

PRAYER & STUDY GUIDE

*The Power of*  
**PRAYING<sup>®</sup>**  
**THROUGH**  
*Fear*

STORMIE  
OMARTIAN



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## **THE POWER OF PRAYING® THROUGH FEAR PRAYER AND STUDY GUIDE**

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# What You Should Know Before You Begin

Welcome to this biblical study about what fear can do to you, what you fear most, and what the Bible says about fear and how to deal with it in the most positive way.

## What You Need in Order to Begin

This *Prayer and Study Guide* is divided into a ten-week plan for personal or group study. You can also study two chapters a week if you would like a shorter five- to six-week study. Or you can do this study alone or with a prayer partner at your own pace.

You will need to have the book *The Power of Praying Through Fear* (it will be referred to as “the book” within each week’s questions and directions). You must also have a Bible in which you are not hesitant to underline or write. All Bible quotes in the book (except for one in the New International Version) and this *Prayer and Study Guide* are from the New King James Version. But you can use whatever translation you feel most comfortable reading. You may also need a notebook or journal in which you can write some of the answers to these questions when you feel you have more to say than where you have room to write here. If you have that handy, you won’t have to go looking for one when you are inspired to write more.

This *Prayer and Study Guide* is designed to give you practical tools to use whenever you feel fear encroaching upon your life. You will

learn what to deliberately *think*, *say*, and *pray* when you have fear about anything, and also what you can do in response to it. You will be more prepared to help others handle their own fear.

As you respond to the questions and suggestions in each chapter, be completely honest because no one will be reading your answers. You do not have to share what you have written unless you want to do so.

### When Doing This Study in a Group

If you are doing this *Prayer and Study Guide* in a group, read the chapter or chapters in the book that have been assigned for that week and then answer the corresponding questions for that chapter. At your next meeting, the leader will bring the group together and go over each question, and you can share any insights God has given you as you feel comfortable doing so. Even if you don't want to share personal information, you can share what God has shown you in prayer or through His Word. If you do feel like sharing insight with the group, you will find that it might not only be liberating for you to offer it, but also good for others to hear it.

If you do not have a group or are not able to start one yourself, don't forget that Jesus said where "*two or more are gathered*" in His name, He is there (Matthew 18:20). If you have a friend who wants to do this book with you and pray together, there is an exponential increase in the power of your prayers when you join in unity of purpose and faith to pray with that person.

All this doesn't mean God is not present in power when you do this study by yourself. The Bible says that "one can chase a thousand, and two put ten thousand to flight" (Deuteronomy 32:30). In fact, the tools in this book are designed to be used when you are alone and feeling fearful for whatever reason. Fear creeps up on us most often when we are alone.

When the section of Scripture you are being asked to read is lengthy, and you don't want to underline the entire text, just

underline the specific verses or words that stand out to you so you will be able to find them again quickly.

Thank you for doing this study. It brought great peace and comfort to me as I was writing the book and putting this together. I pray it will do the same for you.

*Stormie Omartian*







## WEEK ONE

Read the Introduction: “Say What?” and  
Chapter 1: “What Can Fear Do to Us?”  
in *The Power of Praying Through Fear*

1. Write out a prayer asking God to give you a new perspective on your life and on His plans for you. Ask Him for a deeper relationship with Him than you have ever experienced before. Everyone needs that.

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We all have fear of some kind. List below all the things that cause you to have fear. Designate what frightens you most.

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2. Read 2 Timothy 1:7 and underline it in your Bible. Put a star next to it. Write out that verse below, substituting the word “me” in place of the word “us.”

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In light of this verse, what will you never receive from God?

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In light of this verse, what three gifts has God given you to combat your fears?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you feel you have an abundance of those three gifts from God in your life? Write out your answer as a prayer. (For example, “Lord, I sense Your love for me, but I often feel weak in the face of my greatest fears. I need to sense Your power working in me and through me...”)

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3. Do you have any fear that affects your mind or emotions in a way that limits your life by taking away your joy, energy, confidence, or strength? If so, describe that.

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Do you have fears that have been with you a long time? If so, how long? Describe those and what you believe has caused them.

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Write out a prayer asking God to show you anything that has happened in your past—even as recently as yesterday—that has caused you to have fear now that is damaging to your peace of mind and possibly your health.

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Are any of your fears coming from what is going on in your mind or emotions? Describe what they are and why you think you have them.

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4. Which of the following words would you use to describe your reaction to your greatest fears right now? (“I feel threatened, panicked, and incapacitated. I have feelings of insecurity, anxiety, or agitation...”) What other words would you use to describe your reaction?

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Do you have fear that in any way affects your physical body? (For example, “I have headaches. I am losing sleep. I often feel nervous and threatened. I am depressed. I am worried. I feel fear that is affecting my health and sense of well-being.”) Write out your answer as a prayer telling God how you feel. Ask Him to set you free from those fears, and thank Him that He has given you what you need to combat fear and live in peace.

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5. Read John 8:31-32 and underline these verses in your Bible. In light of these words that Jesus said, what can set you free from fear?

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Write out a prayer asking God to continue to show you the truth in His Word that will set you free from fear.

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6. We all have “What if?” fears that cause us to be afraid about things that *could* happen in the future, possibly as early as today. You may have a legitimate basis for those fears, or they may not even be relevant to your situation right now. List below all the “What if?” fears you can think of that you have, and beside each one write whether or not you believe the fear is justified. (Everyone has them, so don’t hesitate to write them down. It helps to reduce their power.)

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Write out a prayer bringing all these “What if this happens” type of thoughts before God. List each one specifically, and ask God to give you insight and comfort about them. Ask Him to take these fearful thoughts away and to tell you what, if anything, you can do about them.

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7. Read 1 Thessalonians 5:14 and underline it in your Bible. It's not necessarily what we fear, but what we allow to overtake us that causes problems. Praying about everything that makes us afraid is a giant step to getting free of those fears. In light of this Scripture, what else are we to do?

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8. Fear includes dread. Describe what you dread in your life. What do you dread that could possibly be ahead of you?

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Write out a prayer asking God to either take away what you are dreading or take away your feelings of dread. Ask Him to give you His peace and assurance that He will always be with you.

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9. Look up the following Scriptures and underline them in your Bible. Beneath each one, tell what the people involved were instructed to do.

Exodus 14:13

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Joshua 10:25

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Deuteronomy 31:6

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Joshua 1:9

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Luke 8:50

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In light of the Scriptures above, what should you do when you feel fear?

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Read the following Scriptures and underline them in your Bible. Beneath each one, write out what that verse speaks to you personally and how it comforts or encourages you.

Psalm 27:1

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Isaiah 35:4

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Psalm 42:5

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Psalm 27:14

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10. Pray the prayer at the end of chapter 1 on page 33 in the book. Add any specifics of your life that you want to pray about concerning longtime fears you have had. Jot them down here to remind you to pray again about them.

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