

# Free From The Arrow Of Fear



“There is no fear in love. But perfect love drives out fear...”

I John 4:18 (NIV)

Part 2: Getting Your Whole Heart Back  
Session 4: Free From The Arrow Of Fear

Freedom

*Becoming Fully Alive!*

 **FRESH START**

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# Freedom

*Becoming Fully Alive!*

## ***PART 2: Getting Your Whole Heart Back***

Session 1 Free From The Message Of The Arrows

Session 2 Free From The Arrow Of Pride

Session 3 Free From The Arrow Of Shame

Session 4 Free From The Arrow Of Fear

Session 5 Free From The Arrow Of Rejection

Session 6 Free From The Arrow Of Anger

Session 7 Free From The Arrow Of Depression



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# **I. FREE FROM THE ARROW OF FEAR**

## **A. FEAR - *AN ISSUE OF SECURITY***

1. II Timothy 1:7
2. Philippians 4:6-7
3. Isaiah 41:10
4. Isaiah 43:2, 5a
5. Proverbs 3:24-26
6. Psalm 27:1
7. Joshua 1:9
8. Proverbs 29:25
9. Psalm 91:1-5

## **B. LEVELS OF FEAR**

1. Timidity
2. Uneasiness, disquiet, or apprehension
3. Agitation or anxiety
4. Fear
5. Fright
6. Dread
7. Terror
8. Horror
9. Alarm
10. Dismay
11. Consternation
12. Trepidation

### **C. EXAMPLES OF FEAR**

1. Fear of failure
2. Fear of success
3. Fear of rejection
4. Fear of death
5. Fear of heights
6. Fear of the dark
7. Fear of crowds
8. Fear of a small, confined space
9. Fear of going outdoors
10. Fear of abandonment
11. Fear of betrayal
12. Fear of an illness or disease (especially terminal illness)
13. Fear of injury (especially debilitating injury)
14. Fear of negative or painful consequences
15. Fear of being judged
16. Fear of change
17. Fear of flying
18. Fear of danger
19. Fear of being raped
20. Fear of fire
21. Fear of someone breaking into your home
22. Fear of tests (exams)
23. Fear of war
24. Fear of acts of terrorism
25. Fear of harm or cruelty
26. Fear of doctors or dentists (and their “procedures”)
27. Fear of not “fitting in”
28. Fear of being kidnapped
29. Fear of poverty
30. Fear of intimacy
31. Fear of man

## **D. HOW TO BE FREE FROM YOUR FEARS**

Psalm 34:4

1. Face your fear.
  - a. Who do you fear?
  - b. What do you fear?
2. How has this fear affected you?
  - a. What have your thoughts been?
  - b. What have your feelings been?
3. How have you responded to this fear?
  - a. What have you said?
  - b. What have you done?
  - c. What have you decided?
4. Pour out your heart to the Lord.
  - a. Psalm 62:8
  - b. Tell Jesus all about your fear.
  - c. Express thanks to the Lord.
    - 1) I Thessalonians 5:18
    - 2) Ephesians 5:20
    - 3) Romans 8:28-29
    - 4) Psalm 50:14-15; 23
    - 5) Psalm 116:17
    - 6) Philippians 4:6-7
  - d. Ask the Lord to deliver you from your fear(s).

Psalm 34:4

5. Forgive anyone you still need to forgive.
  - a. Cancel the “Debt”!
  - b. Matthew 18:21-35
  - c. Ephesians 4:32
6. Submit to God and Resist the Devil.  
James 4:7
7. Cast all your cares upon the Lord.  
I Peter 5:7
8. Ask the Lord to give you a clear revelation of His perfect love and care for you.  
I John 4:18

## II. APPLICATION

- A. Referring to Part “B” of this session, (Levels Of Fear) which ones can you identify with? (Please circle)
- B. Referring to the next page, (“Lord, Free Me From The Arrow Of Fear!”) which ones can you identify with? (Please circle)
- C. For each example of fear you have circled, please answer the following:
  - 1. How have **you** been affected?
  
  
  
  
  
  
  
  
  
  
  - 2. How has your relationship with **others** been affected?
  
  
  
  
  
  
  
  
  
  
  - 3. How has your relationship with **the Lord** been affected?

*Please be thorough in answering these questions and use additional paper if necessary.*

**GOD’S ANTIDOTE FOR THE ARROW OF FEAR:**

**RECEIVE GOD’S PERFECT LOVE AND ALLOW HIM TO TAKE CARE OF YOU!**

## **“Lord, Free Me From The Arrow Of Fear!”**

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