

FROM FEAR TO FREEDOM

A Guided Healing Series on Fear, Faith, and Wholeness

BREAKING AGREEMENTS WITH FEAR

A Companion Reflection Guide

“The Lord is my light and my salvation—whom shall I fear? The Lord is the refuge and fortress of my life—whom shall I dread?”

— PSALM 27:1 AMP

Sean Brannan

A Life's Adventure | SeanBrannan.com

Breaking Agreements with FEAR is — Companion Guide

Fear doesn't just trigger anxiety—it shapes the story you believe about yourself, others, and even God. And over time, it turns into quiet inner vows you start to live by. These fear-based agreements may have helped you survive—but they keep you from living free. This guide will help you name the hidden contracts you've made with fear, break their power through prayer and truth, and begin rebuilding your identity on what God says is true.

Key Takeaway:

- Fear doesn't just trigger emotion—it shapes identity through silent agreements.
- These inner vows often begin in pain, rejection, or trauma—and feel like protection.
- Left unchallenged, they quietly influence how you relate to others, yourself, and God.
- What fear offers is not safety—it's control, distance, and exhaustion.
- You have the authority, in Christ, to break agreement with every lie you've believed.
- Healing starts with naming the agreement, renouncing it, and replacing it with truth.
- Freedom isn't about feeling brave—it's about choosing to trust the right voice.
- You weren't created to survive—you were created to belong.

Reflective Quote:

"The depth of your healing is revealed by the agreements you're willing to break—and the truth you're willing to trust instead."

— SEAN BRANNAN

Take Action: Choose TRUTH on Purpose

Healing from fear begins the moment you stop agreeing with it.

Fear says, protect yourself at all costs.

Truth says, you are already held by a God who never lets go.

Set aside time this week to reflect intentionally. Don't rush it. Notice where fear still speaks the loudest—then decide whose voice you'll believe. You don't have to wait until you feel brave to take a brave step.

Here's how you can choose truth today:

- ☐ Notice the lies fear tells me—and name them out loud
- ☐ Pause when I feel the urge to control, and ask God what's true
- ☐ Stop assuming that my feelings are always facts
- ☐ Build a daily rhythm that reinforces trust instead of survival
- ☐ Take one action that fear has been trying to stop me from doing

Breathwork — “Fear is Not from God”:

Purpose: Calm the nervous system, disrupt fear-based thought loops, and re-anchor in biblical truth.

The Practice (2–3 minutes)

1. Get Still.
Sit comfortably. Shoulders relaxed. Unclench your jaw. Feel your feet on the floor.
2. Inhale slowly through your nose (4–6 seconds):
“I break agreement with fear...”
3. Exhale slowly through your mouth (6–8 seconds):
“...and I choose truth.”
4. Repeat that breath + truth cycle 3–5 times.
Let your heart catch up to the truth your body is starting to feel.
Place one hand over your chest. Whisper this:
“Fear doesn't write my story—God does.”
“I am grounded. I am loved. I am safe in Him.”

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his is how we teach the nervous system that safety isn't just the absence of threat—it's the presence of God.

Anchored Prayer —

Abba,

I confess that fear has shaped more of my story than I realized. I've made agreements I thought would protect me, but they've only kept me stuck.

Today, I release those old vows and bring them into the light of Your truth. I no longer want to live guarded, striving, or afraid.

I trust that You are the Shepherd of my soul, and I choose to follow Your voice above every other. Help me take small, brave steps into freedom. Rewire my heart with truth. Rebuild my life on what is eternal.

Thank You for being safe, steady, and patient with me. I belong to You. And I choose to walk forward in truth—one step, one breath, one surrender at a time.

In Jesus' name, amen

Truth Affirmations:

Speak these daily to rewire your thoughts, calm your body, and anchor your spirit in what's true.

"I recognize fear-based thoughts without letting them lead my decisions."

"My nervous system is learning that safety can exist without control."

"I can pause, breathe, and respond—rather than react—from fear."

"I break agreement with every lie rooted in fear and reclaim my identity in Christ."

"I surrender the need to protect myself and trust that God is my defender."

"I am not alone in this healing—God walks with me, leads me, and restores me."

"God has not given me a spirit of fear, but of power, love, and a sound mind." (2 Tim. 1:7)

"The Lord is my refuge and fortress—whom shall I fear?" (Psalm 27:1)

"I am rooted and grounded in love, and perfect love casts out fear." (1 John 4:18, Ephesians 3:17)

Journal Reflection

What fear-based agreement have you been living by—perhaps without realizing it?

What truth is God inviting me to trust and live by instead?

Keep Walking in Truth

You're doing something most people avoid—facing what fear has been doing under the surface. That alone is courageous. But don't stop here. Keep inviting God into the places that still feel shaky. Keep telling the truth—even when fear whispers louder. And keep choosing to believe what God says over what fear screams.

You were never meant to live braced for impact.

You were created to live grounded in love, anchored in truth, and surrendered to the One who's already gone before you.

Keep going. You're not walking alone.

Thank You...

for downloading this From Fear to Freedom Companion Guide. I truly hope it gives you insight—not just into the fear you've carried, but into the strength, value, and identity God placed in you from the beginning.

Healing from fear isn't easy—but you don't have to do it alone.

You were never meant to carry fear as your identity.

You were meant to walk in truth—with grace, with courage, and with God.

May the Lord bless you, guide you, and continue shaping you into the whole, secure, and deeply loved version of yourself He designed you to be.

You are not alone.

You are chosen.

And you are already loved.

—Sean Brannan