

FROM FEAR TO FREEDOM

A Guided Healing Series on Fear, Faith, and Wholeness

REWRITING THE SCRIPT

A Companion Reflection Guide

*“Trust in and rely confidently on the Lord with all your heart And
do not rely on your own insight or understanding.”*

— PROVERBS 3:5 AMP

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Rewriting The Script — Companion Guide

Every fear-driven behavior is a defense mechanism—a script we learned to survive. Somewhere along the way, you were handed a role: be the strong one, stay quiet, don't trust too easily, keep your guard up. These scripts once served a purpose. They helped you avoid pain, stay safe, and stay in control. But what helped you survive is now keeping you from being fully alive. Eventually, you reach a crossroads: keep rehearsing the fear-based role, or surrender to a new story. And here's the truth no one tells you—you cannot heal and self-protect at the same time. Healing always requires surrender. Real peace begins when fear no longer gets to hold the pen.

Key Takeaway:

You can't live in freedom while following fear's script—healing begins when you surrender control and let God rewrite the story.

What this means:

- Fear is often a signal that you're living from a lie.
- Self-protection might feel safe, but it keeps you disconnected from truth, peace, and intimacy.
- The enemy uses fear to distort your identity and keep you in survival mode.
- Surrender isn't passive—it's the daily choice to trust God more than your own understanding.
- True healing happens when you stop managing outcomes and start following the Spirit.

Reflective Quote:

"Fear is the evidence of a lie. Love is the voice of truth."

— SEAN BRANNAN

Take Action: Let Go of the Script

Healing begins the moment you stop rehearsing fear's narrative.

Fear says, "Stay in control or you'll get hurt."

Truth says, "God is already holding what you're trying to carry."

Set aside time this week to reflect without rushing. Pay attention to where fear is still writing the script—especially in your relationships, decisions, or how you show up. Then ask: What would surrender look like right here?

Here's how you can practice surrender today:

- ☐ Identify one area where I'm still trying to control the outcome
- ☐ Ask the Holy Spirit to reveal the lie underneath my fear
- ☐ Declare truth out loud—even if I don't fully feel it yet
- ☐ Do one small thing differently to reflect trust instead of protection
- ☐ Invite God to rewrite the story I've been trying to manage alone

Breathwork — "Release the Script, Return to Trust":

Purpose: This breath practice is designed to help you physically release the tension of self-protection and open your body, mind, and spirit to the posture of surrender.

Instructions:

Posture: Sit upright in a grounded position, feet flat, hands resting on your thighs palms up. This symbolizes openness and receptivity.

Breathing Pattern:

- Inhale for 4 seconds through the nose ("I receive...")
- Hold for 4 seconds ("Your peace...")
- Exhale for 6–8 seconds through the mouth ("I release the script of fear.")
- Repeat for 3–5 minutes.

Visual Cue:

As you breathe, picture yourself holding a tight rope in both hands — the rope represents your fear, your control, your self-protection. With each exhale, gently loosen your grip... until you finally let go.

Anchor Phrase (repeat silently or aloud):

"I am safe to surrender. God writes a better story."

Anchored Prayer —

Abba,

I've spent so long trying to protect myself— guarding my heart, managing my image, controlling every outcome. But fear has written a script I no longer want to follow.

Today, I choose surrender. Not because I feel ready—but because I trust that You are.

You are my shield and my story. You are my safe place and my guide.

Help me release the need to control what's never been mine to carry.

Quiet the lies, soften my grip, and remind me that I don't have to write the ending.

Jesus, You are the Author and Perfecter of my faith. Write something new in me.

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 am allowed to feel discomfort without needing to control it."

"My nervous system is learning that safety comes from presence, not protection."

"Every time I choose trust over fear, I'm rewiring my brain toward peace."

"The Holy Spirit leads me with peace, not pressure."

"I don't have to carry what Jesus already took to the Cross."

"Surrender is not weakness—it's the strongest way I can follow Christ."

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

"The Lord will fight for me while I remain calm and trust Him." (Ex. 14:14 AMP)

"Perfect love casts out fear. I am fully loved and fully free. (1 John 4:18 AMP)

Journal Reflection

Where in your life are you still operating from a self-protective script—trying to control outcomes, avoid pain, or manage how you're perceived?

(Be honest with yourself. What's driving that behavior?)

What might it look like to fully surrender that area to God—not just in theory, but in practice?

(What action, conversation, or next step would reflect real trust?)

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

BONUS: Scripture Reference

Isaiah 41:10 AMP

“Do not fear [anything], for I am with you;
Do not be afraid, for I am your God.
I will strengthen you, be assured I will help you;
I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].”

Psalms 56:3–4 AMP

“When I am afraid,
I will put my trust and faith in You.
In God, whose word I praise;
In God I have put my trust;
I shall not fear. What can mere man do to me?”

Psalms 32:7–8 AMP

“You are my hiding place;
You, Lord, protect me from trouble;
You surround me with songs and shouts of deliverance.
I will instruct you and teach you in the way you should go;
I will counsel you [who are willing to learn] with My eye upon you.”

John 10:27–28 AMP

“The sheep that are My own hear My voice and listen to Me;
I know them, and they follow Me.
And I give them eternal life, and they will never [ever] by any means perish;
and no one will ever snatch them out of My hand.”

Romans 8:15 AMP

“For you have not received a spirit of slavery leading again to fear [of God’s judgment],
but you have received the Spirit of adoption as sons [the Spirit producing sonship]
by which we [joyfully] cry, ‘Abba! Father!’”

1 John 4:18 AMP

“There is no fear in love [dread does not exist].
But perfect (complete, full-grown) love drives out fear,
because fear involves [the expectation of divine] punishment,
so the one who is afraid [of God’s judgment] is not perfected in love [has not grown into a sufficient understanding of God’s love].”

Exodus 14:14 AMP

“The Lord will fight for you while you [only need to] keep silent and remain calm.”