



### **STEP THREE: IMPLEMENTING NEW OR REFRESHED BOUNDARIES**

Worksheet: Six fears that keep us  
bound to bad boundaries

What is your biggest fear?

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And what lies have you believed that are keeping you bound to it?

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### **Prompts:**

Pray about it before you answer. You may have many fears. That's totally okay. But each fear has a root. Usually, that root began in early childhood. Think back to a time from before you were seven and try to pinpoint a time when you felt fearful. Close your eyes, ask Jesus to show you a time you were afraid and wait for a picture or a memory to come to mind.

Now, ask God what lies you're believing that are keeping you bound to that fear. What things were said to you, what actions were shown, what was reinforced that led to you believe the lie?

Now, in the name of Jesus, I want you to renounce that lie and ask God to show you the truth.

Write down all of your answers and no matter what- **remember that truth!**

