



OVERCOMING STAGEFRIGHT

WITH

BIBLICAL WISDOM



A CONFIDENCE-BUILDING WORKBOOK

Introduction

Stage fright is something many people experience, but you don't have to let it control you. In this workbook, we'll explore how to overcome fear and build your confidence using both practical tools and biblical wisdom. By the end of this workbook, you'll have strategies to face your fears, speak with confidence, and know that God is with you every step of the way.

Scripture Focus:

- 2 Timothy 1:7 – “For God gave us a spirit not of fear but of power and love and self-control.”
- Isaiah 41:10 – “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”



UNDERSTANDING STAGE FRIGHT

In this section, you'll gain an understanding of what stage fright is, why it happens, and how it can affect your communication.

What is Stage Fright?

Stage fright is the anxiety or fear that you feel before or during a speaking engagement. It often shows up as nervousness, sweating, shaking, or feeling like your thoughts are scattered. But you're not alone—many people experience it, and it can be overcome.

Reflection Question:

- Have you ever experienced stage fright before? Describe the physical or emotional symptoms you've noticed when you're about to speak in front of others. (Write a few sentences)

A large, empty, light yellow rounded rectangular box with a thin black border, intended for the user to write their reflection on stage fright.



BIBLICAL WISDOM FOR OVERCOMING FEAR

God's Word offers encouragement and strength when we face fear. Let's explore a few scriptures that remind us of God's power and presence.

Biblical Reflection

- Psalm 34:4 – “I sought the Lord, and he answered me; he delivered me from all my fears.”
- Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Exercise: Finding Your Strength in God

- Read the above Scriptures aloud. Reflect on how each verse could help you when facing anxiety about speaking in front of others.

Write down three things you're afraid of when it comes to public speaking, and for each, write a corresponding Scripture or affirmation to counter the fear.

1.

Corresponding Scripture or Affirmation

Biblical Reflection

2.

Corresponding Scripture or Affirmation

3.

Corresponding Scripture or Affirmation



PRACTICAL STEPS TO OVERCOME STAGE FRIGHT

In this section, we'll explore practical tools to help you manage your fear and build confidence before speaking.

