

Conquering Fear

Session

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I. _____ for Conquering Fear

a. Turn away from _____ to God and others

Fear can be conquered in part by not having the time or energy to focus on your fears because you are pursuing God and serving other people.

Matthew 22:36-40

b. Fulfill neglected _____

Commit to doing what you know God wants you to do *whether or not* doing so brings about fear. You will not experience God's peace while you are neglecting responsibilities God has for you.

A And as you set out in obedience to God, filled with the task at hand, thank the Lord for whatever progress you have made. Focus on the loving activities that you are going there to do, not upon the fear experience you are trying to avoid. Don't allow yourself the all-too-expensive luxury of thinking about the fear experience. Don't think about trying to stop it. Think about serving God and about using your gifts to help others.

- Jay E. Adams

c. Feed on _____

Memorizing and meditating on Scripture is the most effective way for a Christian to battle fear.

Psalms 1

Psalms 19:7-11

Psalms 119:165

Isaiah 26:3-4

There are numerous Scripture portions that are effective for battling various fears. Here are some examples:

<u>Fear of...</u>	<u>Scripture</u>
Man (general)	Psalms 56:3-4 Matthew 10:28-31
Enemies	Psalms 27:1-3
Authorities	Proverbs 21:1
Trouble	Psalms 34:19
Trials and Temptations	1 Cor 10:13 2 Peter 2:9
Poverty	Psalms 34:9-10 Hebrews 13:5
Physical Harm	Psalms 91:4-7, 9-12
Death of loved one	2 Cor 1:8-10

d. Meditate on God's past _____

The Biblical writers frequently referred their readers to recall God's faithfulness to them in the past.

Deut 6:20-23

Psalms 77:9-12

We would do well to do the same thing now. A good exercise to do when fearful is to ask this question and meditate on the answer:

How has God been faithful to deliver me from fearful circumstances in the past?

e. Clear your _____

Fear and guilt have been linked together since the fall of Adam and Eve (Genesis 3:10). Oftentimes a fearful person is also one who is living in perpetual guilt.

When we live with a clear conscience we remove one of the most potent weapons from our enemy's arsenal. When fearful, ask:

Is there any unconfessed sin that I am holding on to and need to repent of?

If the answer is yes, confess your sin to God and embrace the forgiveness available through Christ, determining to put off that sin.

Is there anyone I have wronged or need to be reconciled to?

If the answer is yes, then you need to seek their forgiveness (even if they don't do the same!).

f. Identify and remove heart _____

Confess idolatrous desires to God and replace those desires with the desire to please Christ in all things.

2 Corinthians 5:9-10

James 4:1-10

g. Learn to distinguish _____ from _____

Oftentimes once an individual has an experience of fear, there is a negative association made with the object or circumstances around which the experience was had, when in reality the person is only afraid of being afraid again.

We cannot control all objects and circumstances, but we can control our thinking.

Example:

h. _____ your mind

2 Timothy 1:7

It takes effort to seize control of our thoughts and discipline ourselves to think the way we ought to think. Undisciplined thinking will frequently lead to fear.

Phil 4:8

i. Live in the fear of _____

This is the most essential ingredient in overcoming sinful fear.

Psalms 34:11-19

Deut 31:11-12

We grow in the fear of the Lord by:

- Reading the Bible
- Studying the Bible
- Memorizing the Bible
- Meditating on the Bible

II. The Role of _____

a. Plan to _____

“Failing to plan is planning to fail.”

- Are there specific acts of love that God would have me demonstrate to someone else? What are they? To whom? When will I do them?
- Are there areas of responsibility that I have neglected and need to put back into practice? What are they? When will I begin? How often?
- What is my plan for Scripture intake and memorization? Where will I begin reading? What will I read? What time will I set aside for it?
- What specific evidences of God’s faithfulness will I recall when I am tempted toward fear and not trusting Him?
- What specific changes can I make to help reduce the desires that are potentially idolatrous for me? How will I make these changes? When will I start?
- When my thoughts begin to stray into troubling territory, how will I arrest them? What will I remind myself?
- Who will hold me accountable for the changes I want to make? How? How often? When will I meet with them?

b. Plan to _____

There is no such thing as instant _____! Our best efforts are tainted and we will fail.

How we handle our failures is at least as important as our attempts to succeed.

- When I have succumbed to sinful fear, what should I do?
- What Biblical truths do I need to remind myself of in order to move forward in freedom and forgiveness?

- What lesson can I learn in my failure? What can I do to help prevent such failure in the future?