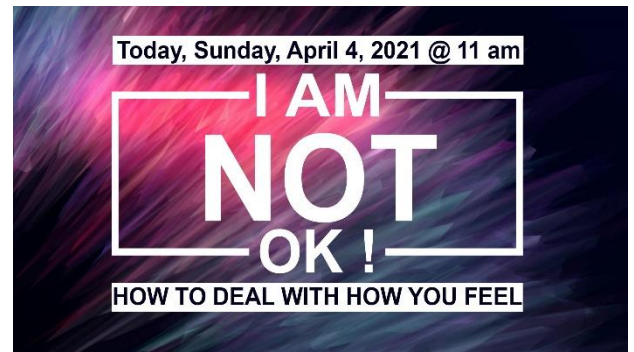


**Series:** I am NOT ok!: How to Deal with How You Feel

**Title:** *Fear: Dealing with Being Afraid*

**Text:** 1 John 4:18



**Introduction:**

What do you fear the most?

**Memory Verse**

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (John 15:11)

**Big Idea** - Fear will either paralyze you or transform you.

**Let's discover three points of transformation that fear should direct us to.**

**I)** Fear identifies a \_\_\_\_\_ for growth.

**a)** Fight

a) We become \_\_\_\_\_ (Mark 14:27-31)

And Jesus saith unto them, All ye shall be offended because of me this night:...the sheep shall be scattered...But Peter said unto him, Although all shall be offended, yet will not I.

(Mark 14:27-31)

b) We become \_\_\_\_\_ towards others (John 18:10)

Then Simon Peter having a sword drew it, and smote the high priest's servant... (John 18:10)

c) We are willing to \_\_\_\_\_ to protect ourselves (John 18:17-27)

Then saith the damsel that kept the door unto Peter, Art not thou also one of this man's disciples? He saith, I am not.... And Simon Peter stood and warmed himself. They said therefore unto him, Art not thou also one of his disciples? He .... said, I am not. One of the servants of the high priest.... saith Did not I see thee in the garden with him? Peter then denied again: (John 18:17-27)

**b)** Flight

a) We \_\_\_\_\_ from our problems (Mark 14:50-52)

And they all forsook him, and fled... (Mark 14:50-52)

b) We \_\_\_\_\_ involvement (Mark 14:54; John 18:15-16)

And Peter followed him afar off... (Mark 14:54)

And Simon Peter followed Jesus, ... But Peter stood at the door without. (John 18:15-16)

**c)** Freeze

a) We \_\_\_\_\_ our faith (John 20:19)

Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews... (John 20:19)

b) We doubt the \_\_\_\_\_ (John 20:24-25)

But Thomas... was not with them when Jesus came. The other disciples...said unto him, We have seen the Lord. But he said unto them, Except I shall ...put my finger into the print of the nails, and thrust my hand into his side, I will not believe. (John 20:24-25)

- II) Fear should drive us to a \_\_\_\_\_  
a) God is \_\_\_\_\_ (1 John 4:18)

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. (1 John 4:18)

- b) God showed us He \_\_\_\_\_ us through His Son Jesus (1 John 4:9-10)

In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. (1 John 4:9-10)

- III) Fear should \_\_\_\_\_ a better you (John 21)  
a) We don't \_\_\_\_\_ because of fear (John 21:3)

Simon Peter saith unto them. I go a fishing. They say unto him, We also go with thee.

(John 21:3)

- b) We \_\_\_\_\_ a better relationship with Christ (John 21:15-19)  
c) We \_\_\_\_\_ others to overcome their fears (Acts 1:15-25)  
d) We \_\_\_\_\_ a culture (Acts 2:14-41)

### Conclusion:

You have a choice to make. You can allow your fear to paralyze you or use your fear to transform you. What will you do with your fear?

**I am NOT ok!:**

**How to Deal with How You Feel**

**April 11 @ 11 a.m.**

Join us next week as we continue this new preaching series with the message *Defeat: Dealing with Feeling the Loss*

**Learn how to overcome your feeling of defeat and discover your path to renewed**

