

Where Fear Got In

Genesis 3:8-13

WEDNESDAY, SEPTEMBER 2

THE ONE THING

Fear was not in the original design. It got in — and the first thing it did was make us hide.

WALKING THE TEXT

v.8 The sound was familiar. Nothing about God had changed.

v.10 The first “afraid” in the Bible. Fear got in.

Fear’s first move is always to hide.

v.9 God’s question: Where are you?

v.11 Who told you? — fear gives you a new narrator.

v.12-13 Fear hides. Then fear points.

ALSO IN SCRIPTURE

- Isaiah 59:1-2
- 2 Timothy 1:7

WHAT TO DO WITH IT

- 1. Notice what changed — and what didn’t.**
- 2. Come out instead of covering up.**
- 3. Check who has been narrating your life.**
- 4. Stop pointing. Answer for yourself.**

THIS WEEK

PRACTICE Answer God’s two questions out loud this week. Where are you? And who told you that?

NOTES

Catch the Bible Study Summary Fridays at 12pm — or watch anytime on Facebook, YouTube, the church app, or our website.

John Wesley A.M.E. Zion Church · Rev. Austin J. Young, Senior Pastor

Hiding in the Winepress

Judges 6:11-16

WEDNESDAY, SEPTEMBER 9

THE ONE THING

God will call you what He made you while you are still hiding from what scares you.

WORTH KNOWING

You thresh wheat on a hilltop, because threshing needs WIND. A winepress is a sunken pit — no wind, no breeze, no eyes. Gideon is doing the right work in the one place it barely works, because down in that hole nobody can see him.

WALKING THE TEXT

- v.11 Right work. Wrong place. On purpose.
- v.12 Called mighty warrior — to a man in a pit.
- v.13 God said YOU. Gideon answered US.
- v.14 Go in the strength you have.
- v.15 Weakest clan. Least in the family.
- v.16 One sentence back: I will be with you.

ALSO IN SCRIPTURE

- Romans 4:17
- 1 Corinthians 1:27

WHAT TO DO WITH IT

1. **Check your location, not your effort.**
2. **Take the name God gave you.**
3. **Do not change the subject.**
4. **Go with what you have.**

THIS WEEK

PRACTICE Make two lists. What you are doing in a hidden place — and what God has called you that you do not look like yet.

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Playing It Safe Has a Price

Esther 4:10-16

WEDNESDAY, SEPTEMBER 16

THE ONE THING

Fear will convince you that staying still is safe. But silence has a cost too.

WALKING THE TEXT

- v.11 Her fear was legitimate — a real law, and thirty days without a summons.
- v.13 Safe is an illusion. The palace is not a force field.
- v.14a God does not need you. God invites you.
- v.14b Who knows but that you have come for such a time as this.
- v.16 She never stopped being afraid. She just stopped letting fear pick.

ALSO IN SCRIPTURE

- Matthew 16:25
- Proverbs 29:25

WHAT TO DO WITH IT

1. **Name the fear honestly — do not spiritualize it away.**
2. **Stop calling standing still safety.**
3. **Take the invitation. It will not wait forever.**
4. **Move while you are still afraid.**

THIS WEEK

PRACTICE Do the other math. You have already calculated what it costs to move. Now calculate what it costs to stay.

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Love Runs Fear Off

1 John 4:16-18

WEDNESDAY, SEPTEMBER 23

THE ONE THING

Fear does not leave because you got braver. Fear leaves because love finished its work.

WORTH KNOWING

TELEIOS — the word translated “perfect” means complete, mature, grown all the way up. Not flawless. · EXO BALLEI — “drives out” means to throw outside. Same word family used for casting out demons. Love does not negotiate with fear.

WALKING THE TEXT

- v.16 Know AND rely — two different things.
- v.18a Perfect means complete, not flawless.
- v.18b Love throws fear out the door.
- v.18c Fear has to do with punishment — the diagnostic.
- v.18d Not a rebuke. A progress report.
Closing out the month on fear.

ALSO IN SCRIPTURE

- Romans 8:15

WHAT TO DO WITH IT

1. **Move from knowing to relying.**
2. **Stop waiting to be flawless.**
3. **Ask what your fear says you are expecting from God.**
4. **Let love finish its work in you.**

THIS WEEK

PRACTICE Stop trying to get rid of fear. Sit ten minutes — same time, same chair, five days — asking for nothing.

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