

Lesson 6

My Big Fears

God's Big Promises

Introduction

Just think, if birds were afraid of heights, or fish afraid of water, or bats afraid of the dark. But God did not create them to be afraid of the world in which they were designed to live. Nor did He create man to live his days in fear as he or she spends their appointed time in this world.

It is to the devil's pleasure if we can be convinced to be afraid: afraid of trying, afraid of resisting, afraid of loving and living, and yes, afraid of dying. God's scriptures are filled with His words of encouragement and assurance that if we put our faith in Him, He will supply us with all the courage and strength to survive and even thrive in this now-broken and sinful world. 2 Timothy 1:7. "For the Spirit God gave us, does not make us timid, but gives us power, love, and self-discipline."

In today's study, let us examine our own fears and consider ways to transform them into faith. Let us look for ways to take hold and embrace His promises to always be there for us, to give us the strength to overcome and the courage to reject the fears of the devil.

Isaiah 43:2

When you pass through the waters, I will be with you and the rivers will not overwhelm you, When you walk through the fire, you will not be scorched and the flame will not burn you.

Activities

Define **FEAR**: _____

Define: **BRAVERY or COURAGE** _____

Related Bible Verses

(See verses on pg 20)

Key points for class discussion:

1. What are my 4 biggest fears?
 - a) 1.
 - b) 2.

c) 3.

d) 4.

2. Your thoughts onFear = **F**alse **E**vidences **A**ppearing **R**eal

Applications

1. What are your personal “tools” to help turn an immediate fear into a manageable concern to be conquered?
2. Share a personal example of when you, as a child of God, had to overcome **fear** to succeed in a spiritual battle with Satan.
3. My prayer for COURAGE:

Dear Lord, _____

Today’s Bible Verses

- **Deuteronomy 31:6** - Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”
- **Isaiah 41:10** - Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.
- **1 Peter 5:7** - Casting all your anxieties on him, because he cares for you.
- **Philippians 4:4-7** - Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. **Do not be anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the **peace** of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus
Philippians 4:4–7 (NIV)
- **Joshua 1:9** – “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”