



DIFFUSING THE FEARS THAT RUIN MY RELATIONSHIPS

REBOOT Pt 6

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HOW OUR FEARS RUIN RELATIONSHIPS

1. The FEAR of EXPOSURE – makes me DISTANT.

God called to Adam, "Why are you hiding?" Adam said, "I was afraid because I was naked; so I hid." (Genesis 3:9-10 LB/TEV)

2. The FEAR of DISAPPROVAL – makes me DEFENSIVE.

God asked, "Did you eat ... what I told you not to eat?" Adam answered, "YOU gave me this woman and SHE gave me the fruit!" (Genesis 3:12 GNT)

Then Eve said, "The SNAKE tricked me into eating!" (Genesis 3:13 TEV)

3. The FEAR of LOSING CONTROL – makes me DEMANDING.

... You'll have yearning for your husband, but he will lord it over you... (Genesis 3:16 NJB)

THE ANTIDOTE: Learn to live in God's love.

Wherever God's love is, there is no fear, because God's perfect love drives out all fear. (1 John 4:18a NCV)

LEARNING TO LIVE IN GOD'S LOVE

1. EVERYDAY I SURRENDER - MY HEART TO GOD.

Surrender your heart to God, turn to him in prayer, and give up your sins— even those you do in secret. Then you won't be ashamed; you will be confident and fearless. your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. Then you'll rest safe and secure, filled with hope and emptied of worry! (Job 11:13-18 CEV)

2. EVERYDAY I REMEMBER – THE WAY GOD LOVES ME.

- I'm completely accepted.

Jesus made us acceptable to God. (Titus 3:7 CEV)

- I'm unconditionally loved.

My love for you will never end says the Lord. (Isaiah 54:10)

- I'm totally forgiven.

There is NO condemnation for those in Christ Jesus! (Romans 8:1)

3. EVERYDAY I OFFER – THAT SAME LOVE TO OTHERS.

I'm giving you a new commandment to love each other. Love each other in the same way I loved you. (John 13:34)

*Love never stops being patient,
Love never stops believing,
Love never stops hoping,
Love never gives up!
(1 Corinthians 13:7 GW)*