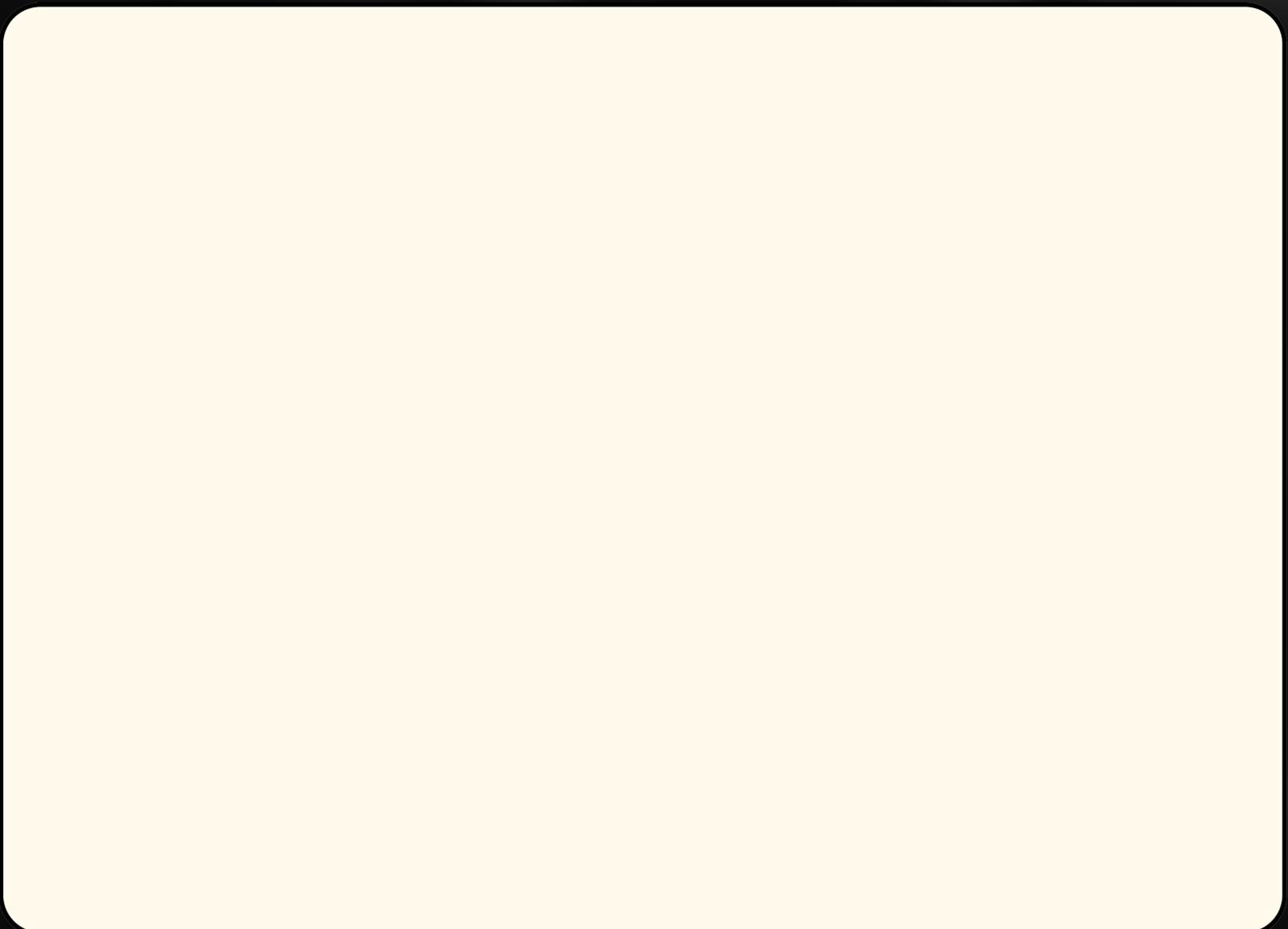
Step 1: Breathing Exercises

When you feel anxious, your body tends to tighten, and your breath becomes shallow. Breathing deeply helps calm your nervous system and center your focus.

Exercise:

Practice deep breathing by inhaling through your nose for a count of 4, holding your breath for 4 counts, and exhaling through your mouth for a count of 6. Repeat this 5 times.

Reflection: How does your body feel after practicing this exercise? Do you feel more relaxed and focused? (Write your thoughts)



