BIBLE STUDY WORKSHEET

Faith Over Fear

Let faith guide your next step even when fear has not disappeared.

PREPARED BY VANESSA

"When I am afraid, I put my trust in you."

Psalm 56:3

OPENING PRAYER

God, meet me in the place where fear feels loud. Help me listen for truth, use wisdom, receive support, and take the next faithful step without demanding certainty. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps women identify fear, separate wise caution from anxious control, and take grounded steps of faith with appropriate support.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

Fear Deserves Honest Attention

Fear can warn us of real danger, echo past pain, or imagine outcomes that have not happened. It must be named before it can be evaluated.

> When I am afraid, I put my trust in you.
>
> **Psalm 56:3**

TRUTH TO CARRY

Faith begins with honesty, not denial.

REFLECT AND DISCUSS

What exactly are you afraid of?

What does your body do when fear rises?

Is the danger present, remembered, or imagined?

Grace makes room for truth, wisdom, and growth.

PART 2

Wisdom Is Not the Same as Worry

Wise caution gathers facts, makes a plan, and acts. Worry circles the same uncertainty while demanding control.

> The prudent see danger and take refuge.
>
> **Proverbs 22:3**

TRUTH TO CARRY

Faith can include research, preparation, counseling, medical care, and safety planning.

REFLECT AND DISCUSS

What facts would help?

What action belongs to wisdom?

What thought keeps circling without helping?

Grace makes room for truth, wisdom, and growth.

PART 3

Choose the Next Faithful Step

Faith rarely removes every unknown. It helps us act with integrity inside what we know today.

> We live by faith, not by sight.
>
> **2 Corinthians 5:7**

TRUTH TO CARRY

You do not need the whole map to take one grounded step.

REFLECT AND DISCUSS

What is clear right now?

What small action aligns with truth?

Who can walk beside you?

Grace makes room for truth, wisdom, and growth.

PART 4

Return the Outcome to God

Preparation is responsible; controlling every result is impossible. Peace grows as we do our part and release what belongs to God.

> Cast all your anxiety on him because he cares for you.
>
> **1 Peter 5:7**

TRUTH TO CARRY

Trust is practiced each time fear returns.

REFLECT AND DISCUSS

Which outcome are you trying to guarantee?

What is within your responsibility?

What will you place back into God's hands?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

The fear I am naming honestly:

The facts or support I need:

The wise precaution I will take:

My next faithful step:

The outcome I will release:

THIS WEEK I WILL

- [ ] Name the fear
- [ ] Check the facts
- [ ] Make a safety plan
- [ ] Ask for support
- [ ] Take one step
- [ ] Release the result

MY ANCHOR PRAYER

God, let faith lead while wisdom keeps me grounded and supported.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Lord, quiet fear that distorts and strengthen wisdom that protects. Help us move with courage, humility, support, and trust. Amen.

A WORD OF ENCOURAGEMENT

> Faith is not pretending you are unafraid; it is refusing to let fear become your only guide.

CLOSING CIRCLE

One fear I will face with faith and wisdom:

DECLARATION

Fear may speak, but truth, wisdom, and faith will guide my next step.

Her Story. His Grace. Our Purpose.