

# A Time for Healing and a Time for Hope

## Part 5—Enjoying a Fear-Not Christmas

### 1. What Fears Did People Face at the First Christmas?

- Four fears:
  - Mary faced the fear of \_\_\_\_\_

*Luke 1:29-34—<sup>29</sup>Confused and disturbed, Mary tried to think what the angel could mean. <sup>30</sup>So the angel said, “Do not be afraid, Mary, for God has decided to bless and use you!*

*<sup>31</sup>You will have a son, and you are to name him Jesus. . .*

*<sup>32</sup>and he will be the Son of God . . . <sup>33</sup>and his Kingdom will never end!” <sup>34</sup>Then Mary asked, “But how can this be?” (TLB)*

- Joseph faced the fear of \_\_\_\_\_

*Matthew 1:18-20—<sup>18</sup>Now this is how Jesus Christ was born. His mother, Mary, was engaged to be married to Joseph. But while she was still a virgin, she became pregnant by the Holy Spirit. <sup>19</sup>Joseph, her fiancé, being a good and righteous man, decided to break off the engagement quietly, so it would not disgrace Mary publicly. <sup>20</sup>But after he had considered doing this, an angel of the Lord appeared to him in a dream and said, “Joseph, do not be afraid to take Mary home as your wife, because the child in her is from God’s Holy Spirit.” (TLB)*

- The shepherds faced the fear of \_\_\_\_\_

*Luke 2:8-10a—<sup>8</sup>That night some shepherds were in the fields outside the village, guarding their flocks of sheep. <sup>9</sup>Suddenly, an angel of the Lord appeared among them, and the radiance*

*of the Lord’s glory flashed and surrounded them. They were terribly frightened, <sup>10</sup>so the angel said to them “Do not be afraid!” (TLB)*

- Zechariah faced the fear of being \_\_\_\_\_

*Luke 1:11-13—<sup>11-12</sup>(While serving in the Temple) an angel appeared to Zechariah. When he saw the angel, he was confused and overwhelmed with fear. <sup>13</sup>But the angel said to him: “Do not be afraid! Your prayer has been heard!” (TLB)*

### 2. How Can I Defeat the Fears That Hold Me Back?

- Three ways:
  - \_\_\_\_\_ my life completely to God every day!

*Luke 1:38a—<sup>38</sup>Mary responded, “I am the Lord’s servant, and I am willing to accept whatever God wants for my life!” (TLB)*

*Job 11:13-18—<sup>13</sup>Surrender your heart to God, turn to him in prayer, and <sup>14</sup>give up your sins . . . <sup>15</sup>Then you won’t be ashamed; you will be confident and fearless. <sup>16</sup>Your troubles will go away like water beneath a bridge, <sup>17</sup>and your darkest night will be brighter than noon. <sup>18</sup>Then you’ll rest safe and secure, filled with hope and emptied of worry! (CEV)*

- \_\_\_\_\_ listening to the voices of fear!

*Romans 14:23b—<sup>23</sup>. . . Whatsoever is not based on faith is sin. (TLB)*

- \_\_\_\_\_ my hope on the promises of God

*Luke 1:45—<sup>45</sup>Elizabeth said to Mary, “You are blessed because you believed that the Lord would do what he said.”*  
(NLT)

*Psalm 56:3-4a—<sup>3</sup>When I am afraid, I put my trust in God. And when I trust in God I am not afraid! <sup>4</sup>I praise him for what he has promised. . .* (TLB)

### **3. The Greatest Promise:**

*John 3:16—<sup>16</sup>For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.* (NIV)

*Hebrews 2:15—<sup>15</sup>Jesus came to die for us so he could free us from living all our lives as slaves to the fear of death.* (TLB)

#### **Action Steps . . .**

- Admit your fears
- Trust God!