

I'M GIVING UP LIVING IN FEAR

Big Idea

If you are like most people, strong chances are that you have one or many fears that you've battled in your life. The reality is that every single one of us has fears. We learn most of them in childhood; sometimes, we carry them to adulthood and don't know how to avoid feeling them. Fear places faith in the "What ifs" of life. Many of us find ourselves full of panic, anxiety, and paralyzed because of a threat that we don't even know if it will happen or not. Most of the time, it won't. See the example of Moses, talking to God, in Exodus 4:1: *"Moses answered, 'What if they do not believe me or listen to me and say, 'The Lord did not appear to you?'"*

We always need to remember that God gave us a courageous spirit and not a spirit of fear, as Paul reminds us in 2 Timothy 1:7 *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*

Why do your "What ifs" matter? Some of those feelings may be legitimate because they show what's most important to you—losing your marriage, job, a friend, etc. However, these fears also show your weakest point of trusting God. Do you believe that God is your provider, and those relationships and/or things are there because He gave you? If so, why do you fear losing it? Do you trust God with that?

If you need to face the "What ifs" of fear, here are practical steps that Pastor Chris gave us:

1. Acknowledge your fear and choose to trust God. - Change your focus from an earthly perspective to an eternal perspective.
2. Seek God until He takes away your fears: Psalm 34:4 *"I sought the Lord, and he answered me; he delivered me from all my fears."*

"Fear can paralyze us and keep us from believing God and stepping out in faith. The devil loves a fearful Christian!" – Billy Graham

Scripture

- **2 Timothy 1:7 (NKJV)**
For God has not given us a **spirit of fear**, but of power and of love and of a sound mind.
- **Exodus 4:1 (NIV)**
Moses answered, "**What if** they do not believe me or listen to me and say, 'The Lord did not appear to you?'"
- **Psalm 56:2-4 (NIV)**
My slanderers pursue me all day long; many are attacking me in their pride. When I am afraid, **I will trust in you**. In God, whose word I praise, **in God I trust; I will not be afraid**. What can mortal man do to me?
- **Isaiah 26:3 (NIV)**
You will keep in **perfect peace** him whose **mind is steadfast**, because he **trusts in you**.

Discussion Question

- What are your fears? What are the "What ifs" that ignite anxiety and/or paralyze you?
- Have you ever asked yourself why do your specific "What ifs" matter? Are you trusting God with that?
- How do we face the "What ifs" of fear?

Prayer Focus

Father God, thank you for giving us a spirit of courage and not fear. Today we choose to trust you more than any of our fears. We put our faith in your character, knowing that You don't change and don't lie. Keep our hearts rooted in You as we decide to leave our fears and let you take care of us. We love you. In Jesus' name, we pray, amen.

Next Steps

- Read your bible daily and Seek God until He removes your fears.
- Acknowledge your fear and choose to trust God.

Leader Tip

Fear is placing our faith in the wrong place. Encourage people to acknowledge their fears and seek God's word for answers. As they find some of these answers, they will see that God is not just the one that gave us everything, but His character is of a Father that cares and will always be with us. Trusting Him and placing our faith in Him is the only way to live without fear.