

FEAR

HAUNTED

I am inwardly fashioned for faith, not for fear. Fear is not my native land; faith is. I am so made that worry and anxiety are sand in the machinery of life; faith is the oil. I live better by faith and confidence than by fear, doubt, and anxiety. In anxiety and worry, my being is gasping for breath--these are not my native air. But in faith and confidence, I breathe freely--these are my native air. A John Hopkins University doctor says, "We do not know why it is that worriers die sooner than the non-worriers, but that is a fact." But I, who am simple of mind, think I know; We are inwardly constructed in nerve and tissue, brain cell and soul, for faith and not for fear. God made us that way. To live by worry is to live against reality.

~Dr. E. Stanley Jones (1884–1973)

American Methodist Christian missionary, theologian, and author

Issue #1

_____ **Fear**

_____ **Response**

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- We are born with two fears:

- 1)
- 2)

Response

- **Annihilation:** such as the fear of death, complete obliteration, and ceasing to exist.
- **Pain and suffering:** such as the fear of being harmed, hurt, or injured in some way; chronic pain; or loss of bodily function.
- **Loss of Autonomy:** such as the fear of loss of freedom, being immobilized, restricted, or losing the ability to control oneself.
- **Loss of Identity:** such as the fear of loss of oneself or your personhood; loss of who you are; pertaining more to social, psychological, and emotional challenges related to one's roles, relationships, and personal history.
- **Abandonment:** such as the fear of loss of love and acceptance, fear of being rejected and separated from loved ones, and loss of connectedness.
- **Being bad:** such as the fear of being morally wrong in some way.
- **Ego-Death:** such as the fear of loss of one's sense of self-identity, is a transformative psychological state where the boundary between the self and the external world dissolves.

Issue #2

_____ **Fear**

_____ **Fear**

_____ **Fear**

Issue #3

_____ **Fear**

_____ **(Good)**

Psalms 111:10 Fear of the Lord is the foundation of true wisdom. All who obey his commandments will grow in wisdom. *(NLT)*

_____ **(Bad)**

2 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. *(NLT)*

1 John 4:17 And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. **18** Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. **19** We love each other because he loved us first. *(NLT)*

Genesis 3:9 Then the Lord God called to the man, "Where are you?" **10** He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked." **11** "Who told you that you were naked?" the Lord God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?" *(NLT)*

Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. *(NLT)*

Matthew 8:25 The disciples went and woke him up, shouting, "Lord, save us! We're going to drown!" **26** Jesus responded, "**Why are you afraid? You have so little faith!**" Then he got up and rebuked the wind and waves, and suddenly there was a great calm. *(NLT)*

Matthew 10:28 "**Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell.** **29** What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. **30** And the very hairs on your head are all numbered. **31** So don't be afraid; you are more valuable to God than a whole flock of sparrows." *(NLT)*

John 14:26 "But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you. **27** "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. **28** Remember what I told you: I am going away, but I will come back to you again. If you really loved me, you would be happy that I am going to the Father, who is greater than I am." (NLT)

Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. (NLT)

Issue #4

_____ Fear

Psalms 112:4 Light shines in the darkness for the godly. They are generous, compassionate, and righteous. **5** Good comes to those who lend money generously and conduct their business fairly. **6** Such people will not be overcome by evil. Those who are righteous will be long remembered. **7** They do not fear bad news; they confidently trust the Lord to care for them. **8** They are confident and fearless and can face their foes triumphantly. **9** They share freely and give generously to those in need. Their good deeds will be remembered forever. They will have influence and honor. (NLT)

**THE KEY TO OVERCOMING FEAR
IS _____ AND _____
_____ IN GOD.**

When I Am Afraid:

- Afraid of being too weak - 1 Corinthians 1:25 / 2 Corinthians 12:10
- Afraid of not being heard - Psalm 18:6 / Psalm 139:23 /
- Afraid of lacking physical necessities - Job 38:41 / Ezekiel 18:16 / 2 Corinthians 9:10
- Afraid I'm not enough - 2 Corinthians 12:9
- Afraid I'm too broken - Psalm 34:18 / Psalm 147:3
- Afraid I'm too far from God - Isaiah 61:1
- Afraid I've got too much baggage - Matthew 11:28
- Afraid I'm not strong enough - Philippians 4:13 / Isaiah 40:29
- Afraid of messing up - Romans 15:13 / 1 Peter 5:7
- Afraid of being alone - 2 Corinthians 1:3-4
- Afraid God is angry at me - Psalm 30:5
- Afraid I am overwhelmed - Isaiah 43:2 / John 14:1