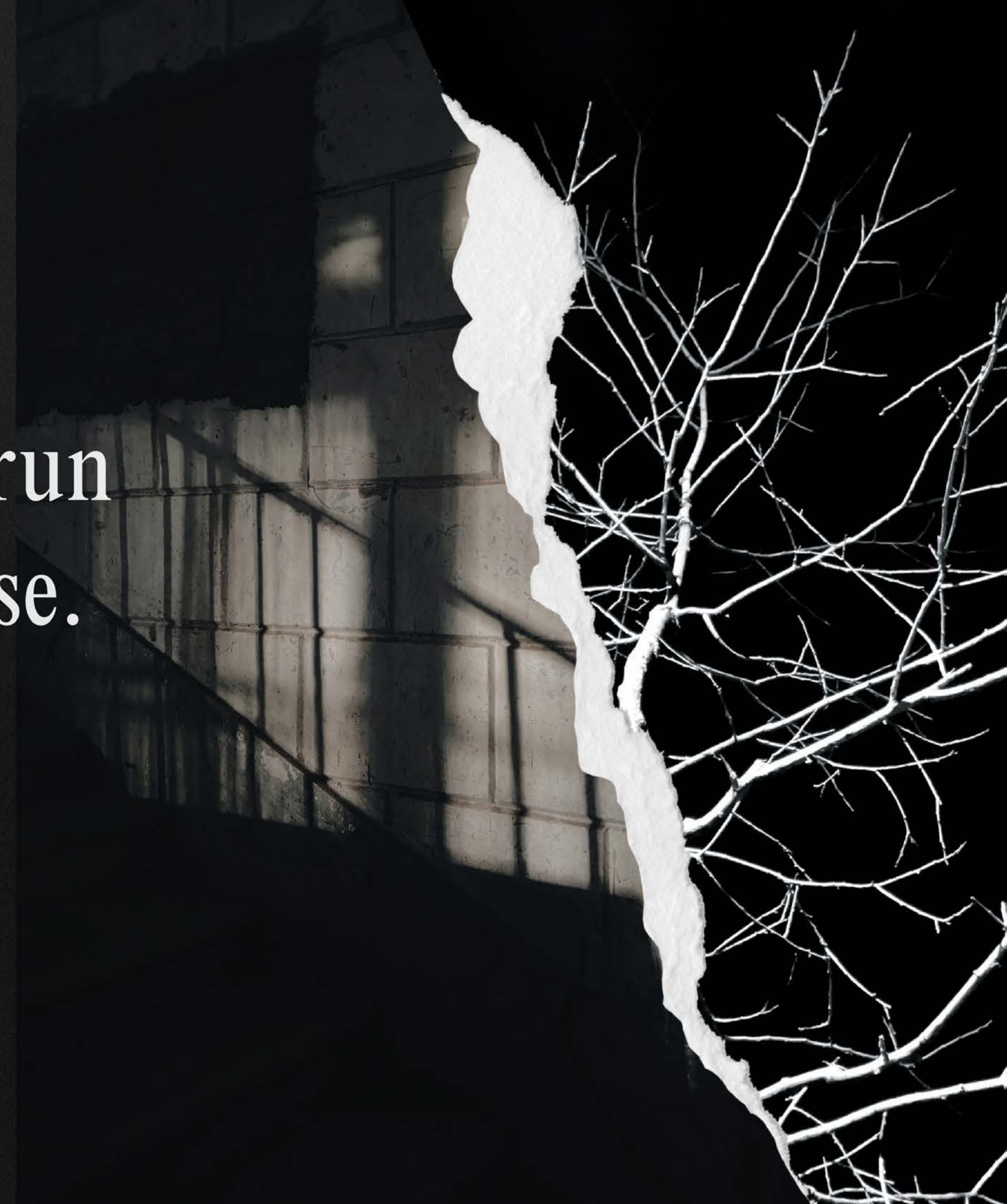


DECEMBER BIBLE STUDY LESSON:

LESSON FIVE:

**OVERCOMING
THE SPIRIT
OF FEAR**

"Forget everything and run
or face everything and rise.
The choice is yours."

