

Deal With It

Learning To Deal With Fear

Matthew 6:25-33

_____ in man followed the _____
of man

As a child of God, we have all the necessary resources to adequately deal with the fear in our lives

A Description of Fear

1. Fear Can Be _____

- We are told to fear _____

“The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is insight.” (Proverbs 9:10)

- There are some things in this world that are _____

“The prudent sees danger and hides himself, but the simple go on and suffer for it.” (Proverbs 27:12)

2. Fear Can Be _____

A mental image of what we don't want to happen

Synonyms: Anxiety, Worry, Dread

- This type of fear is not part of God's _____ for us

“for God gave us a spirit not of fear but of power and love and self-control.”

(2 Timothy 1:7)

See Philippians 4:6-7

The Dangers of Fear

- Fear Robs Us Of The Best Of _____
- Fear Robs Us Of The Best For _____
- Fear Robs Us Of The Best From _____
- Fear _____ us from God,
Faith connects us to God

Dealing With Our Fear

1. _____ Who You Are

“For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!””

(Romans 8:15)

2. _____ Your Fears

“Is anything too hard for the LORD?”

(Genesis 18:14)

3. _____ Your Focus

- _____

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” (Matthew 6:34)

- Things you can _____

“Jesus said to him, “If it is my will that he remain until I come, what is that to you? You follow me!”” (John 21:22)

- On _____

“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”” (Joshua 1:9)

Is there a sovereign God who holds my life in the palm of His hand or not? If so, can He be trusted?

4. Join _____ With Others

See Ecclesiastes 4:9-12

5. _____ Action

See Joshua 1:7-8

Society emphasizes _____. The Bible emphasizes _____.

“Do the thing you fear and the death of fear is certain.” Emerson

Courage is the mastery of fear, not the _____ of fear

We Will Live Our Lives Dominated By Fear Or By Faith Which Will You Choose?

Making It Personal:

- What are the major points of fear in my life right now?
- How have I been dealing with these fears?
- What steps can I take to experience more of God’s provision for the fears in my life?
- Who in my life can I share these truths with?