



Not Afraid – Week 4: Unmasking Fear

Main Idea:

Fear is a universal human experience—but God invites us to bring our fears honestly before Him, where we find peace, protection, and renewal.

1. God Knows Our Hearts

📖 *Psalm 139:23–24*

“Search me, God, and know my heart; test me and know my anxious thoughts...”

- David doesn’t hide his fears—he invites God to search his heart.
- Spiritual transformation begins with honest exposure before God.
- Fear often hides in our hearts, unspoken and undealt with.
- God isn’t put off by our fears—He welcomes them into His light.

📝 Reflection:

Ask God to reveal what’s really behind your anxiety.

“Search me, God, and show me what I’m afraid of—and why.”

2. Don’t Carry It Alone

📖 *1 Peter 5:7*

“Cast all your anxiety on Him because He cares for you.”

- “Cast” means to throw it off—a deliberate act of surrender.
- You don’t have to fix yourself before coming to God.
- God says, “Cast it now,” even in the middle of the fear.
- He’s not distant—He’s a caring Father who wants to carry your load.



Reflection:

When fear creeps in—about your family, health, or future—tell God everything.

3. Peace Through Prayer



Philippians 4:6–7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God...”

- God offers a divine exchange: our anxiety for His peace.
- Prayer is the bridge between fear and peace.
- Peace “guards” our hearts—it’s protective, not fragile.
- Instead of rehearsing your fears, replace them with prayer and thanksgiving.



Practice:

Speak your prayers out loud. Thank God in advance.

Trust He’s working—even when you can’t see it yet.

4. God Delivers the Fearful



Psalms 34:4–5

“I sought the Lord, and He answered me; He delivered me from all my fears.”

- Psalm 34 is a song of deliverance—written in danger, sung in faith.
- God didn’t just remove the danger—He removed the fear.

- “Those who look to Him are radiant” — fear fades in the light of His presence.
 - God may not change your circumstances immediately, but He will change you in the midst of them.
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Conclusion: God Is Not Afraid of Your Fear

He invites you to:

1. Reveal it – like David (*Psalms 139*)
 2. Release it – like Peter (*1 Peter 5*)
 3. Replace it – with prayer (*Philippians 4*)
 4. Rejoice in deliverance – like David (*Psalms 34*)
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Final Truths to Hold On To:

“Do not fear, for I am with you.” – *Isaiah 41:10*

“Perfect love drives out fear.” – *1 John 4:18*

✉️ Bring your fears into His light today—
not to be shamed, but to be set free.