

## "How to Experience Freedom From Fear"

John 14:1-4

For God So Loved the World – John, Part 2

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Which statement can you relate to the most?

"I'm not capable of meeting the goal of x so why even try?"

"If I share x about myself, then I would lose my relationship with y."

"I'm not x enough."

"I know I need to change x, but if I do that, what if y happens?"

"I'll always 'go along to get along,' so whatever you say is fine with me."

- These are all \_\_\_\_\_ that were generated by \_\_\_\_\_ fears. *We can all relate to this.*
- God desires the very \_\_\_\_\_ for us and fear hinders that. *So, this is critically important! (Mt 25:23)*

**John 14:1-4...** reveals how Jesus responded to the disciples reacting in fear to their whole world falling apart. *Let's go.*

- **V 1...** It goes without saying that Jesus needed to \_\_\_\_\_ them.
  - Meaning that Jesus was going to enable them to meet danger and trouble \_\_\_\_\_.
- **VV 2-4...** These verses state specifically \_\_\_\_\_ Jesus was encouraging them.
  - He said that He was leaving to prepare a place for them and that He would be back in three days! (Eph 4:8-10; 1 Pet 3:18-20; Jn 16:16)

*The point? Jesus made a way for "all who call upon His name," (Joel 2:32) to go to \_\_\_\_\_.*

**"That's awesome, Pastor, yet I don't see how that can be very encouraging."** That makes sense. *Check this out.*

- "Rooms" in the Greek is *Mone* ("moh-NAY") is used in reference to \_\_\_\_\_!

**The point?** Jesus prepared a way for \_\_\_\_\_ to be rooms that God dwells in! *Many passages provide insight into this.*

- You are God's temple. (1 Cor 3:16) Together, we make up a dwelling for God. (Eph 2:22; 1 Pet 2:4-5) In fact, you already reside in heaven! (Eph 2:6) It's a city named "Mt. Zion" and the "Heavenly Jerusalem." (Heb 12:22-24)

**The application?** We go to church (1 Pe 2:4-5) to learn to be His mouths, hands, and feet in this world. (1 Cor 3:16; Ac 1:8)

*The more you spend quiet time with your Heavenly Father in the Word and in prayerful contemplation, the less you fear!*

**"Wow, that was awesome.** But... help me in a \_\_\_\_\_ way to experience freedom from fear. *Sure.*

**TURN OVER FOR THE APPLICATION AND GOING DEEPER QUESTIONS**

## A List of 10 Emotional Fears that Are Worthy of Contemplation

1. Fear of Failure – *“I’m not capable of meeting the goal of x so why even try?”*
2. Fear of Loss – *“I’m going to play it safe to ensure that I won’t lose x. Because... what if y happens?”*
3. Fear of Change – *“If I decide to do x, then I won’t be able to handle what happens.”*
4. Fear of Intimacy – *“I’d rather suffer the consequences of not being vulnerable than getting hurt again.”*
5. Fear of Being Judged – *“People will definitely judge me wrongly if they knew x about me.”*
6. Fear of Success – *“If I were to succeed at x, I wouldn’t be able to maintain that level. So, why even try?”*
7. Fear of the Unknown – *“I must do whatever is necessary to control my environment, or things will spiral down.”*
8. Fear of Loneliness – *“If I share x about myself, then I would lose my relationship with y.”*
9. Fear of Rejection – *“I’ll always ‘go along to get along,’ so whatever you say is fine with me.”*
10. Fear of Not Being Good Enough – *“I’m not x enough. So yeah, that dream of mine is actually a pipe dream.”*

### “Delight yourself in the Lord and He will give you the desires of your heart.” – Psa 37:4

In the beginning of this message, I made the claim that God desires the very best for you. You know what the very best is? It is the desires of your heart! You know why? Because when you fully delight in Him, your desires are conformed to His desires.

That said, what hinders His desires is \_\_\_\_\_. So, here are three tips to experience freedom from fear:

Tip 1: \_\_\_\_\_ to yourself. (Col 3:12; Gal 5:22-23)

- Without compassion towards yourself, your attempts to alleviate fear will not be nice, but \_\_\_\_\_.

Tip 2: Become more \_\_\_\_\_. (Jer 17:9; Ezek 36:26)

- Spend quiet time before the Lord with this note sheet. Ask Him to reveal to you what the x's and y's are in the above emotional fear statements. In other words, personalize those statements. (Psa 46:10)

Tip 3: Whenever you feel afraid/anxious/unsettled/nervous/suspicious/intimidated/panic-stricken/worried...

- Identify the \_\_\_\_\_ that caused you to feel that way. (Jn 8:44; 2 Cor 10:5) Rebuke that lie and replace it with a \_\_\_\_\_ from God’s Word.
- *Example: You find yourself working frantically because you believe that if you don’t meet that deadline, your boss is going to lose it. But that’s a lie because every time in the past, your boss was understanding and kind. Yet, you still believe the lie due to a past trauma... and this lie has caused tension between you and your boss, which is hindering you from the promotion the Lord wants you to have.*

**In conclusion...** Be a “doer of the Word, not a hearer only.” (Jas) In other words, apply all of this wisdom with an expectancy in your heart that you will experience more and more freedom from fear.

GOING DEEPER – Go through this note sheet and discuss with your *oikos* network.

Review the entire note sheet and look up the supporting passages throughout. What were your takeaways? \_\_\_\_\_

Share practical ways to apply the information. What changes does the Lord desire to make in your life? \_\_\_\_\_

How can you help one another? \_\_\_\_\_

Pray together.