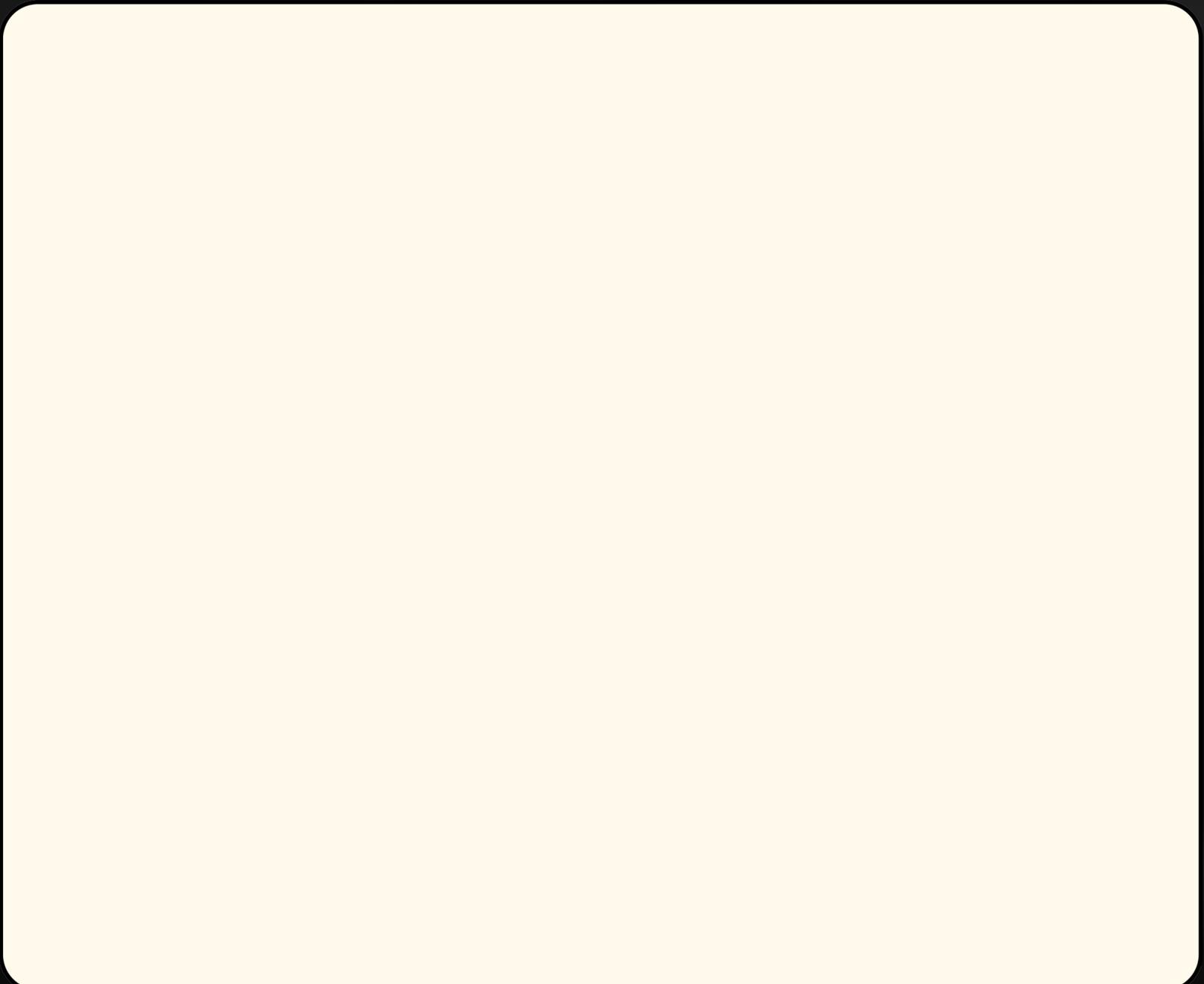
Step 2: Visualization of Success

Visualizing yourself succeeding in your speaking engagement helps create a positive mindset.

Exercise:

Close your eyes and imagine yourself walking confidently onto the stage. See yourself speaking clearly, with a calm and confident voice. Picture the audience responding positively.

Reflection: What does your ideal speaking situation look like? Describe it in detail. (Write a paragraph)





STRENGTHENING YOUR BODY LANGUAGE

Your body language can communicate confidence, even when you don't feel it. In this section, you'll learn how to use body language to your advantage.

