



BIBLE STUDY SERIES

THE BATTLE WITHIN

LESSON FOUR: WHAT ARE YOU AFRAID OF?
(BREAKING THE CHAINS OF FEAR - PART ONE)



“THE ONLY THING WE HAVE TO FEAR IS FEAR ITSELF.”

FOUNDATION SCRIPTURE:

II TIMOTHY 1:7

For God has not given us a spirit of fear, but of power
and of love and of a sound mind.



GENESIS 3:10

Where are you?" "I heard Your voice in the garden,"
he replied, "and I was afraid because I was naked;
so, I hid myself."



**FEAR IS “AN EMOTIONAL RESPONSE TO A PERCEIVED
THREAT TO YOUR SECURITY OR GENERAL WELFARE.”**

DESTRUCTIVE EMOTIONAL FEARS

Fear of Lack

Loneliness

Commitment

Failure

Rejection

Being laughed at





FEAR:



False



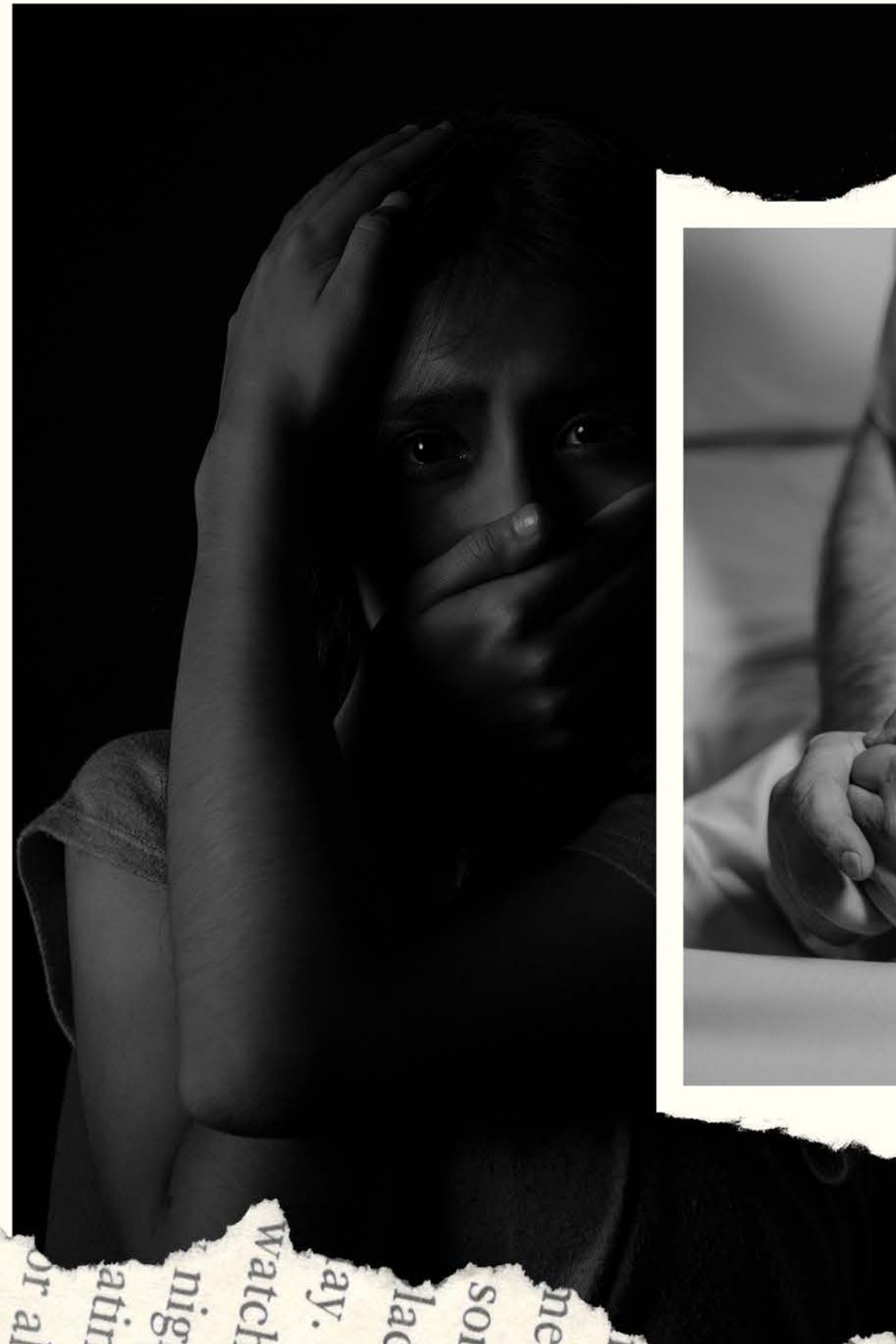
Evidence



Appearing



Real



SEVEN FUNDAMENTAL TRUTHS ABOUT FEAR:

