

Overcoming Fear

With Faith

We don't have to be afraid! God is powerful! He is with us and He looks after us! As we study His Word our faith grows and we can overcome fear!

Faith in God

Why shouldn't we be afraid? Read the following verses and answer.

Psalm 56:3-4 (NIV)

- (3) When I am afraid, I put my trust in you.
- (4) In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me?

Proverbs 19:23 (NIV)

- (23) The fear of the Lord leads to life; then one rests content, untouched by trouble.

Matthew 10:28-30 (NIV)

- (28) Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.
- (29) Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care.
- (30) And even the very hairs of your head are all numbered.

1 John 4:4 (NIV)

- (4) You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

2 Timothy 1:7 (NIV)

- (7) For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

What has God put in us? What does this mean for our lives?

1 John 4:18 (NIV)

- (18) There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

What effect does God's perfect love have on us?

Faith in God's Word

Joshua 1:8-9 (NIV)

- (8) Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.
- (9) Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

What should we do with God's Word? Why should we have courage?

Match the fear with the truth from God's Word.

Psalm 23:4, Psalm 91:3-7, Psalm 112:7, Proverbs 3:24-26, Proverbs 31:25, Matthew 10:28-31, Acts 18:9-10, Hebrews 2:14-15, 1 John 4:17

Psalm 23:4 (NIV)

- (4) Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 91:3-7 (NIV)

- (3) Surely he will save you from the fowler's snare and from the deadly pestilence.
- (4) He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.
- (5) You will not fear the terror of night, nor the arrow that flies by day,

- (6) nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
(7) A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

Psalms 112:7 (NIV)

(7) They will have no fear of bad news; their hearts are steadfast, trusting in the Lord .

Proverbs 3:24-26 (NIV)

- (24) When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.
(25) Have no fear of sudden disaster or of the ruin that overtakes the wicked,
(26) for the Lord will be at your side and will keep your foot from being snared.

Proverbs 31:25 (NIV)

(25) She is clothed with strength and dignity; she can laugh at the days to come.

Matthew 10:28-31 (NIV)

- (28) Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.
(29) Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care.
(30) And even the very hairs of your head are all numbered.
(31) So don't be afraid; you are worth more than many sparrows.

Acts 18:9-10 (NIV)

- (9) One night the Lord spoke to Paul in a vision: "Do not be afraid; keep on speaking, do not be silent.
(10) For I am with you, and no one is going to attack and harm you, because I have many people in this city."

Hebrews 2:14-15 (NIV)

- (14) Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil—
(15) and free those who all their lives were held in slavery by their fear of death.

1 John 4:17 (NIV)

(17) This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus.

Bad news
People
Dark, Difficult times
Death
Danger, Disease
Future
Judgment
Speaking
Disaster

Ask a Friend

Can you share a story of overcoming fear?
How did you do it?

Application

What other fears do we have?
How can we overcome them?

Mark 4:39-40 (NIV)

- (39) He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.
(40) He said to his disciples, "Why are you so afraid? Do you still have no faith?"

Why do we still fear?
What should we do?
What fear do you want to overcome this week?
How can we encourage other people when they are afraid of something?

Prayer Model

Heavenly Father, You are powerful and good, and I thank You that You are with me. I thank You that through believing in Your Word I don't have to be afraid of anything.

Key Verse

2 Timothy 1:7 (NIV)

"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline."

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