



WEEK 5

THE MONSTER EMOTION

REVIEW

Above all else, guard your **heart**, for everything you do flows from it.
Proverbs 4:23 NIV

Heart toxin

Guilt
Anger
Greed

Heart Habit Antitodte

Confession
Forgiveness
Gratitude & Generosity

“**Do not fear...**” is the most common greeting from God in the Bible

“Do not be **terrified**; do not be **discouraged**...” Joshua 1:9 NIV

“Be careful, keep calm and **don't be afraid**. Do not lose heart...”
Isaiah 7:4a NIV

“But now, this is what the LORD says ... **'Fear not...**” Isaiah 43:1a NIV

“Take courage! It is I. Don't **be afraid**.” Mark 6:50b

Fear's damaging effects

- Paralyzed _____
- Ruined _____
- Lapses in _____
- Prelude to _____

For God has not given us a spirit of fear, but of **power** and of **love** and of a **sound mind**. 2 Timothy 1:7 NKJV

HOW DO I OVERCOME FEAR?

1. Focus on _____ “...power...”

“For I am the LORD, your God, who takes hold of your right hand and says to you, **Do not fear; I will help you.**” Isaiah 41:13 NIV

The LORD is with me; **I will not be afraid.** What can man do to me? The LORD is with me; he is my helper... It is better to **take refuge in the LORD** than to **trust in man.** It is better to take refuge in the LORD than to **trust in princes.** Psalm 118:6-9 NIV

“**Do not be afraid** of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and **you will suffer ...**”
Revelation 2:10a NIV

2. Fill my life with _____ “...love...”

There is no fear in love. But perfect **love drives out fear...** 1 John 4:18a

3. Face down _____ with _____ “...Sound mind...”

“...You will know **the truth** and the truth will set you free.” John 8:32

Answer fear’s questions with the Gospel truth (see pg. 3):

These are all part of the daily habit of _____

ANSWERS FOR FEAR’S QUESTIONS

Does the Father promise to meet all my needs?

And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19

Does God promise to be with me at all times?

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” Hebrews 13:5

Is anything too hard for God?

“I am the Lord, the God of all mankind. Is anything too hard for me?”
Jeremiah 32:27

Have others faced things like this and grown?

We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us. 2 Corinthians 1:8-10

Could this situation build my character?

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. Romans 8:28,29

DISCUSSION QUESTIONS

1. How have you suffered the damaging effects from fear listed on pg 1?
2. Summarize in your own words why God so strongly commands us not to fear.
3. Look at Psalm 118:6-9 (under point 1). How are we sometimes tempted to “put trust in princes”? How can that lead to fear?
4. How can you conquer some of your own fears with a “sound mind” that comes from clear thinking and accurate knowledge?
5. How can knowing you are God’s beloved help lessen your fears?

NEXT WEEK

HOW TO REALLY LOVE SANTA CRUZ

How can people of faith live in a culture that sometimes seems to mock what we cherish? Specifically, how does God want Christians to live in Santa Cruz County? Should we fight? Withdraw? Compromise? This exploration of Jeremiah 29-31 may surprise you with its relevance.

IN TWO WEEKS

RHYTHM

Walking Daily in the Spiritual Practices of Christ

Ideas like fasting, meditation, and simplicity are capturing imaginations again. But they are actually ancient Christian spiritual practices long associated with Lent, the two months before Easter. In this series you’ll see how Jesus practiced these -- and how God can use them to revive your faith!