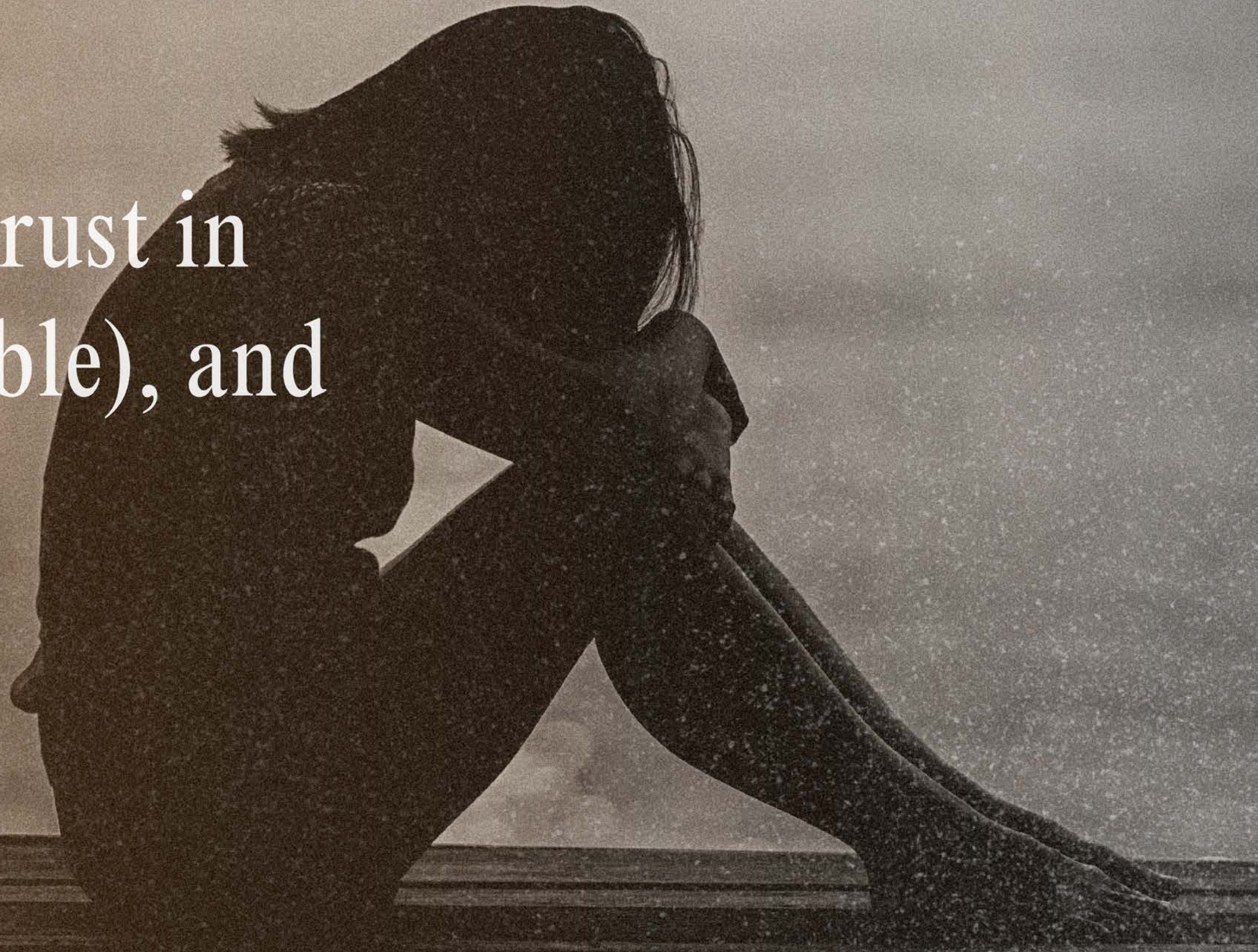




Foundation Scripture:

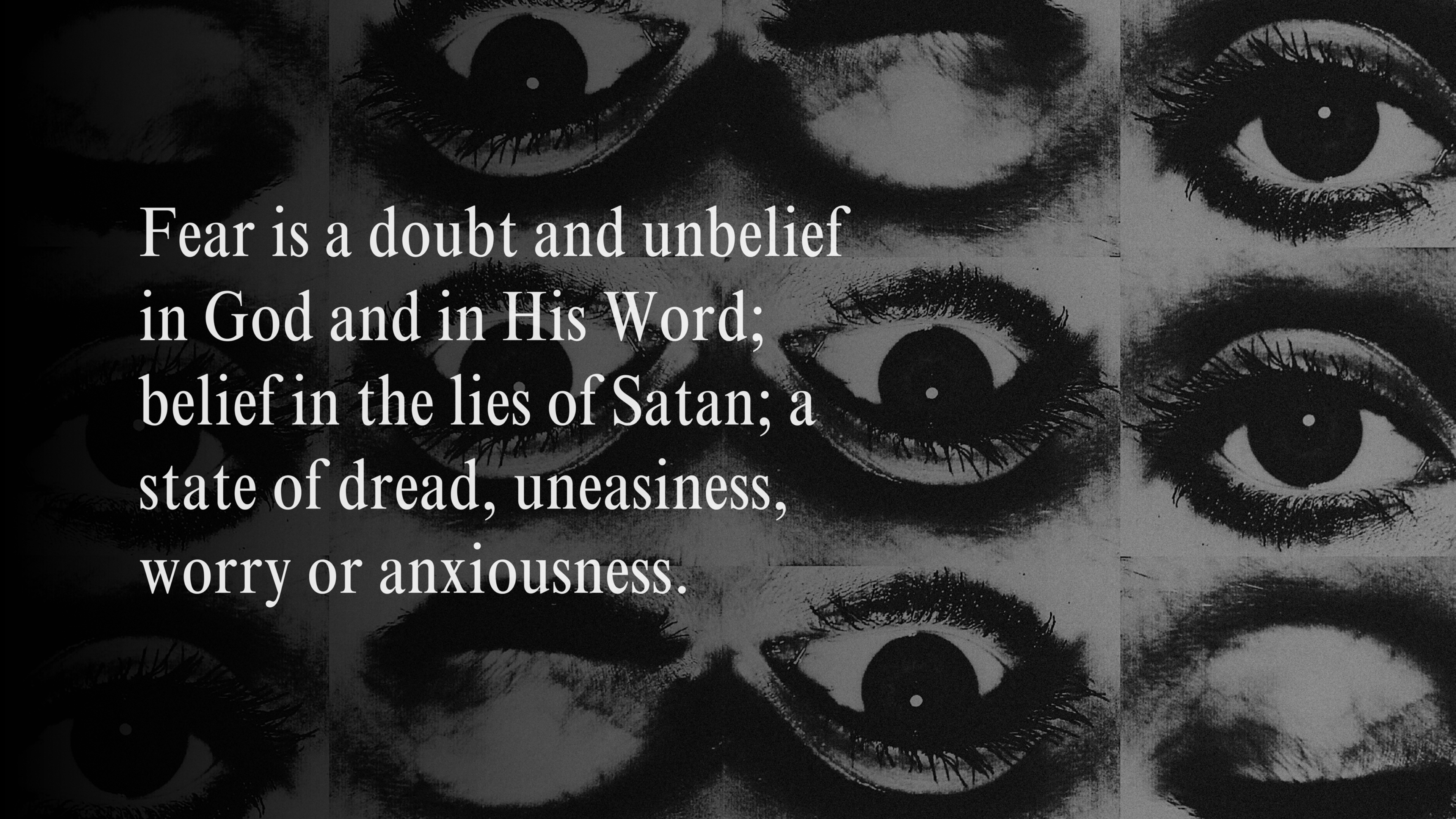
II Timothy 1:7, For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control”

Faith is a belief and trust in
God, His Word (the Bible), and
Jesus Christ.





Hebrews 11:1, **NOW FAITH** is the assurance (the confirmation, the title deed) of the things [we] hope for, being the proof of things [we] do not see and the conviction of their reality [faith perceiving as real fact what is not revealed to the senses].

A collage of human eyes in various expressions, serving as a background for the text. The eyes are arranged in a grid-like pattern, with some looking directly forward and others looking slightly to the side. The overall tone is somber and contemplative.

Fear is a doubt and unbelief
in God and in His Word;
belief in the lies of Satan; a
state of dread, uneasiness,
worry or anxiousness.



