

OVERCOMING HEART PROBLEMS

Based on a study by Wendell Winkler

Lesson 8 - Overcoming Fear

Intro: Psychologists tell us that we are born with two fears; the fear of falling and the fear of noise. As we age, we add many fears to that list. The dictionary is full of "phobias" that plague mankind. Members of a psychology class asked 500 people "what were they afraid of"? Those 500 people listed 7,000 fears! It need not be that way. Christ came to deliver us from our fears. *Wendel Winkler*

1. The Bible speaks of two kinds of fear:

- The fear commanded; the kind of fear that involves respect, honor, reverence, and a sense of awe. What do these passages say about that kind of fear?
Psa. 2:11

Ro. 3:18

Acts 9:31

Eccl.12:13
- The fear forbidden; the fear that is synonymous with dread, alarm, fright, anxiety, and distrust. What do the following passages say about that kind of fear?
Psa.91:5

Luke 12:32

* Do not confuse this kind of fear with caution. Why do we look both ways before we cross the street?

2. Where fear operates:

We fear F_____. (Matt.25:25)

We fear the UN_____ future.

We fear R_____. (Matt.25:25, Luke 5:10)

We fear our O_____ A_____. (Pro.16:31)

We fear IN_____. (Matt.6:25-34)

We fear G_____ of the church.

We fear what others T_____, S_____, or D_____ to us! (Luke 12:4-7)

We fear D_____. (Heb.2:14-15) ...where is thy sting?

3. The effects of fear:

Fear can ruin our C_____ and P_____ ITY! (Saul)

Fear renders us U_____ LESS in God's work. (Judges 7:3)

Fear brings D_____. (Matt.14:28-31)

** He who fears being conquered is sure of defeat. (Anonymous)*

Fear S_____ and is C_____. (Joshua 14:8, Deut.20:8, Goliath)

Fear paralyzes, kills, and destroys.

Fear will cause a person to be L_____. (Rev.21:8, Matt.25:25,30)

4. How to overcome fear:

- Remember that living in fear is not what God desires for us!
- EN_____ Christ in our hearts! (1 Pet.3:14-15)
- Put your F_____ and T_____ in God! (Matt.8:23-27)
- Never lose sight of the fact that you are in the P_____ of God and help is N_____!
- Rest in the L_____ of God. (Eph.3:17-19, Ro.8:28-39)
- Remember that G_____ is on your side and the B_____ belongs to the L_____! (2 Chron.20)
- I can do all things through Christ ______. (Phil.4:13)
- Live your life _____ day at a ______. (Matt.6:34)
- Don't forget the power of P_____! (Psa.3:3-5)