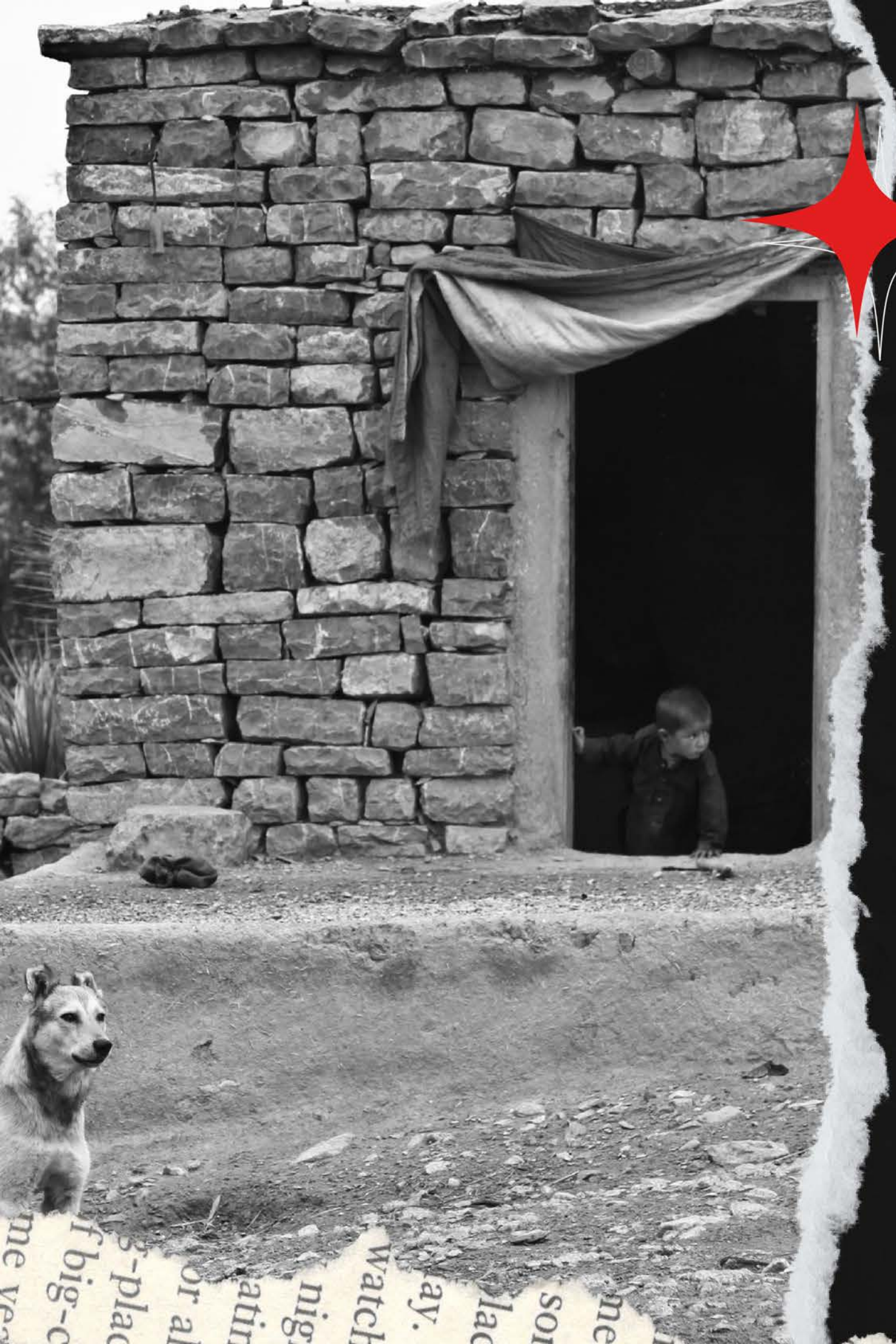


***1. Worry Implies the
Absence of Trust in God.***

DEUTERONOMY 31:8

“Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.”





PSALM 62:8

“Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us.”



2. Fear and Worry Go Hand in Hand.

MATTHEW 6:25

I tell you not to worry about your life. Don't worry about having something to eat, drink, or wear. Isn't life more than food or clothing?"



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EVALUATING YOUR HEART WHEN FEARFUL:



1. My fear
and worry
reveals
what I value.



2. My fear
and worry
reflect my
view of God.



3. My fear
and worry
are related to
my trust level
in God.



***3. It's a Tactic that the Enemy Uses to
Get Us to Step Outside of God's Will.***



ISAIAH 46:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.





4. Fear Robs Us of Experiences and a Joy-Filled Life.

A black and white photograph of the exterior of a large Gothic cathedral, likely the Duomo di Milano. The image shows the facade with large stained glass windows and intricate tracery. People are walking in the foreground plaza, and a smaller building with a spire is visible to the left. The image is framed by a dark, irregular border.



PSALMS 140:1-14

I couldn't even begin to count them—
any more than I could count the sand of the sea.
Oh, let me rise in the morning and live always with you!
And please, God, do away with wickedness for good;
all the men and women who belittle you, God,
intituated with cheap god-imitations.
See how I hate those who hate you, God,
I hate it with pure, unadulterated hatred.
Your enemies are my enemies!

Investigate my life, O God,
find out everything about me;
Cross-examine and test me;
get a clear picture of me;
See for yourself whether I've done anything wrong;
then guide me on the road to eternal life.

140:1-14

A DAVID PSALM
140 GOD, get me out of here, away from this evil;
protect me from these vicious people.
All they do is think up new ways to be bad;
they spend their dark plotting and guile
they practice the sharp discourse of hate and hurt.
They practice the sharp discourse of hate and hurt.
Keep me out of the clutches of those who hate me;
keep me from those whose words are full of lies.
Keep me from those whose words are full of lies.
Keep me from those whose words are full of lies.
Keep me from those whose words are full of lies.

These troubles
let them do
Let God pile
let him bur
These loudme
don't let the
These savages
let the Devil

I know that you,
that you care f
And I know that
that good person

A DAVID PSALM
141 GOD, come
Open your
Tear my prayer as incense
and my words as fragrant oil.