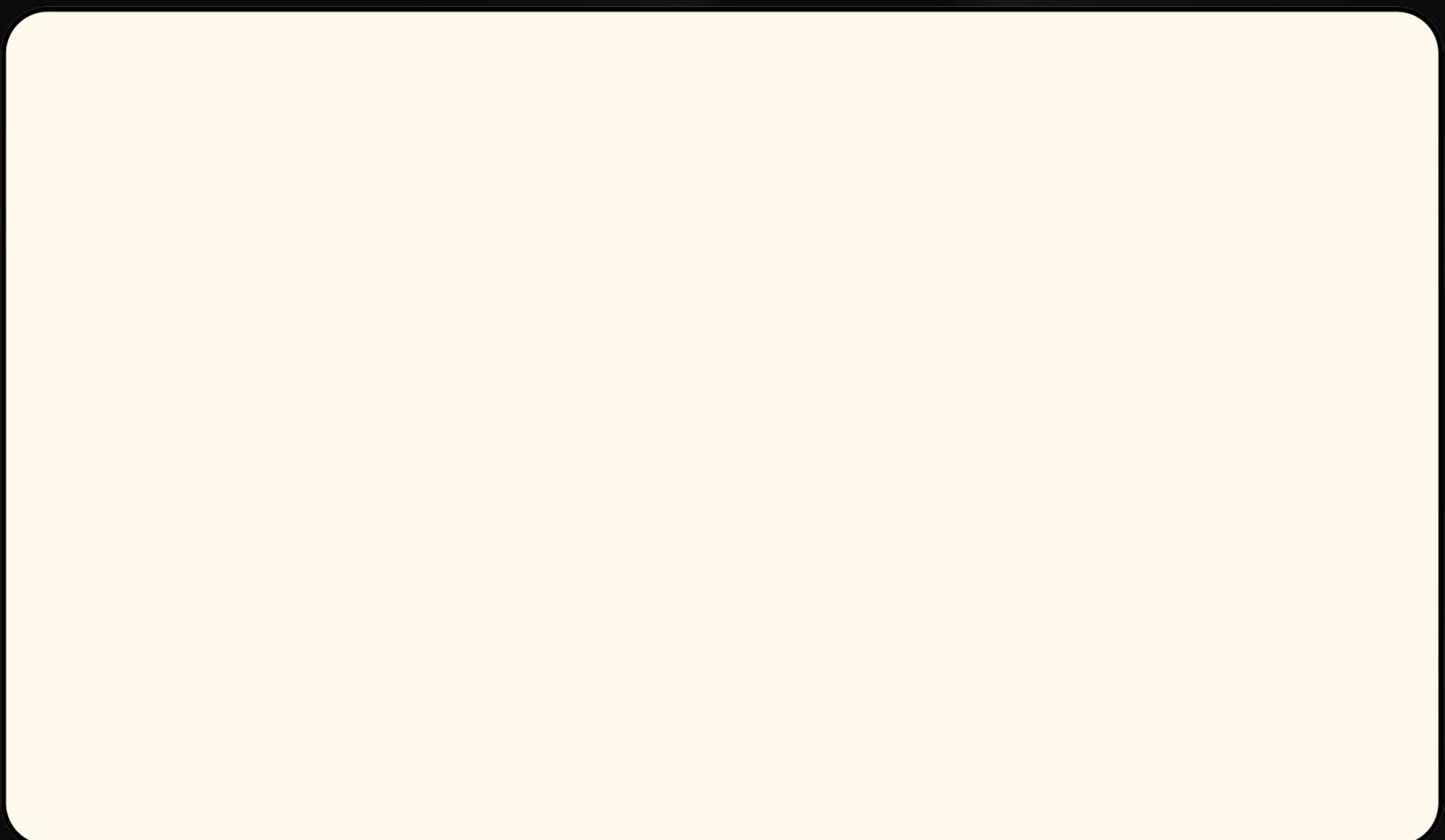
Body Language Tips

- **Stand tall with your shoulders back** – This makes you appear confident and opens up your posture.
- **Make eye contact** – This shows the audience you are engaged and in control.
- **Use purposeful hand gestures** – This helps emphasize your points and make your message clearer.

Exercise:

Practice standing in front of a mirror, maintaining good posture and making eye contact with yourself. Notice how it affects your confidence.

Reflection: How does your body language affect your feelings of confidence? How can you improve your posture or gestures when speaking? (Write your thoughts)





PRAYER FOR COURAGE

We can't do it alone, but we have a powerful ally. Prayer is a wonderful way to invite God into the situation and trust Him with your fears.

