

FAITH OR FEAR?

A Biblical Decision Guide

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

2 Timothy 1:7, KJV

Fear may be present, but it does not have to make the decision.

Use this guide when fear is pushing you to act quickly, avoid something difficult, assume the worst, or demand an outcome you can guarantee. Bring the situation honestly before God and examine it through the three gifts named in 2 Timothy 1:7: power, love, and a sound mind.

1. Name the Decision

What decision, conversation, change, or situation are you facing?

What makes this decision difficult?

2. Identify What Fear Is Saying

Fear can sound practical and convincing. Write down what it is telling you.

Fear is telling me:

What outcome am I most afraid of?

What is fear urging me to do immediately?

Am I responding to a real danger, or am I allowing a fearful possibility to become a certainty in my mind?

EXAMINE THE DECISION

3. Power

God's power does not guarantee that everything will turn out as you want. It gives you strength to obey, speak truth, endure difficulty, and take the next faithful step.

What would courage and obedience require of me?

What am I avoiding because I feel afraid?

What strength do I need God to provide?

4. Love

Fear can make self-protection our highest goal. Love helps us consider what honors God and how our choices affect other people.

What response would honor God?

How can I respond with truth, compassion, and integrity?

Am I setting a wise boundary, or am I building a wall because I never want to feel vulnerable again?

5. A Sound Mind

Fear creates urgency and assumes the worst. A sound mind slows down, examines the truth, and refuses to let panic control the response.

What do I actually know?

What am I assuming?

What has God made clear through Scripture?

What wise counsel have I received?

Will this decision still seem wise when my emotions settle?

TEST THE DECISION

- ☐ I have prayed honestly about this decision.
- ☐ I have separated known facts from fearful predictions.
- ☐ I am not making this decision only to make the pressure stop.
- ☐ This decision agrees with Scripture.
- ☐ I have considered how my choice will affect others.
- ☐ I am willing to receive wise counsel.
- ☐ I am choosing faithfulness rather than demanding a guarantee.
- ☐ I can take this step with honesty, love, and a clear conscience.

6. Immediate Relief or Genuine Peace?

Fear may offer a quick way to escape discomfort. But immediate relief is not always peace.

What choice would remove the pressure fastest?

Where could that choice lead later?

What choice reflects wisdom and faithfulness, even if it feels harder now?

7. My Next Faithful Step *-I may not be able to see the entire road, but I can identify the next step.*

My first action will be:	Date or deadline:
Someone I can ask for prayer:	Someone I can ask for wise counsel:

A PRAYER FOR WISDOM AND COURAGE

Father, I bring this decision and every fear surrounding it to You. Help me recognize what is true and what fear has caused me to assume. Give me power to obey You, love to guide the way I respond, and a sound mind that is not controlled by panic. Keep me from making a decision simply to escape discomfort or protect myself. Show me the next faithful step, and give me courage to take it. In Jesus' name, Amen.

REMEMBER

Fear may remain in the passenger seat. It does not get to hold the wheel.
God has not given you the spirit of fear. He has given you power, love, and a sound mind.