

# Overcoming Fear

Lesson 05 of the series "Overcomer"

Fear = the disturbing emotion we experience when facing impending danger, evil, or pain (real or imagined).

## A. If we allow fear to control us it will ruin our lives.

Fear demoralizes us. "Not all the people will have to go up against Ai. Send two or three thousand men to take it and do not weary all the people, for only a few men are there." So about three thousand men went up; but they were routed by the men of Ai, who killed about thirty-six of them. They chased the Israelites from the city gate as far as the stone quarries and struck them down on the slopes. At this the hearts of the people melted and became like water. Joshua 7:3-5 (NIV)

Fear paralyzes us. "I am losing all hope; I am paralyzed with fear." Psalm 143:4 (NLT)

Some fears we deal with: fear of failure, fear of injury/sickness, fear of the future, fear of rejection, fear of the unknown, fear of crime/violence, fear of financial loss, fear of death.

## B. God does NOT want us to live controlled by fear.

"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)

### 1. We don't need to be afraid because God is always with us.

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." Isaiah 41:10 (NLT)

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Psalm 23:4 (NIV)

"I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

Romans 8:35-39 (NLT)

*Life Application:* We need to surrender every part of our lives to the control of the Holy Spirit.

"Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives."

Galatians 5:25 (NLT)

"But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you. I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

John 14:26-27 (NLT)

### 2. We don't need to be afraid because God will guide us.

"Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." Proverbs 3:5-6 (NLT)

*Life Application:* We need to pray.

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 (NLT)

"If you need wisdom—if you want to know what God wants you to do—ask him, and he will gladly tell you. He will not resent your asking." James 1:5 (NLT)

### 3. We don't need to be afraid because God is infinitely bigger/smarter/stronger than any enemy or problem we will ever face.

"The Lord is my light and my salvation— so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble? When evil people come to devour me, when my enemies and foes attack me, they will stumble and fall. Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident." Psalm 27:1-3 (NLT)

“O Sovereign Lord! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!” Jeremiah 32:17 (NLT)

*Life Application:* We need to stay away from fear mongers.

“Then the officers of the army must address the troops and say... ‘Is anyone here afraid or worried? If you are, you may go home before you frighten anyone else.’” Deuteronomy 20:5, 8 (NLT)

*Life Application:* We need to meditate on truth.

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.”

Philippians 4:8 (NIV)

*Life Application:* We need to worship God.

“The one thing I ask of the Lord— the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple. For he will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock. Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the Lord with music.” Psalm 27:4-6 (NLT)

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

Isaiah 26:3 (NLT)

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### Connect Group Discussion Questions:

1. Where were you on 9/11/2001? How did you hear about the World Trade Center bombing? How did the events of that day make you feel?
2. What is your biggest fear? Why? What is your strategy for overcoming it? How can others in your group help you?
3. Read Deuteronomy 20:5-8 & Numbers 13:25-14:5. Why Did Moses tell the Israelite army commanders to let people who were afraid of battle go home? Have you ever had fear spread to you via a family member or friend? ...via TV or social media? Have you ever spread fear to others?
4. Read 2 Timothy 1:7, Psalm 27:1-3 & Philippians 4:8. How important is it to meditate on Scripture when battling fear? Share with your group Bible passages that have helped you overcome fear. Also share ways that you have kept these passages on your mind (i.e. memorization, singing them, journaling, personalizing them, etc.)
5. Discuss how the following truths help us overcome fear:
  - God loves me completely and nothing can separate me from His love. (John 3:16, 1 John 4:9-10, Romans 8:38-39)
  - God is everywhere I go, and He will never leave me. (Psalm 139:7-10, Jeremiah 23:24, Deuteronomy 31:6, Matthew 28:20, Psalm 16:8)
  - God knows everything and understands what is best for me. (Psalm 147:5, Psalm 139:1-6, Psalm 142:3)
  - God is all-powerful, and there is nothing He can't do. (Jeremiah 32:17, Romans 1:30, Genesis 18:14)
  - God always stays the same and never changes. (Hebrews 13:8, James 1:17, Psalm 33:11)
  - God tells the truth and never lies. (Psalm 33:4, John 14:6, Numbers 23:19, Hebrews 6:18)
  - God is for me and wants me to have life to the full. (Psalm 118:6-7, Romans 8:31, John 10:10)
  - God's will is perfect, and He always accomplishes it. (Psalm 138:8, Romans 12:2, Philippians 1:6)
  - God is good, and He can use even bad things for my good. (Psalm 100:5, Psalm 86:5, Genesis 50:20, Romans 8:28)
  - God will always guide me and provide for me within His will. (Psalm 32:8, John 16:13, Isaiah 58:11, Philippians 4:19, Matthew 6:31-32, Psalm 34:10)
6. Describe the most courageous person you know. What is the source of his/her courage?
7. Read John 14:26-7 & Philippians 4:6-7. What does Jesus mean when he promises his followers peace that the world cannot give? What is Paul talking about when he discusses peace that "passes understanding"? Do you have this kind of peace? If so, how did you get it?
8. Discuss the following quotations:
  - "If you're going to worry don't pray. If you're going to pray don't worry." unknown
  - "I've lived through some terrible things in my life, some of which actually happened." Mark Twain
  - "The only thing we have to fear is fear itself." Franklin D. Roosevelt
  - "Fear defeats more people than any other one thing in the world." Ralph Waldo Emerson
  - "Keep your fears to yourself, but share your courage with others." Robert Louis Stevenson
  - "Give all your worries and cares to God, for he cares about you." Peter in 1 Peter 5:7