

# Fear-Based Christianity Is Not the Gospel

## A Short Guide to Rebuilding Your Faith from Love, Not Fear

This is not a test. There are no right answers. Honesty matters more than correctness. If your faith has ever felt anxious, heavy, or fragile, you're not broken. You may simply have been taught a fear-based version of Christianity that Jesus never preached. This short guide will help you identify where fear has shaped your faith and begin rebuilding on a healthier foundation.

### 1. Identify the Fear

When you think about God, which fears show up most often?

- ☐ Fear of disappointing God
- ☐ Fear of punishment or judgment
- ☐ Fear of being wrong
- ☐ Fear of losing God's favor
- ☐ Fear of hell
- ☐ Fear of questioning or doubting
- ☐ Fear of not doing enough
- ☐ Fear of being exposed
- ☐ Fear of being rejected

What would you add in your own words?

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### 2. Notice the Fruit

Fear always produces fruit. Circle the ones that apply to you:

- Performance
- Shame
- Anxiety
- People-pleasing
- Hiding
- Image management
- Harsh self-talk
- Judging others
- Spiritual burnout

Why do you think you struggle with these areas?

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### 3. Trace the Story

Where did I learn to relate to God this way?

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### 4. Reform the Belief

Fear-based faith rests on this wrong belief: *God's love is conditional.*

Say this out loud to yourself:

*Even if I fail, doubt, struggle, or don't have it all together, God is still loves me, is for me, and will not let me go.*

### 5. A Simple Practice

When fear shows up, ask:

- What am I afraid God will do?
- Where did I learn this view of God?
- Is this fear drawing me toward God or pushing me away?

Now declare: ***I am already loved. Now I choose to live from that place.***

### Closing Reflection

Fear-based Christianity creates compliant people.

The gospel creates free sons and daughters.



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*If this worksheet surfaced something,  
you don't have to carry it alone.*