

## Making Changes

### Luke 22:39–46 (NASB95)

39 And He came out and proceeded as was His custom to the Mount of Olives; and the disciples also followed Him.

40 When He arrived at the place, He said to them, “**Pray that you may not enter into temptation.**”

41 And He withdrew from them about a stone’s throw, and He knelt down and began to pray, 42 saying, “**Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.**”

43 Now an angel from heaven appeared to Him, strengthening Him.

44 And **being in agony** He was praying very fervently; and His **sweat became like drops of blood**, falling down upon the ground.

45 When He rose from prayer, He came to the disciples and found them sleeping from sorrow,

46 and said to them, “**Why are you sleeping? Get up and pray that you may not enter into temptation.**”

### Hebrews 4:15–5:2 (NASB95)

15 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been **tempted in all things as we are**, yet without sin.

16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

1 For every high priest taken from among men is appointed on behalf of men in things pertaining to God, in order to offer both gifts and sacrifices for sins;

2 he can deal gently with the ignorant and misguided, since he himself also is **beset with weakness**;

### John 14:6 (NASB95)

6 Jesus said to him, “**I am the way, and the truth, and the life; no one comes to the Father but through Me.**”

### 2 Timothy 1:7 (NKJV)

7 For God has not given us a **spirit of fear**, but of power and of love and of a sound mind.

### Hebrews 2:14–15 (NASB95)

14 Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the **power of death**, that is, the devil,

15 and might free those who through **fear of death** were subject to slavery all their lives.

**Good Fear is Circumstantial**  
**Bad Fear is Perpetual**

Good Fear is Protective  
Bad Fear is Paralyzing  
Good Fear is Instructive  
Bad Fear is Confusing and fatalistic  
Good Fear is empowering  
Bad Fear is enslaving

## HOW TO OVERCOME FEAR

1. Admit your fear without shame.
2. Submit Your Fears to God.

~ Your emotions are not your master.

### James 4:6–7 (NASB95)

6 But He gives a greater grace. Therefore it says, "GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE."

7 **Submit** therefore to God. Resist the devil and he will flee from you.

3. Focus on God's Presence and Love.

### Psalm 23:4 (NASB95)

4 Even though I walk through the valley of the shadow of death, I fear no evil, for **You are with me**; Your rod and Your staff, they comfort me.

### Psalm 16:8–11 (NASB95)

8 I have set the LORD continually before me; Because He is at my right hand, I will not be shaken.

9 Therefore my heart is glad and my glory rejoices; My flesh also will dwell securely.

10 For **You will not abandon** my soul to Sheol; Nor will You allow Your Holy One to undergo decay.

11 You will make known to me the path of life; In **Your presence** is fullness of joy; In Your right hand there are pleasures forever.

### Hebrews 13:5–6 (NASB95)

5 Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "**I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU,**"

6 so that **we confidently say**, "THE LORD IS MY HELPER, **I WILL NOT BE AFRAID**. WHAT WILL MAN DO TO ME?"

4. Face your fears by FAITH and with authority.

### Luke 24:36 (NASB95)

**36** While they were telling these things, He Himself stood in their midst and said to them,  
"Peace be to you."