



Week 4- “Overcoming Our Fears”

Who we are, how we relate to others, and how we define ourselves impacts everything we do. In this week’s message we look at what Christianity says about overcoming our core fears.

Core Fears People have include:

- 1. Not being right.**
- 2. Being unwanted or not needed.**
- 3. Facing rejection, being worthless.**
- 4. Being more inherently flawed than others**
- 5. Being unprepared or incapable.**
- 6. Losing security, having no support.**
- 7. Losing happiness.**
- 8. Becoming weak, and vulnerable.**
- 9. Internal and external conflicts.**

1. Which core fear resonates with you the most?

2. In times of stress and striving are you able to identify if you are reacting because you have bumped into your core fear?

3. In what ways do your core fears define you and affect your relationships with others?

4. How does it make you feel to know that your fears don’t have to define you, but that Christianity offers real hope in overcoming them so that you can be the best version of yourself?

Romans 3:23 says: “All have sinned and fall short of the glory of God.”

5. In what ways does it help you to know that in and of yourself you can’t overcome your core fears?

2 Peter 1:3 says: "His divine power has given everything we need for a godly life through our knowledge of him who called us by his own glory and goodness."

Read Romans 8:38-39

6. In what ways could you be the best version of yourself if you knew that the security and support of a loving God was real and present in your life?

7. How does the truth that nothing can separate you from the love of God give you the freedom to not be defined by your deepest fears?

8. As you go through this week would you consider revisiting this message? Find the description of your personality and core fear and write down the scripture that speaks to you directly. Put the verses in front of you and daily surrender to trust that God gives you the help you need to overcome your fears.

We all have real fears that try to define us and everyday we strive to prove that we are good enough, that we are worthy of love. Christianity not only acknowledges our fears but teaches that in Christ alone we have real help and hope to live in the freedom that overcomes our fears.