



## ACTION GUIDE

### Overcoming Obstacles Toolkit

(Bonus Resource for Paid Subscribers)

This resource includes actionable steps designed to help you **Overcome Fear, Manage Your Emotions** better, learn to **Take Risks**, empower you to **Forgive**, and cast **Doubt Out** of your life for good.

#### OVERCOMING FEAR

**Scripture Focus:** 2 Timothy 1:7

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”*

**Insight:**

Fear is not from God. It’s a spirit that cripples your confidence and delays your destiny. God has already equipped you with courage, clarity, and composure to do everything in life that you were called to do. Now you just have to walk in it.

**Reflection:**

Where has fear disguised itself as logic or caution in your life? How is it blocking your next step?

**Coach’s Note:** In my experience in helping people overcome their fears, I have observed that it is challenging (if not impossible) for the person who is bound by fear to be aware of the root causes of their complacent conduct and stagnation. Ideally, you’d like someone who really knows you to be able to candidly share with you about what “face of fear” that may have you bound.

**Practical Steps:**

- Write down 3 fears that keep you from moving forward.
- Find a Scripture in God’s word that combats and refutes each area where you’re afraid. Write them down and begin to speak God’s truth over each one. **Do this daily.**
- Do one thing this week that scares you but moves you forward.

**Journal Prompt:** What would I pursue or change today if fear wasn't in the way?

**Declaration:** (*Say this out loud daily...multiple times per day if necessary*)

"I reject fear in every form and boldly embrace faith. I have been given power, love, and a sound mind. Fear will not cripple my calling or silence my gifts. I walk in confidence, knowing I can do all things through Christ who gives me strength.

I will not allow fear to hinder my purpose. Through Christ, I can do all things, and I will fulfill every assignment He has placed on my life."

**Action Step:**

Choose one small action you've been putting off because of fear and do it TODAY.

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## MANAGING YOUR EMOTIONS

**Scripture Focus: Proverbs 16:32**

***"He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city."***

**Insight:**

Your emotions are real, but that doesn't mean they are always right. While emotions were created by God, they were never meant to lead your decisions. Emotional volatility can sabotage relationships, cloud judgment, and keep you reacting instead of responding. When you allow feelings to dominate your faith, you lose the clarity and calm God intends for you to carry. True strength isn't in explosive power, it's in emotional mastery. Self-control is a fruit of the Spirit, not a personality trait. Managing your emotions doesn't mean suppressing them; it means submitting them to the Holy Spirit.

**Reflection:**

What emotions tend to drive your decisions most often? Are they leading you toward or away from who you're called to be?

**Practical Steps:**

1. **Identify Your Emotional Triggers:** Make a list of 5 situations, people, or environments that consistently trigger strong emotions (anger, sadness, anxiety, etc.). Ask yourself: *What belief or fear is tied to each one?* This practice helps to build self-awareness and helps you prepare, not just react.
2. **Identify Your Thoughts:** Identify which thought(s) that are responsible for causing you to feel the way you've been feeling (TFA: Thoughts, Feelings, Actions).
  - a. It is easier to do this when you can first identify how you've been feeling. Begin to take those thoughts captive and cast them down (2 Corinthians 10:3-6).

3. **Set an Emotional Reset Routine:** When you feel overwhelmed, take 10 minutes to reset your emotions through a healthy outlet:
  - a. Pray
  - b. Go for a walk or drive
  - c. Step outside for fresh air
  - d. Log off social media outlets
  - e. Move your body (i.e.-go exercise, stretch, etc.)
4. **Assign a Biblical Truth to Every Feeling:** Choose one emotion you've struggled with lately. Find a Bible verse or biblical affirmation that speaks truth to that emotion (i.e.. "When I feel anxious, I will declare Philippians 4:6-7"). Repeat the truth daily or as much as necessary to help you overcome. Do this even when you're not feeling emotional in order to help train your emotional responses in "non-crisis" times.

**Journal Prompt:** Which emotions have ruled me lately and what truth can ground me in those moments?

**Declaration:** *(Say this out loud daily...multiple times per day if necessary)*

"I am not led by my emotions. I am led by the Spirit of God because I am a Son/Daughter of God. I have the mind of Christ and walk in self-control."

**Action Step:**

Before responding to a challenging situation today, pray a one-sentence prayer asking the Holy Spirit to guide your response.

*(Example: "Holy Spirit, help me respond with grace, not impulse.")*

This simple pause creates space for God's wisdom to lead, not your emotions.