Prayer for Courage

Heavenly Father, I come before You with a heart full of fear, but I know that You are with me. Help me overcome the anxiety I feel when speaking in front of others. I trust that You have equipped me with the strength to communicate confidently. Fill me with Your peace, and remind me that I do not have to face this alone. In Jesus' name, Amen.

Exercise:

Write your own prayer for courage and guidance before speaking. Include any specific fears or worries you want to surrender to God.

Reflection: How does praying before speaking make you feel? Do you feel more at peace? (Write your thoughts)

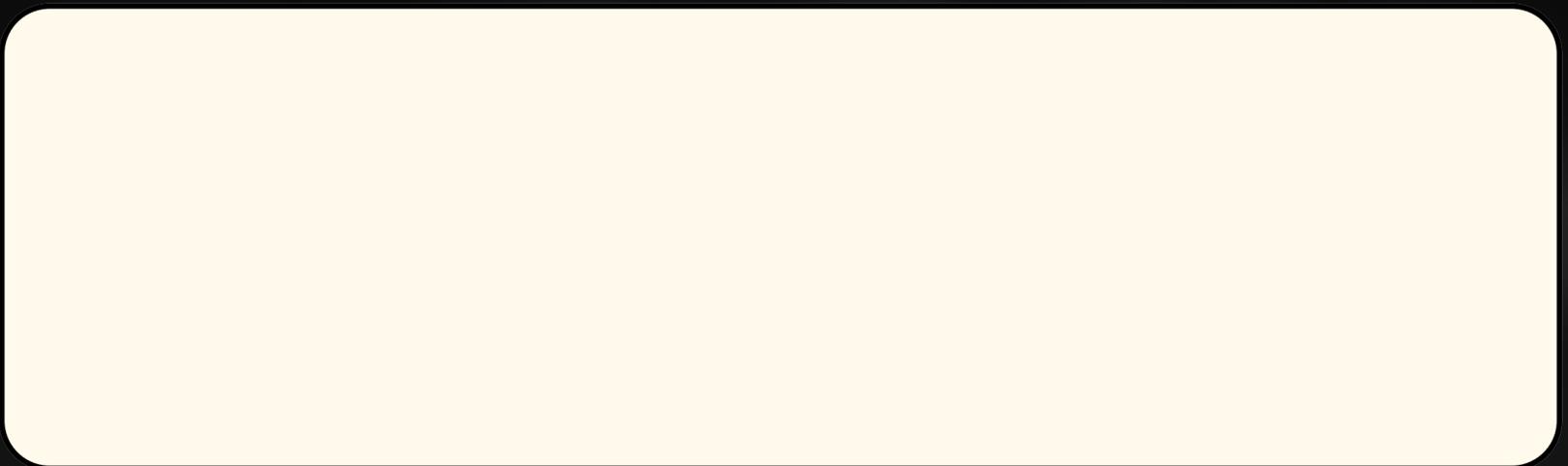


SETTING SMALL GOALS FOR PUBLIC SPEAKING

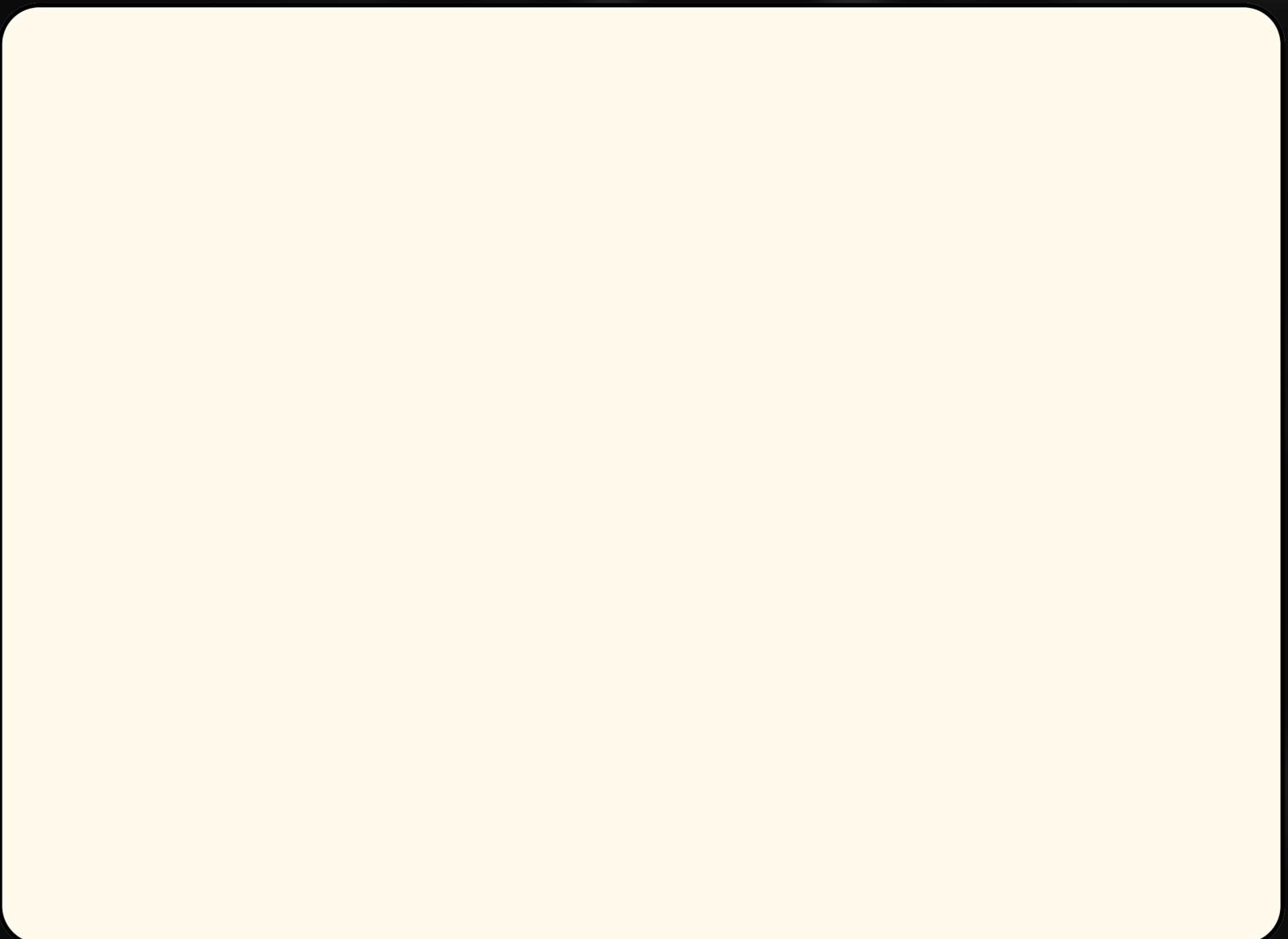
Overcoming stage fright is a journey. By setting small, achievable goals, you can gradually build your confidence.

Goal-Setting Exercise

Set a small goal related to public speaking for the next week (e.g., “I will speak in front of a small group of friends” or “I will practice a 1-minute speech in front of the mirror”).



Reflection: How does setting this goal make you feel? Do you feel more empowered to take the first step? (Write your response)





FINAL ENCOURAGEMENT

Remember, you are not defined by your fears, but by God's promises. As you continue to practice and trust Him, your confidence will grow.

Scripture for Strength

Joshua 1:9 – “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Conclusion

You’ve now completed the workbook! As you continue to work on your public speaking skills, remember to rely on the tools you’ve learned here and trust in God’s presence to guide you through every challenge. Your voice is powerful, and with His help, you can overcome any fear.