



FAITH OR FEAR  
INVENTORY

## LIVING BY FAITH

Below are some of the evidences and outcomes of faith. Check the ones that are true of you. The questions below each category are to help you consider it carefully.

### \_\_\_ YOU ARE JUSTIFIED IN CHRIST and SAVED (Eph. 2:8; John 3:16; Rom. 10:9)

- Are you mindful of your sin and aware of its impact?
- Was there a time in your life that you were sure that Christ lived, died, and rose again? Did you confess it with your mouth to others? Are you "saved?"
- Is there evidence in your life that Christ has changed you? Has your confession of faith proven to be genuine? Do you live free from the shame of your sin and in full joy of your salvation?

### \_\_\_ YOU EXPERIENCE ANSWERS TO YOUR PRAYERS (Matt. 17:20; Matt. 15:28; Mark 11:24)

- Do you take your burdens, complaints, and woes to God? Do you seek answers from Him?
- When was the last time you felt God answered a prayer with a clear yes, no, or wait?
- Can you recount stories in your life where God showed up to rescue you or those you love?

### \_\_\_ YOU HAVE PEACE and JOY (Rom. 5:1; Isa. 26:3; James 1:1--; Phil. 4:4-9)

- Even though there are trials in your life, is the overall tenor of your spirit peaceful? When you face difficult times, do you remain largely peaceful?
- Do you have a sense that even difficult things will strengthen your faith and perfect you as an individual?
- Do you choose to rejoice when circumstances are difficult, resulting in a shift in your emotions? Are you certain that God is in control of everything?

## LIVING BY FAITH

### \_\_\_ YOU HAVE THE ABILITY TO OVERCOME AND LIVE VICTORIOUSLY IN CHRIST (Eph. 6:16, 1; John 5:4, John 1:5)

- Do you have an awareness of the battle between good and evil? And do you sense that you have power to overcome the darkness through faith and prayer?
- Though you sometimes feel tempted, is your life lived in the direction of moral purity and holiness, as opposed to generally succumbing to sinful desires?

### \_\_\_ YOU LIVE SURRENDERED TO CHRIST (Heb. 11:8; Jere 29:11)

- Have you surrendered your life purpose to God? Are you doing what He has created you, equipped you, and prepared you to do with your life? Are you aware that He has a good plan, even if you cannot see exactly what it is or how it unfolds?
- Do you sense the joy of living your life in obedience to God? Are you aware that your paycheck is heavenly and intangible? Are you certain you have an inheritance?

### \_\_\_ YOU HAVE CONFIDENCE ABOUT THE FUTURE (Heb. 11:1; Prov. 31:25; 2 Cor. 5:7; Rom. 8:28)

- Do you look to the future with happiness and joy? Do you laugh (as opposed to cry) about what's ahead?
- Do you feel hopeful when you think about the future? Even if things aren't all going in the direction you'd planned, do you sense that God is at work and will bring something good out of where you are?

## LIVING BY FEAR

**Below are some of the evidences and outcomes of fear.  
Check any of them that are true of you.**

**\_\_\_ YOU FEELING LIKE YOU ARE NOT A PART OF GOD'S FAMILY (Rom. 11:20; Heb. 4:2, 11:6)**

- Do you feel like you don't fit in or belong around church or around Christian people?
- Do you doubt God's existence? And struggle to understand the words you read in the Bible?
- Do you feel cut off or rejected from people at church even when they are warm and welcoming to you?
- Have you made a conscientious decision that you are not a Christian?

**\_\_\_ YOU GENERALLY FEEL YOUR PRAYERS ARE NOT ANSWERED (Matt. 13:58, 21:22; Mark 11:24; James 1:6, 4:3)**

- Do you feel like God does not hear your prayers? Are you disappointed with the number of times you can remember feeling like God answered your prayers?
- Are your motives often built on your selfish desires rather than on faith-filled promises?

**\_\_\_ YOU EXPERIENCE A GREAT DEAL OF FEAR and ANXIETY (John 14:1-2; 2 Tim. 1:7; Ps. 32:10)**

- Do you struggle with overwhelming or constant fear and anxiety (as opposed to occasional)? Is your natural state of reaction to the future fearful?
- Do you react fearfully towards others during difficult times, rather than responding with self-control and love and peace?
- As a general rule, do you live under the weight of a sick heart? Do you feel weighed down by anxiety? Do you have a hard time remembering that God has a good plan?

## LIVING BY FEAR

**Below are some of the evidences and outcomes of fear.  
Check any of them that are true of you.**

### **\_\_\_ YOU'RE LIVING IN BONDAGE TO ADDICTION and SIN (Heb. 3:12, 13; Rom. 4:20)**

- Do you seem to be powerless over sin, even when you know it's wrong? Is there a recurring sinful habit or pattern that you have been unable to break?
- Do you no longer even feel convicted about behavior that you know is bad for you or is called sin in the Bible? Is your heart growing hard?
- Have you begun to doubt that God can even forgive you?

### **\_\_\_ YOU SUFFER FROM A LACK OF PURPOSE and DIRECTION (James 1:5, 6; Heb. 10:36)**

- Are you having a hard time discovering your life's purpose? Do you feel like you are tossed to and fro in various directions without a solid compass to direct you?
- Do you feel like giving up? Are you prone to forget what God has promised you in His word about your purpose and future? Have you forgotten entirely?

### **\_\_\_ YOU HAVE NO ENTHUSIASM ABOUT THE FUTURE (Prov. 12:25, Prov. 3:5-6)**

- Is your natural state of reaction negative about the future?
- Do lean into your own understanding of the future without applying God's Truth and direction to your path in life?
- As a general rule, do you live under the weight of a sick heart? Do you have a hard time remembering that God is unfolding a good plan?

**BASED ON WHAT YOU SENSED GOD SAYING AS YOU PRAYED THROUGH THIS INVENTORY,  
ARE YOU LIVING PRIMARILY IN FAITH OR PREDOMINANTLY IN FEAR?**

**Write a prayer to God, communicating what you would like Him to help you change.**

---

Whether this inventory finds you struggling with fear, or you're a girl who walks by faith and wants to stay that way, I'd like to invite you to join me to learn six habits of walking by faith. Because we all go through difficult times, and that's when our faith is tested and fear rises up. Learn how the storms of life can become opportunities to activate your faith in [Habakkuk: Remembering the Faithfulness of God When He Seems Silent](#).