

Jesus "n" You

Find Him "n" You

Fear Contract

I, _____, agree to move forward by aborting the fears in my life. I promise to be truthful to myself and to allow the blood of Jesus and His grace to overtake all my fearful thoughts and speech concerning fear. I will ask the Holy Spirit to reveal the root of my fears. I will gain faith again so that God can control my life. Since there is no fear in love, I will strive toward perfect love and seek Gods love. I will meditate on the Word pertaining to fear daily until it becomes my actions. I will stop my fearful feelings and thoughts. I promise to allow prayer to play a major part in my recovery and compliance process. If I find myself having a setback, I will change my bad behavior(s) immediately. I know that my success is

up to me allowing Christ to work on my fear issues and my being obedient to His Word regarding fear. I promise to allow God to direct my steps and to be my vindicator from this destructive emotion. If I need ministering, I will locate a pastor that I trust from my local community to minister to me.

Signature: _____

Date: _____

The purpose of this contract is to motivate me to change my relationship with fear. This contract holds me accountable for my non-compliance to change.