P

Color Code:

Pink-Physical Orange-Emotion (P+Y) Yellow-Mind Green-Intuition (Y+B) Blue-Spirit Violet-Unity (P+B) White-Wholeness -Subconscious -Mystery

The Releasing Prayer



I release my belief in _____

5



(Word of Error)



I release my need to _____

6



(Word of Resistance)



I am grateful God ...is the _____

3

I am!



(Word of Faith)

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