

FEARLESS

overcoming the things
that scare us the most

Pt. 2: The Atmosphere of Fear

Questions for further study and application:

Day 1 Read 2 Timothy 1:7. God has not given us a spirit of fear. This is a great verse to memorize. It will help you create an atmosphere of faith in your life. Atmosphere is the tone or mood you set for your life. You have control of it; just like adjusting the temperature control in your home. You can create an atmosphere for your life. It's up to you whether it is an atmosphere of faith or one of fear. God doesn't desire you to live in fear, He desires you to live in faith. Trust that He has a plan for your life, no matter what storms you are facing.

Day 2 Read 1 Kings 19:1-5. Elijah had just accomplished a huge victory and now he was facing an unexpected fear. We find him running from his fear. Fears often settle in after a success. It's the devil's way to try to bring you down. Understanding that fear can come at any time helps us to face those fears and put them in perspective. Having a place to go that calms those fears is even better. Turning to God is always a safe place to go when you feel overwhelmed with fear. Reading His word, praying, and spending time with His people are all ways to combat the fears in your life.

Day 3 Fear takes over when you give more weight to your "what if's" than what "God says." It is so easy to let your thoughts consume you with the question of what if. What if I lose my job? What if I get sick? What if my spouse stops loving me? The list of what you can wonder "what if" about is endless. You have to take those thoughts captive. How can you do that? By focusing on what God says. For example, God says in Philippians 4:19 that He will provide for you. In Jeremiah 29:11, God says He has a plan for you, one that won't harm you. The Bible is filled with all the ways God has your back. Spend time focusing on what God says and forget about the "what if's".

Day 4 Read Romans 8:31. God is for you, and His victory is on your side. Remembering this verse should help you overcome your fears. In Ecclesiastes 1:9, you learn there is nothing new under the sun. The fears you're facing have been faced by someone else. You're not alone. God knows that the devil tries to make you fearful so that you won't enjoy the future God has for you. This is the reason God is for you. Read John 10:10. He wants you to live life and live it to the fullest. Focus on not letting your fears hold you back. Be brave, full of faith, and live it up!

Day 5 Read Mark 4:37-40. Jesus slept right through the storm. He wasn't the least bit concerned. The disciples panicked and couldn't understand how Jesus could sleep through it. Jesus wasn't worried because He controls the storm. He does the same thing in your life. He's right there in the middle of it with you. If you feel like He is sleeping, do what the disciples did and wake Him up, wake up your faith. Read your Bible and see what it has to say about the storm you're in today. Remind yourself, your God is bigger than any storm you will ever face.

What's New?

Volunteering at Waters Edge enables you to be a part of something bigger than yourself. You belong to a team with a common goal: it's not about me, it's about others. Sign up to join a team at watersedgechurch.net/volunteer.