

CONQUERING THE FEARS THAT HOLD US BACK

Conquering self-sabotage means battling past the fears that captivate us. Although willpower is important, the battle is primarily a spiritual one. These guidelines can help:

☐ **Admit the truth.** List your goals. Explain how self-sabotage keeps you from them. Face your self-sabotage behaviors. List them. Plot out how the three fears affect you; note how they interact. Link the fears to your self-sabotage activities.

☐ **Look for causes.** Ask God to show you the root causes for your fears. What messages did you learn as a child? What past incidents make you fearful today? What sins could have opened the door to fear? In what ways are you lazy? Seek inner healing for the hurts. Ask forgiveness for the sins and forsake them.

☐ **Recognize the attacks.** Aside from the healthy, life-preserving hesitancies, fear is not from God (II Tim. 1:7). When fear arises, ask yourself, "What am I doing that Satan wants to destroy?" Look for the subtle fears as well as the big ones. Know your vulnerable spots and be alert to fear's advances.

☐ **Arm for battle.** Study spiritual warfare, arm yourself and fight! Memorize Ephesians 6:11-15. Practice it. Spirits of fear can be commanded to leave in Christ's name (Jas. 4:7). Join with others to pray against your fears.

☐ **Experience God's love.** Knowing that you are deeply loved helps you to face many things that you couldn't face alone. Ask God for a revelation of His love; one that will energize you toward change. Open your eyes to His loving care for you each day.

☐ **Be accountable.** Pray for a friend to confess your problems and sins to, so you can be helped in the healing process (Jas. 5:16). Be accountable to that person for your actions. Find someone who is loving, trustworthy and firm.

☐ **Be realistic.** Self-sabotage battles are the warfare of a lifetime. Never assume that because one uprising is squelched, you won't battle a fear somewhere else. The Enemy is a crafty strategist. Listen closely to God for your counter plan.

☐ **Drop your barriers.** Forget your pride and cry for help from God, His word and His people.