

Freedom Series

Session 1: Fear

Learn

1. Crystal defined fear in two ways. What are the two types of fear?
 - unpleasant emotion that makes us aware of danger
 - respect and wonder for something very powerful
2. Joshua faced the fear of the unknown. What did God say to Joshua to encourage him to overcome fear?
 - Deuteronomy 31:8 And the Lord is the one who is going ahead of you; He will be with you. He will not desert you or abandon you. Do not fear and do not be dismayed.”
 - Joshua 1:9 And the Lord is the one who is going ahead of you; He will be with you. He will not desert you or abandon you. Do not fear and do not be dismayed.”
3. What can cause a fear of failure? How does Ephesians 2:10 help us to fight this fear?
It may be ingrained from a young age through things like societal influences or lies of the enemy.
4. What causes the fear of man? How does Proverbs 29:25 help fight this fear?
Examples: Not wanting to be judged by peers, wanting to please people, fearing people instead

Apply

1. Arthur mentioned that three childhood fears were replaced by other fears as an adult. Dark rooms became social anxiety; weird noises became self-defeating thoughts or worry about the future; ghosts became past shame or guilt. What are some of the fears that you face and how do they hold you back?
2. A desire to please others, lack of affirmation, and criticism by those he admired fueled Arthur’s fears. What are some of the things fueling the fears in your life?
3. Arthur found freedom through scripture and walking with God daily. What can we do to truly overcome fear and stand in boldness?
Share our fears honestly and openly with God. Memorize and rehearse verses like: Deut 31:8, Joshua 1:9, and John 10:10