

Series: "I QUIT"  
 Part 3: "LIVING IN FEAR"  
 Crossroads Community Church  
 January 21, 2018

**Most Common Fears** (Choose All that Apply)

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|----------------------------------|----------------------------------|
| _____ <b>Fear of Loss</b>        | _____ <b>Fear of Being Alone</b> |
| _____ <b>Fear of Failure</b>     | _____ <b>Fear of Intimacy</b>    |
| _____ <b>Fear of the Unknown</b> | _____ <b>Fear of Commitment</b>  |
| _____ <b>Fear of Abandonment</b> | _____ <b>Fear of Rejection</b>   |
| _____ <b>Fear of _____</b>       |                                  |

Fill in the Blank

*<sup>7</sup> for God gave us a spirit not of fear but of power and love and self-control.*

2 Timothy 1:7 (ESV)

**Three Steps to Quit Living in Fear:**

*<sup>25</sup> "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?"*

Matthew 6:25-27 (NIV)

**1. Remember Who Your \_\_\_\_\_**

*<sup>28</sup> "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?"*

Matthew 6:28-30 (NIV)

- **Fear is Placing Your \_\_\_\_\_ in the \_\_\_\_\_**

**2. Choose What Your \_\_\_\_\_**

- **Fear Reveals What You \_\_\_\_\_ the \_\_\_\_\_**
- **Fear Reveals Where You \_\_\_\_\_ the \_\_\_\_\_**

- **Turn Your \_\_\_\_\_ into \_\_\_\_\_!**

*<sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Matthew 6:31-34 (NIV)

**3. Change What You \_\_\_\_\_**

*<sup>4</sup> I sought the Lord, and he answered me; he delivered me from all my fears.*

Psalm 34:4 (NIV)

**Sermon Notes:**

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