



DISCUSSION GUIDE

Uprooted – Part 2

Fear and Anger

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Main Idea – Fear and anger are not always bad things. However, we often use them unproductively because we have let secular, ungodly messages enter our hearts to influence our thinking. The Bible tells us how to uproot those negative ideas.

Planted in only one environment

- A person, just like a plant, can only be in one place at a time.
- If you are planted in poor soil your growth will be limited and unproductive. If you are planted in the good soil described in God's word, there will be no limit to your growth and productivity.
- **Proverbs 4:13 – Take hold of my instructions; don't let them go. Guard them, for they are the key to life. (NLT)**

Your heart determines the quality of your soil

- The Bible tells you how to grow in good soil.
- However, Satan competes against what is in the Bible. While addressing false leaders of the Israelite religion, Jesus said Satan is the father of lies. **John 8:44 – You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it. (NKJV)**
- At the same time, Jesus said His word would set free those who have been captured by Satan's lies. **John 8:31-32 – Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.” (NKJV)**
- Jesus came to cut out the roots of false teaching that allow lies to grow in our hearts. **Luke 3: 9 – The ax is already at the root of the trees, and every tree that does not produce good fruit will be cut down and thrown into the fire.**

Fear in the Bible

- Fear is a common emotion found in Bible stories. For example, the famous Old

Testament character Job was challenged by fear. **Job 3:25 – For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me. (KJV)**

- If fear is not understood and contained, it will leave a door open in your heart for wrong ideas and spirits to enter.
- In the New Testament at least three different Greek words have been translated into English as “fear”.
 - “Phobos” is the word used in **Luke 1:12 – And when Zacharias saw him, he was troubled, and fear fell upon him.** Phobos is a panic-stricken, traumatizing emotion.
 - “Phobeo” is the word used in **Matthew 10:28 – And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.** Phobeo is reverence or awe, as when one experiences the presence of God.
 - “Deilia” is the word used in **2 Timothy 1:7 – For God has not given us a spirit of fear, but of power and of love and of a sound mind.** Deilia is timidity or cowardice. Notice that deilia has a spiritual dimension that is used by Satan. As a Christian, you can exercise authority over any such demonic spirit or feeling.

Fear will enter your heart through:

1. Your mind

- Satan will try to plant fear in your heart through ideas contained in secular media and stories.
- Joyce Meyers – “There is a debilitating fear that Satan tries to put on us every day. I call fear – False Evidence Appearing Real.”
- Do not expose yourself to media content – or philosophical ideas - that present continuous negative outcomes. If you become influenced by these things you will make decisions that are fear-based.
- Satan will also try to convince you that your problems are all God’s fault. That is the same tactic he used with Eve in the Garden of Eden. **Genesis 3:1 – Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, “Has God indeed said, ‘You shall not eat of every tree of the garden?’” (NKJV)**
- To resist Satan you must train yourself to focus on, and think about, truth as told in the Bible.
- **Romans 12:2 – And do not be conformed to this world, but be transformed by the**

renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (NKJV)

- Jeremiah 29:11 – For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. (NKJV)
- Deuteronomy 31:6 – Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you. (NKJV)
- 2 Corinthians 10:4-5 – For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ (NKJV)
- 2 Corinthians 10: 4-5 – The weapons of our warfare are not physical (weapons of flesh and blood). Our weapons are divinely powerful for the destruction of fortresses. We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the (true) knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ (Amplified)

2. Your eyes

- Humans have always been influenced by what they observe through sight. Oftentimes, what they see is not reflective of the actual truth. For example, **Numbers 13 and 14** tell the story of the twelve Israelite spies sent to observe the land God had promised Israel. Only Joshua and Caleb saw the adversaries as God saw them. **Numbers 13: 30 & 14: 7-8** reads – Then Caleb quieted the people before Moses, and said, “Let us go up at once and take possession, for we are well able to overcome it” . . . and they spoke to all the congregation of the children of Israel, saying: “The land we passed through to spy out is an exceedingly good land. If the Lord delights in us, then He will bring us into this land and give it to us, ‘a land which flows with milk and honey.’”
- If the Holy Spirit has told you to proceed now toward something in your destiny, rather than running away – or avoiding interaction – the Bible tells you to actually run toward – and engage – anything that appears fearful through sight. The David and Goliath story is told in **1 Samuel 17**. **1 Samuel 17: 48-49** - So it was, when the Philistine arose and came and drew near to meet David, that David hurried and ran toward the army to meet the Philistine. Then David put his hand in his bag and took out a stone; and he slung it and struck the Philistine in his forehead, so that the stone sank into his forehead, and he fell on his face to the earth. (NKJV)

3. Your failures

- Do not let past failures keep you from being successful in what God has determined for you.
- Champions of God are not those who have never failed. Champions of God are those who don't quit.
- You can't fail when you are operating in God's will.

Manage today's anger

- Anger, of itself, is not necessarily bad. However, don't let your anger over something last past the present day. **Ephesians 4: 26-27 – “Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.** (NKJV)
- Anger that is not managed is usually bad. Don't let anger establish a foothold in your heart.
- If you experience anger over which you do not have control, one way to begin dealing with the problem is to ask yourself *why* you respond the way you do. In other words, seek God's help to determine what is the underlying problem.
Psalm 4:4 – Tremble and do not sin; when you are on your beds, search your hearts and be silent. (NIV)
- **Psalm 119:11 – Your word I have hidden in my heart, that I might not sin against You.** (NKJV)
- If you are planted in the soil of a good church, that church will likely have numerous opportunities for you to grow alongside other believers. With other Christians you can pray, worship, repent, study, and reactivate God's original plan for your life.
Psalm 92:13 – Those who are planted in the house of the Lord shall flourish in the courts of our God. (NKJV)

Reflective Questions for Uprooted – Part 2

1. Pastor James identified three Greek words in the New Testament that are translated into the English word “fear”. Which one of them is associated with evil spirits? Why, do you suppose, that type of fear is especially harmful?
2. The Bible tells us to meditate on things that are good (Philippians 4:8-9). Read Philippians 4: 8-9 and identify specific examples of those types things in your life that you can think about, and meditate on.

3. In this lesson, Pastor James provided many Bible verses dealing with fear and anger. Which are the top two verses in this message that are most meaningful to you? Why are they meaningful to you?