

KEYS FOR OVERCOMING FEAR: PEACE
Overcoming Fear Study Session IV

Key Scriptures: John 14:26-27; John 16:32-33; Philippians 4:6-8

John 14:26-27

- I. The Lord's Concern
- II. The Lord's Contribution
- III. The Lord's Contrast

The World's Peace	God's Peace

- IV. The Lord's Commands
 - A. What are they?
 - 1. Don't let troubles overwhelm you.
 - 2. Don't let fear control you.
 - B. What does a command tell you?
 - 1. Obedience is within your responsibility.
 - 2. Obedience is within God's ability.
 - C. The Lord's Comfort
 - 1. The Peace from the Lord sustains us and overcomes fears.
 - 2. The Presence of the Holy Spirit sustains us and overcomes our fears.
- Underline the statement in Point IV that most encourages, challenges, troubles, or makes you wonder. Share what you underlined and why. This will lead to a profitable application.

John 16:32-33

- I. The Lord's Concern
- II. The Lord's Contribution
- III. The Lord's Contrast
- IV. The Lord's Encouragement
- Can I Get Your Opinion? At this stage in the disciples' lives, not understanding the resurrection and having a wrong understanding of a national kingdom (as well as the spiritual kingdom), what do you think would have been their top fears?
- For them, what did they learn to overcome their fears?
- For you, how did what they learned still apply to you today?

Philippians 4:6-8

I. A New Perspective 4:6

- Worry is a form of fear. Explain why it is and what God’s direction is about it.

II. A New Priority 4:6

A. The Priority of Prayer

B. The Priority of Gratitude

When you make prayer a priority you...	When you don’t make prayer a priority you...
When you make gratitude a priority you...	When you don’t make gratitude a priority you...

III. A New Peace 4:7

A. God’s supernatural peace surpasses my fears and understanding.

B. God’s supernatural peace guards my heart (emotions) and mind (thoughts).

- Is it possible to have God’s peace without fully understanding the circumstances that cause fear?

IV. A New Pattern of Thinking 4:8

- The passage makes a clear connection between guarding your emotions and thoughts and the qualities of accurate thinking in v. 8. Can one have freedom from fear without changing one’s thought patterns?
- What in your thinking must change to reflect the qualities of clear-thinking in v. 8?

Homework? Of course! This is how you grow!

Take one of the passages in this study, and make it you passage to...

1. Memorize
2. Meditate on
3. Apply

(You are taking MMA to a new level as you go MMA on your fear!)