



FACE THE FEAR EXERCISE

1. List people, place, things and activities that make you anxious concerning job and career search.
2. Following the principle that “Perfect love casts out fear,” start walking toward people, places, things and activities you fear. Do what would be in the best interest of people involved. Pray for and help people who make you anxious. Trust God to work out the details.

People, Places, Things and Activities You Fear in Job/Career Search	Specific Actions for Moving Through Your Fears

3. Think of people who can encourage and pray for you; people you trust, people who care about you – your spouse, a parent, a sibling, a friend or business associate, someone from church, a minister or a counselor. Ask them specifically to pray for you, and write their names here:

4. When anxiety appears as a companion to your day, greet it with this prayer:

“In the name and by the authority of the Lord Jesus Christ, I bind all lying spirits causing fear and anxiety in me. I resist Satan and his evil workers in the name of Jesus and by Jesus’ authority I command them to leave my presence (James 4:7). I declare that Satan is already defeated by Jesus at the cross. God has not given us a spirit of fear and timidity, but of power, love and a sound mind/discipline. (2 Timothy 1:7). I therefore reject all fear and choose to walk by faith in the Holy Spirit’s power, live in the light of God’s love, and think with the sound mind of Christ.”

From: *Freedom from Fear* by Neil T. Anderson