

FEARS CHECKLIST

- ☐ If I miss my quiet time, I fear that God won't bless my day.
- ☐ If I let God down, I fear that he will withdraw His favour.
- ☐ I fear that, if I sin, I will be punished by God.
- ☐ I fear that if I give myself wholly to God, he will use me without blessing me and I will be taken for granted.
- ☐ I fear that God will be disappointed in me.
- ☐ I am afraid I am never good enough for the Lord.
- ☐ I am afraid that God will be more interested in other Christians than in me.
- ☐ I fear that God will make me suffer / kill me / hoax me.
- ☐ I fear that God will make me do the very thing I don't want to do.
- ☐ I fear judgment day.
- ☐ I fear stepping out and God not coming through.

- ☐ I fear the manifest power of God.
- ☐ I fear that if I am not successful in what I do I will be seen as a failure.
- ☐ I fear that if I stand out in the crowd I will be ridiculed.
- ☐ I fear that if I worship in an abandoned way I will be seen as stupid.
- ☐ I fear that if I initiate relationships I might be rejected.
- ☐ I fear that if I don't initiate relationships I might be rejected.
- ☐ I fear that if I don't initiate relationships no one will want to know me.
- ☐ I fear that if I am really honest and vulnerable I will get rejected or ridiculed.
- ☐ I worry about what people think of me.
- ☐ I withdraw from powerful and successful people.
- ☐ I stay away from people in authority or who carry authority.
- ☐ I fear being unattractive.

- ☐ I am afraid of really trusting others and leaving myself vulnerable to them.
- ☐ I fear being found out.
- ☐ I fear that I will get punished.
- ☐ I fear confronting others in case I get rejected / punished / ridiculed.
- ☐ I often don't do things I think I should because I might fail.
- ☐ I fear prophesying in case I make mistakes.
- ☐ I fear being ridiculed / persecuted for my faith.
- ☐ I fear sharing my faith with non-believers.
- ☐ I fear that if I persist in prayer I will have wasted my time.
- ☐ I fear I will suffer sickness in the future.
- ☐ I fear I will die lonely.
- ☐ I fear I will be poor.
- ☐ I fear getting bad news.
- ☐ I fear that my children or close family will be killed.
- ☐ I fear that things that matter to me will collapse or suddenly end.

- ☐ I fear death.
- ☐ I fear committing myself to people or responsibilities in case I get it wrong and someone or something better comes along.
- ☐ I have a phobia of animals / snakes / cats / cars / aeroplanes...
- ☐ I fear not having authority over demons.
- ☐ I fear being exploited.
- ☐ I fear losing my job.
- ☐ I fear losing my house.
- ☐ I fear that words from God that I have held onto will not come true.
- ☐ I fear that my character weaknesses mean that I will never fulfil my destiny.

OTHER FEARS THAT COME TO MIND

Based on material from Christ Church, Fulham.