



Fear to Faith Flip

This Neuro-Linguistic Programming (NLP) exercise helps turn fear, worry, or anxiety into anticipation—a joyful, faith-filled expectation for God's plan. Anchor anticipation to a physical trigger to recall it when fear strikes, preparing you for action.

Materials

- Quiet space (10-15 min)
- Bible or Mark 11:24
- Optional: Journal

Steps

1. Center Yourself (2 min)

- Sit comfortably, hands on lap.
- Take 3 deep breaths, inhaling through nose, exhaling through mouth, releasing tension.
- Pray: "God, replace fear with joy for Your plan."

2. Recall Anticipation (3-5 min)

- Picture a time you were excited for an event (e.g., celebration). Feel the joy, focus, eagerness. If fear arises, let anticipation replace it.
- Use VAK questions:
 - Visual: See the vibrant scene? Your confident smile?
 - Auditory: Hear encouraging words? Focused thoughts?
 - Kinesthetic: Feel the thrill? A smile spreading?
- Can't recall? Imagine a future moment of purpose. Let joy peak, feeling energy (e.g., warmth).

3. Set the Anchor (1 min)

- At peak joy, press thumb and index finger together (right hand), hold 10-15 sec.
- Say: "I'm ready for God's plan." Use your body and your voice to express your excitement!
- Release, breathe, relax.

4. Reinforce with Scripture (2-3 min)

- Read Mark 11:24: "Whatever you ask for in prayer, believe that you have received it, and it will be yours" (NIV).
- Press thumb and finger, say "I'm ready for God's plan," linking joy to faith.

5. Test the Anchor (1-2 min)

- Stretch or sip water to clear. Press thumb and finger, say "I'm ready."
- Check if joy returns. If weak, repeat, starting at Step 2.

6. Apply When Fear Strikes (1 min)

- When fear or anxiety hits (e.g., social event), press thumb and finger, say "I'm ready," feel joy. Use before prayer or decisions to shift to trust.
- Journal shifts from fear to anticipation.

Tips

- **Practice Regularly:** Do 2-3 times weekly, even without fear (2 min, morning/evening). Press thumb and finger, say "I'm ready," recall joy to build habit.
- **Stay Faith-Focused:** Tie anchor to prayer/scripture for trust in God.
- **Stack More Memories or Turn Up the Volume:** If anchoring feels tough or fear persists, try adding in more memories of anticipation/excitement as you apply your anchor, and make sure to use your whole body and voice to express! You can also play around with your senses such as making your memory more vivid, the sounds more crisp and clear, and the feelings in your body more amplified.