

Some of lesson was adapted from Every Nation's [How to Build Strong Faith](#) Lesson 4: Fighting Fear, in conjunction with Ps. Bruce McDonald's sermon.

WARM UP

1. What types of movies do you like? Which do you dislike? Why?
2. How do you respond to conflict? (Flight, flight, freeze, etc.)
3. Tell us about one of your worst childhood memories. What happened?

WORD

"For God has not given us a Spirit of fear, but of power, and of love, and a sound mind." 2 Time 1:7

"For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of adoption. And by Him we cry, "Abba, Father." Romans 8:15

Fear is a natural human emotion that can be rational or irrational; irrational fears are often destructive. Wisdom keeps us from sin and causes us to exercise caution in dangerous situations. However, destructive fears keep us in bondage and prevent us from fully serving God. For example, Hebrews 2:15 speaks of a people who all their lives were held in slavery by fear of death.

Today is not much different. Most fears can be linked to the fear of death. Irrational and unhealthy fear produces slavery. God desires for us to walk in freedom from the fear of death and all other destructive fears.

F.E.A.R. can be unmasked through the acronym: False Evidence Appearing Real. In this lesson, we will focus on how to fight bondage producing fears, which are often connected to our five senses: touch (feeling), sight, smell, hearing, and taste.

1: Fight fear with God's Presence

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

God commanded Joshua not to be afraid and at the same time He promised that His presence would be with him. Being certain of God's presence can help us overcome fear. How? When we have fear, it can wield a type of power over us. Who is the most powerful being in the universe? God. So if we are certain of His presence being with us, this confidence in God can kick fear to the curb.

How can we grow our certainty of God's presence in our life? That leads us to point 2:

2: Fight fear with God's promises.

How do we learn of God's promises? Knowing His Word. Jesus said,

"If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8: 31b,32

"He [God] sent his word, and healed them, and delivered them from their destructions." Ps. 107:20

The promises of God's Word are our weapons to fight fear. Truth sets us free from fear. The fear of lack can be defeated with promises of God's provision. The fear of failure can be defeated with promises of success. The fear of death can be defeated by looking to Jesus who is the down payment of the promised Resurrection to come. Those who believe in Jesus, have a future hope of eternal life in the presence of God.

What are some of God's promises that have set you free from fear?

3: Fight fear with God's love.

*"There is no fear in love. **But perfect love drives out fear**, because fear has to do with punishment. The one who fears is not made perfect in love." 1 John 4:18*

The opposite of fear is love. Freedom from fear starts when we realise how much God loves us. If we walk in fear, it is because 'we have not been made perfect in love.' In other words, we have not yet realised how much God loves us. His perfect love drives out all fear.

APPLICATION

1. Are you free from the fear of death? Are you sure you will go to heaven when you die? Are you ever afraid of hell?
2. How can you fight your fears with God's presence, promises, and love this week? [Optional suggestion, leader to determine whether to share or not: *You may want to declare God's Word over your life every day, write down your prayers and His promises in a journal, or ask someone to pray with you and challenge you to fight these fears.*]
3. Do you know what God has promised for you and how much He loves you? What can you do this week to go deeper into His Word and discover His promises and love for your life, family, and future?

Prayer

- Pray that you would be set free from the bondage of fears. Proclaim God's promises over your life, family, and future. Hold on to these and declare these in faith.
- Ask God for his presence to be with you and fill you every day of your life.
- Pray that you would experience God's love more and have greater appreciation for and understanding of His Word.
- Pray that you would help others be set free from bondage-producing & irrational fears.