

Thursday

Let's talk about point three, "Face down fear with facts." Think of your greatest fears. With those in mind, ask the questions in the box on page 2 labeled 'Answer fear's questions with truth'.

Ask God to help you see the truth about your fears related to His promises.

Friday

Let's talk about the bottom line: Fear is inconsistent with my identity as God's beloved. Read Isaiah 43:1 and Matthew 6:25-34. Jesus is really expounding on the point in Isaiah 43:1, that we should not fear because we are God's beloved children. What questions would you have for Jesus about his words as they relate to your fears? How do you suppose He would answer?

Make Christ's words in Matthew 6 into a prayer today...

Saturday

Please pray for the weekend services, that God would be honored and many people reached! Thanks!



PART 1

Escaping the Trap of Fear

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KEY VERSE: "I prayed to the Lord and He answered me; He **freed me** from all my fears." *Psalm 34:4* (NLT)

KEY IDEA: God does not want me to live in fear!

"Do not be **terrified**; do not be **discouraged**..." *Joshua 1:9* (NIV)

"Be careful, keep calm and **don't be afraid**. Do not lose heart..." *Isaiah 7:4* (NIV)

"So do not fear..." *Isaiah 41:10a* (NIV)

"Do not be afraid..." *Isaiah 54:4* (NIV)

"**Do not fear**..." is the most common greeting from God or an angel to people in the Bible

Fear's damaging effects

- **Paralyzed** _____
- **Extreme** _____
- **Crushed** _____
- **Ruined** _____
- **Lapses in** _____
- **Prelude to** _____

"For God has not given us a spirit of fear, but of **power** and of **love** and of a **sound mind**." *2 Timothy 1:7* (NKJV)

How do I overcome fear?

1. Focus on _____ “...power...”

“For I am the LORD, your God, who takes hold of your right hand and says to you, ‘**Do not fear; I will help you.**’ *Isaiah 41:13* (NIV)

“The LORD is with me; **I will not be afraid.** What can man do to me? The LORD is with me; he is my helper. . . **It is better to take refuge in the LORD** than to trust in man. It is better to take refuge in the LORD than to trust in princes.” *Psalms 118:6-9*

“**Do not be afraid** of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and **you will suffer...**” *Revelation 2:10a*

2. Fill my life with _____ “...love...”

“There is no fear in love. But **perfect love drives out fear...**” *1 John 4:18a*

Two ways love neutralizes fear:

- When I _____ God’s love for me
“Fear not, for I am with you.” *Isaiah 43:5*
- When I _____ God’s love to others
See Acts 2:44,4

3. Face down _____ with _____ “...Sound mind...”

“...You will know the truth and the truth will set you free.” *John 8:32*

Answer fear’s questions with truth:

- Does the Father promise to meet all my needs? (*Philippians 4:19*)
- Does God promise to be with me at all times? (*Hebrews 13:5*)
- Is anything too hard for God? (*Jeremiah 32:27*)
- Have others faced things like this and grown?
- Could this situation build my character? (*Romans 8:28,29*)

The bottom line:

Fear is inconsistent with my _____ as _____

“But now, this is what the LORD says . . . ‘**Fear not, for I have redeemed you; I have summoned you by name; you are mine.**’” *Isaiah 43:1* (NIV)

Monday

Look back over the notes, reading each verse out loud if possible. Summarize in your own words why God so strongly commands us not to fear:

Have you been suffering any of the damaging effects from fear listed on page 1? How so?

What one verse or concept meant the most to you?

Bring to God your specific fears today — and, especially tonight, repeat this week’s memory verse as your prayer to God until you have it memorized!

Tuesday

Let’s talk about focusing on God’s power. Read Psalm 118:6-9. What comparison does the writer make in verses 8 and 9? In what ways are Americans sometimes prone to “trust in man”? How has this worked out?

How are you tempted to “trust in man” instead of God?

Why is it “better to take refuge in the LORD than to trust in princes”?

Ask God to show you where you have been trusting in human plans, human approval, human love instead of in God. Ask Him to help you trust in Him alone. This is a key to living without fear!

Wednesday

Read Psalm 56. When writing, David was being pursued by the Philistines, so it’s no surprise that three times he talks about fear! David is very honest; He never denies that his enemies have caused him harm. In fact, if you read his story in 1 Samuel 1 and 2, you find that around this time he had lost almost everything: His position, his riches, his home, his security; even his marriage was falling apart. His very life was in serious danger. So then how can he say, “What can man do to me?” if he had already lost so much? What do you think he means?

What does this mean for you?

Similarly, Christians should not pretend that life does not have hard times. But we need to remember that ultimately God’s purpose will prevail!

Bring to God your fears today and tell him how you feel. Ask him for His peace.



“When I am afraid, I will trust in you.”
Psalms 56:3 (NIV)