never be afraid

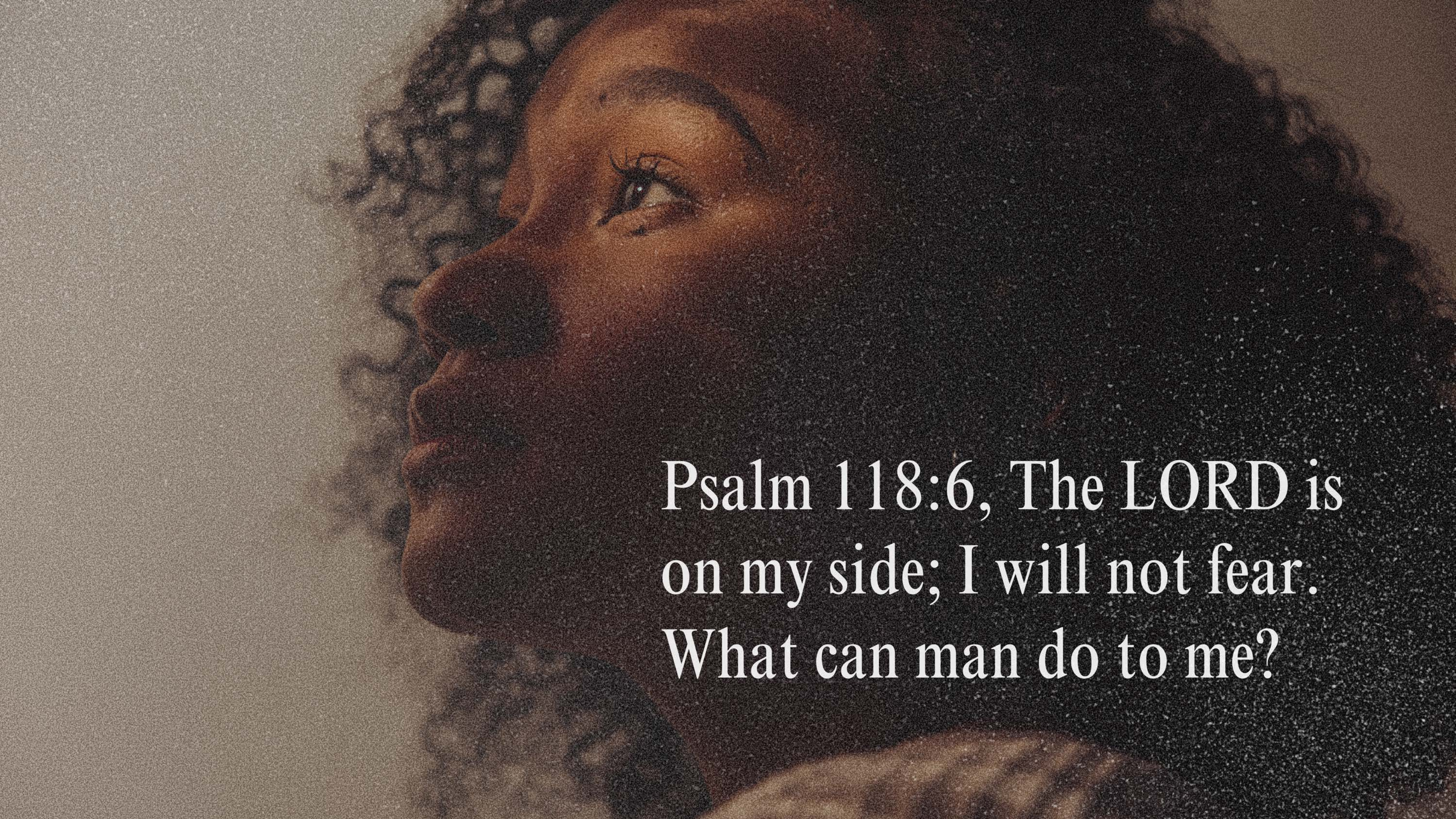
Job 3:25, For the thing which
I greatly fear comes upon me,
and that of which I am afraid
befalls me.



**SEVEN WAYS
TO OVERCOME
FEAR:**



1. REALIZE THAT GOD IS WITH YOU.



Psalm 118:6, The LORD is
on my side; I will not fear.
What can man do to me?



Psalm 23:4, Yea, 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.

2. TRUST IN GOD.





Psalm 56:3-4,
Whenever I am afraid, I
will trust in You...In
God I have put my
trust; I WILL NOT
FEAR. What can flesh
do to me?



3. SEEK THE PEACE OF GOD.

John 14:27, Peace, I
leave with you, My
peace I give to you; not
as the world gives do I
give to you. Let not
your heart be troubled,
neither let it be afraid.



4. BE FILLED WITH LOVE.




I John 4:18, There is no fear in love;
but perfect love casts out fear,
because fear involves torment. But
he who fears has not been made
perfect in love.





5. FEAR GOD INSTEAD.

A close-up, profile view of a woman with her eyes closed and hands clasped in prayer. The lighting is dramatic, highlighting her skin against a dark, textured background. The text is overlaid on the right side of the image.

