

HOPE FOR OVERCOMING FEAR

Overcoming Fear Study Session I

Key Scriptures: 2 Timothy 1:7; Romans 8:15

I. Identify the Significance of Fear

- What are some fears people might have?

- Is fear real?

- A Question to Consider: Is fear a sin? Why or why not?

Q: If so, when does fear become a sin?

A:

Appropriate Fear vs. Inappropriate Fear	
<ul style="list-style-type: none">• Fear that protects us from danger• This involves our well-being physically, morally/spiritually, emotionally/psychologically.• Just as God gives emotion for a proper use, the emotion of fear can be appropriate and help us escape dangers that could be harmful to us.	<ul style="list-style-type: none">• Fear that controls us and keeps us from fulfilling life's obligations• The reason for the fear may be based in fact or legitimate possibility, but the individual's response is not based in fact or responsibility.• On the other hand, most of these fears are not based in reason.• The real issue is control: Does this fear control you?

- An Application Assignment: Look at the list of fears you made above. Evaluate what is or is not an appropriate fear. What circumstances could make a fear appropriate or inappropriate? Sinful or not?

- A Personal Evaluation to Make: Are you in bondage (enslaved) by fear?

II. Identify the Source of Fear 2 Timothy 1:7

- Who is not the source of our sinful fears?
- Whether evaluating your list above or other fears, what is the source of the fear and why?

In these studies, we will evaluate and reset our fears with Biblical thinking. At the end of our study time, you will have an assignment to identify the source of your fears.

III. Identify the Solution for Fear

5 Resources that Give Hope to the Fearful

2 Timothy 1:7; Romans 8:15

2 Timothy 1:7

- A. *God's Love*: Focus on selfless choices and responsibilities rather than perceived rights and excuses!
- B. *God's Enabling Power*: There is supernatural, Divine help available.
- C. *Accurate Biblical Thinking*: Think clearly based on God's character and truth (*sound mind*).

Romans 8:15

- D. *My Adoption*: I have every right and every responsibility of being in God's family.
- E. *My Access*: I am not alone. I can cry out to my Heavenly Father when I am overcome with fear.

- **One More Application Assignment**: Choose one or two of the fears your group has identified. Using the *5 Resources that Give Hope to the Fearful*, how would you advise someone dealing with this fear?

Homework? Of course! This is how you grow!

1. The source of fear. As I evaluate the source of my fear (since it does not come from God), how does God want me to think about the source of my fear(s)?
2. The solution for fear. As we did in our study time, choose one fear you have experienced or seen in others. Using the *5 Resources that Give Hope to the Fearful* how would you advise someone with Biblical counsel?

Prayers of Praise: As you conclude, pray a prayer of praise for one truth God spoke to you about. He is worthy of our praise, and expressing this prayer solidifies the truth in your heart.