



Week 3: ...Living in Fear

Scripture: 2 Timothy 1:7; Psalm 56:1-4; Psalm 34:4

4 Most Common Fears:

1. Fear of _____
2. Fear of _____
3. Fear of _____
4. Fear of the _____

2 Timothy 1:7

Fear is _____ in the wrong things.

. Fear is placing faith in the _____

Why do your “What ifs” matter?

1. Because what you fear _____ what you _____ most.
2. What you fear reveals where you _____ God the _____.

How do we face the “What ifs” of fear?

1. Acknowledge it _____.
2. Choose to _____ God with it.

Psalm 56:1-4

1. Be _____.
2. _____ God.

Psalm 34:4

Start talking.

- What was your greatest fear growing up? How did you overcome that fear?

Start thinking.

- **Read 2 Timothy 1:7 & Exodus 4:1.**

These verses show us that fear does not come from God, but rather from placing faith in the “what if’s.”

- Which fears do you currently struggle with the most?
- How have you seen your fears influence your actions and thoughts?
- What are some of the “what if’s” that fuel your fears?
- What things are you not trusting God with that you need to?

- **Read Psalm 56:2-4, Psalm 24:4 & Isaiah 26:3**

These verses teach us how to face the “what if’s” of fear.

- What things hold you back from acknowledging your fears and putting your full trust in God?
- How different could your life be if you put your full trust in God and seek Him daily?
- What are some of the fears that God has delivered you from?
- In what ways are you seeking God on a regular basis?

Start praying. *Be bold and pray with power.*

God, I confess to you the things I fear the most about. Help me to place my complete trust in you for every area of my life. And thank you for the many blessings You have given me and the ways You have provided for me.

Continually Talk it Over with God:

- Tell God your fears and explain to Him how they are impacting your actions and thoughts. Seek His comfort.
- Commit to God that you will strive to remove the “what if’s” that are fueling your fears. Ask for His help.
- Commit to God that you will put your full trust in Him to help you overcome the fears in your life.
- Thank God for the fears He has delivered you from. Praise Him.
- Commit to God that you will seek Him more by spending more time in prayer and in reading His word.