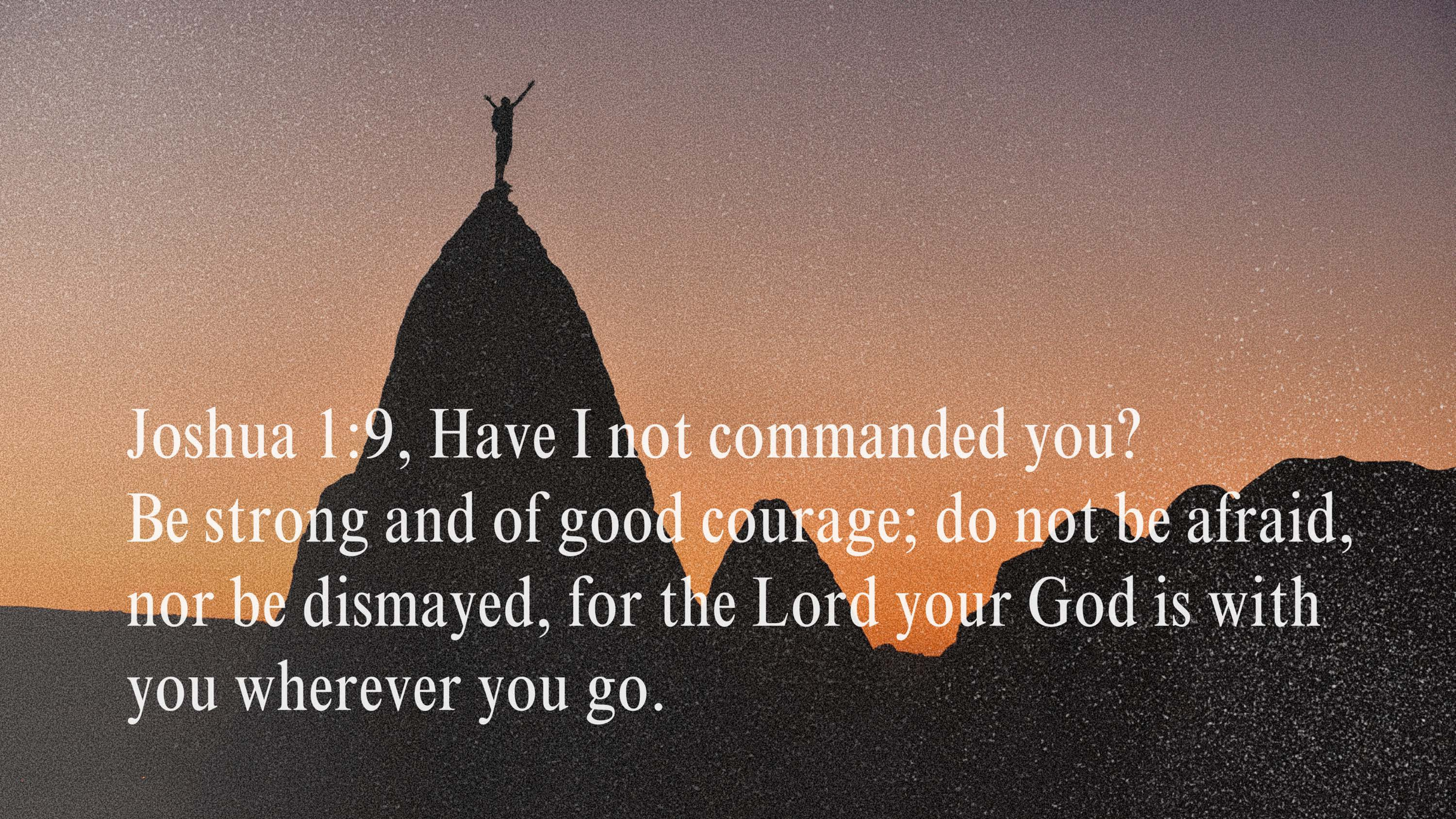
Proverbs 1:7, The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.



Ecclesiastes 12:13, Let us hear the conclusion of the whole matter: fear God and keep His commandments, for this is man's all.

**6. BE STRONG AND OF GOOD
COURAGE.**



A silhouette of a person standing on the peak of a mountain, with arms raised in a gesture of triumph or prayer. The background is a warm, orange and yellow sunset sky. The foreground shows the dark silhouette of the mountain range.

Joshua 1:9, Have I not commanded you?
Be strong and of good courage; do not be afraid,
nor be dismayed, for the Lord your God is with
you wherever you go.



7. PRAY TO GOD.

Psalm 34:4, I sought the
Lord, and He heard me, and
delivered me from all my
fears.





“He who is not every day conquering some fear
has not learned the secret of life.”

Bible Study Follow Up Chat Questions:

- 1. How would you define faith?**
- 2. What scripture verse do you know regarding faith?**
- 3. In what way(s) can our faith help us live victoriously?**
- 4. How would you define fear?**
- 5. In what way(s) can fear rob us of a joy-filled life?**
- 6. List the seven ways you can conquer fear.**
- 7. What fear(s) have you recently conquered?**
- 8. What was your greatest takeaway from today's lesson?**