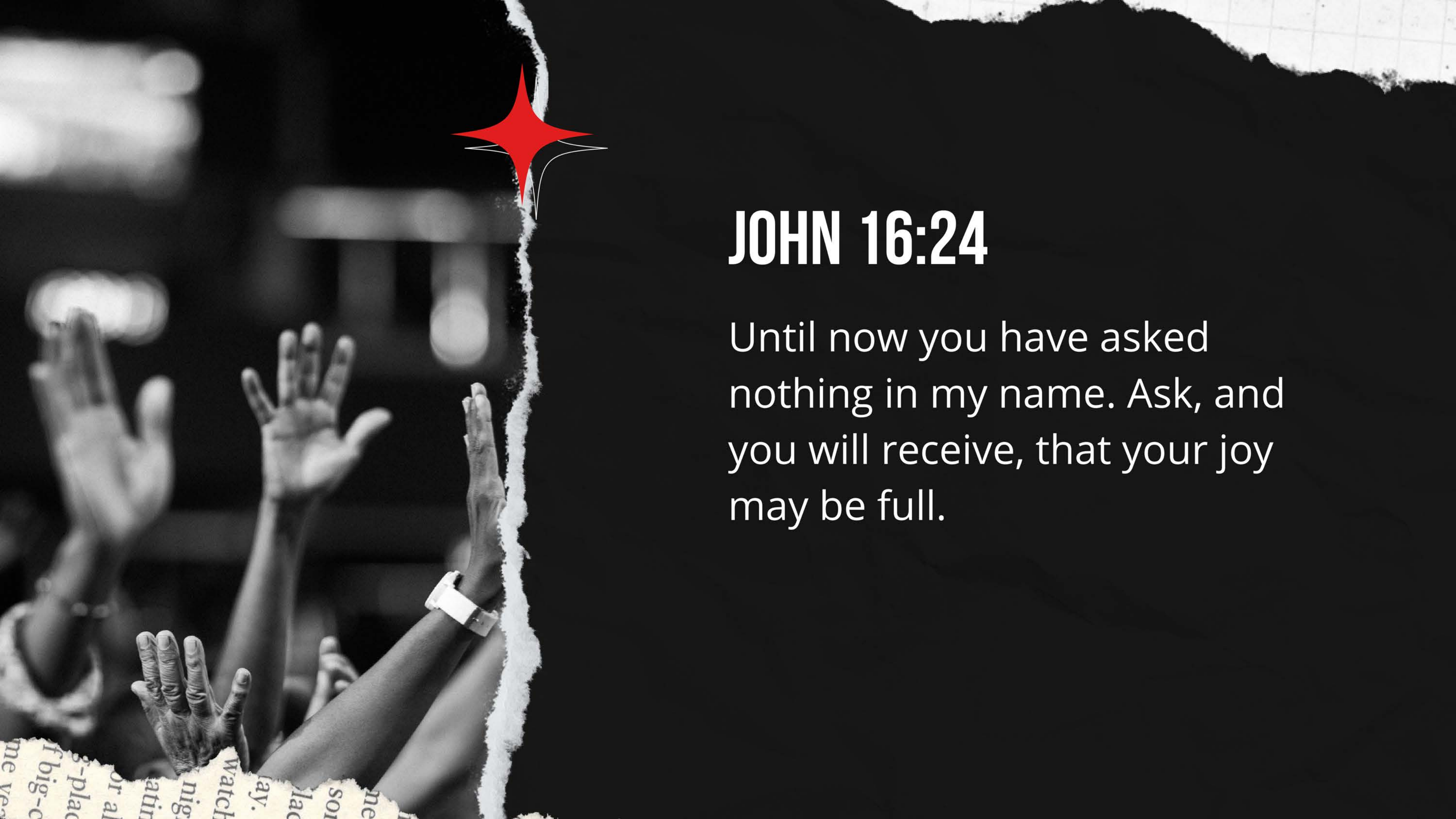
Post a guard at my mouth
and a watch at my lips;
and do not let my words
become an occasion of blame
to me.

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JOHN 16:24

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.