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## OVERCOMING RISK AVERSION

**Scripture Focus: Matthew 14:29**

***"Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus.***

**Insight:**

Faith ALWAYS requires movement. Playing it safe may protect your pride, but it can paralyze your progress. When you avoid risk, you avoid growth. Peter didn't walk on water because the storm stopped. He walked because he trusted the voice that called him out of the boat.

*The Remarkable Life* God has for you isn't found in comfort zones. If you wait for everything to be perfect before stepping out, you'll miss the miracle. Risk isn't recklessness, it's obedience in motion.

**STOP BEING AFRAID TO TAKE RISKS. Trust God and get out of the boat!**

## Reflection:

What opportunity have I been delaying not because it's impossible, but because it's uncomfortable?  
Where am I currently playing it too safe out of fear of failure or rejection?

## Practical Steps:

1. List 3 areas where you're holding back.
2. Identify one small but bold action you can take in each of the three areas that you listed above.
3. Remind yourself that progress beats perfection. Remember: Slow progress *is still progress*. Time to get moving.

**Journal Prompt:** What would "stepping out of the boat" look like in this season of my life?

**Declaration:** (*Say this out loud daily...multiple times per day if necessary*)

"I will not be paralyzed by fear or indecision. I move forward in bold faith, fully confident that God has gone before me. I was not created to shrink back. I rise, I act, and I walk in divine authority."

## Action Step:

Take one bold action in an area where you've been hesitating. Do it ASAP (today if possible, this week at the very latest).

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# LEARNING TO FORGIVE

**Scripture Focus: Matthew 6:14-15**

***"For if you forgive other people when they sin against you, your heavenly Father will also forgive you."***

## Insight:

Unforgiveness is like drinking poison and expecting the other person to suffer. It's not about what they did per se, it's about what you continue to carry. Forgiveness doesn't say the pain didn't matter; it says the pain no longer has control over my life.

Holding on to offense keeps your heart in chains, while the person who hurt you often moves on unaware. Forgiveness is freedom. It unlocks peace, healing, and your future. When you forgive, you stop rehearsing the hurt and start releasing the burden. Remember, forgiveness is a decision, not a feeling.

## Reflection:

What am I still holding onto that's holding me back? What wound am I still protecting that God is ready to heal if I would let go?

## Practical Steps:

1. Write a letter to the person—even if you never send it.

2. Pray for them and ask God to bless them.
3. Say aloud: "I release them. I choose freedom."

**Journal Prompt:** What (or who) am I still holding onto that's holding me back?

**Declaration:** *(Say this out loud daily...multiple times per day if necessary)*

"I forgive fully and freely. I am no longer bound by what they did to me."

**Action Step:**

Say a prayer of forgiveness today for them and for yourself.

## THROWING DOUBT OUT

**Scripture Focus: James 1:6-8**

*"But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. <sup>7</sup> For that person must not suppose that he will receive anything from the Lord; <sup>8</sup> he is a double-minded man, unstable in all his ways."*

**Insight:**

Doubt (which is one of the many faces of the spirit of fear) will talk you out of what God already confirmed. It creeps in subtly disguised as "realism," "wisdom", or "counsel." It is masked as caution, or dressed up as logic. But at its core, *doubt is a thief.*

It steals vision, delays action, and makes you question your identity and God's faithfulness. You can't walk in full power while living with a divided mind. Faith isn't the absence of questions, it's the decision to believe and move forward in spite of. The moment you silence doubt, you open the door to divine opportunity.

**Reflection:**

What areas of your life are clouded by doubt or hesitation? What would fully trusting God look like for you?

**Practical Steps:**

1. Identify 3 doubts that you struggle with and write a scriptural truth beside each one.
2. Speak God's promises aloud in these respective areas daily.
3. Surround yourself with voices of faith and people who consistently have had lives marked by great exploits of faith.

**Journal Prompt:** Where has doubt kept me from stepping fully into what God promised?

**Declaration:** *(Say this out loud daily...multiple times per day if necessary)*

"I silence the voice of doubt and stand firm on God's Word. My faith is rooted in His truth, not in my circumstances. I believe, and I will see the goodness of the Lord."

**Action Step:**

Speak a bold faith statement today in an area where you've been hesitant. Say it out loud, even if you don't feel it yet your words are planting seeds of belief.

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## The Remarkable Life with Warren Curry