5. Fear Takes a Toll on Your Health.

**WORRY IS AN INDICATION THAT WE THINK
GOD CANNOT LOOK AFTER US.”**



6. Fear Makes Us Doubt God's Promises.



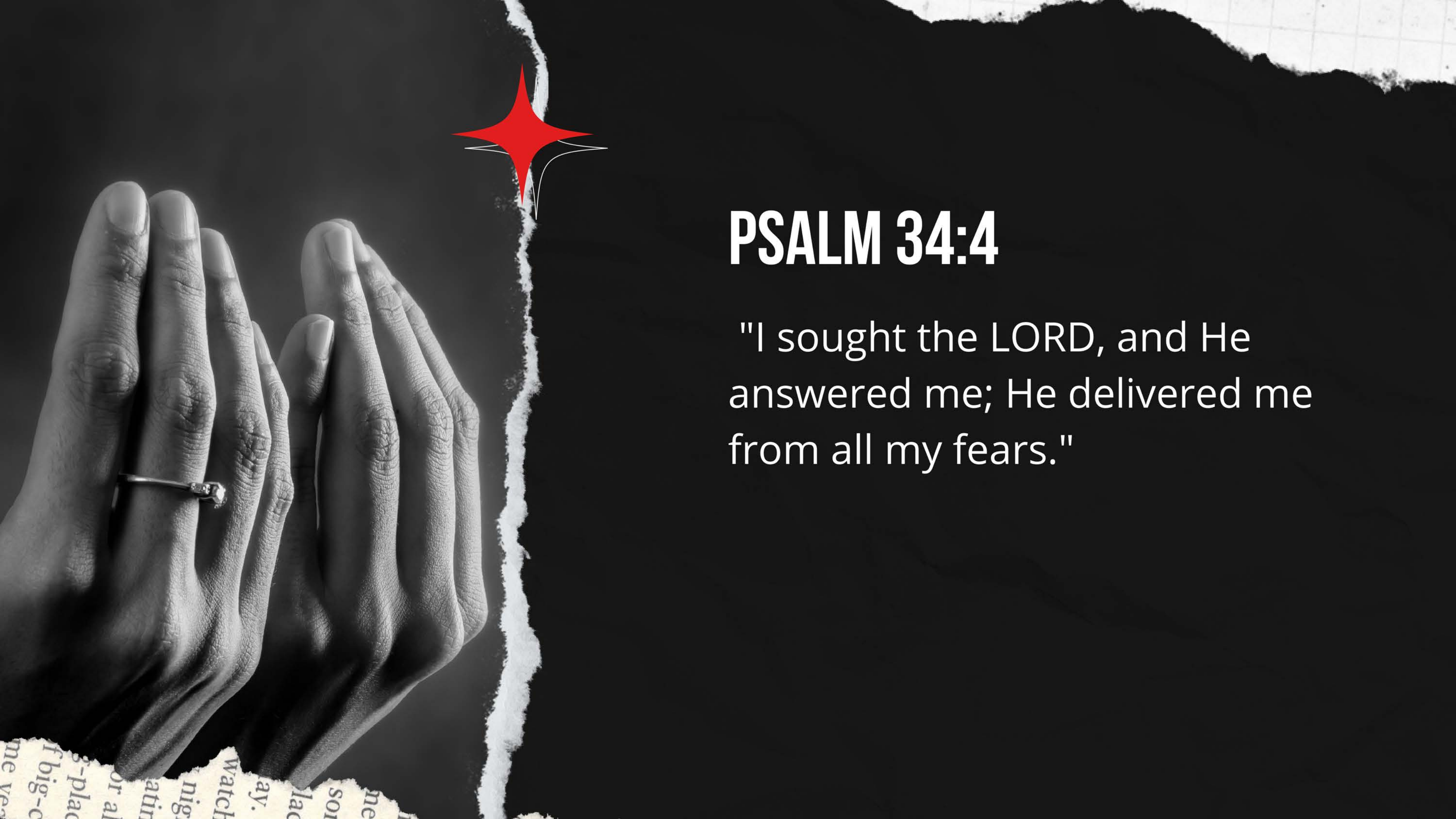
***7. Fear Paralyzes Us From Stepping
Out In Faith.***

ISAIAH 43:1-2



"Do not fear, for I have redeemed you; I have summoned you by name; you are Mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."





PSALM 34:4

"I sought the LORD, and He answered me; He delivered me from all my fears."

“THE FEARS WE DON’T FACE BECOME OUR LIMITS.”

FOLLOW UP

CHAT QUESTIONS:

1. How did fear enter the world?
2. How would you define fear?
3. List some common emotional fears.
4. What is the acronym for FEAR?
5. What are the seven fundamental truths about fear?
6. Can you identify a scripture reference about fear?
7. What was your greatest takeaway from today's lesson?



BIBLE STUDY