



# *Spiritual Habits*

FOR ORDINARY PEOPLE

**Trusting God**



**Something humans do  
better than any other  
creature:**

**Something humans do  
better than any other  
creature:**

**Fear**

ROBERT M. SAPOLSKY  
Author of *A Primate's Memoir*

# WHY ZEBRAS DON'T GET ULCERS

The Acclaimed Guide to Stress,  
Stress-Related Diseases, and Coping

"One of the best science writers of our time."  
—Oliver Sacks

Now  
Revised and  
Updated



THIRD EDITION











Humans have  
a unique aptitude  
for **accumulating knowledge**  
& **imagining** future outcomes

**“I can’t wait!”**



“I can’t **wait!**”

“What **if...**?!”



“Above all else, guard your heart,  
for everything you do  
flows from it.”

*(Proverbs 4:23)*



# Heart Toxin

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Guilt  
Anger  
Greed

# Heart Habit

Confession  
Forgiveness  
Gratitude &  
Generosity



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**“Why Americans Are  
More Afraid Than  
They Used to Be”**

**TIME**

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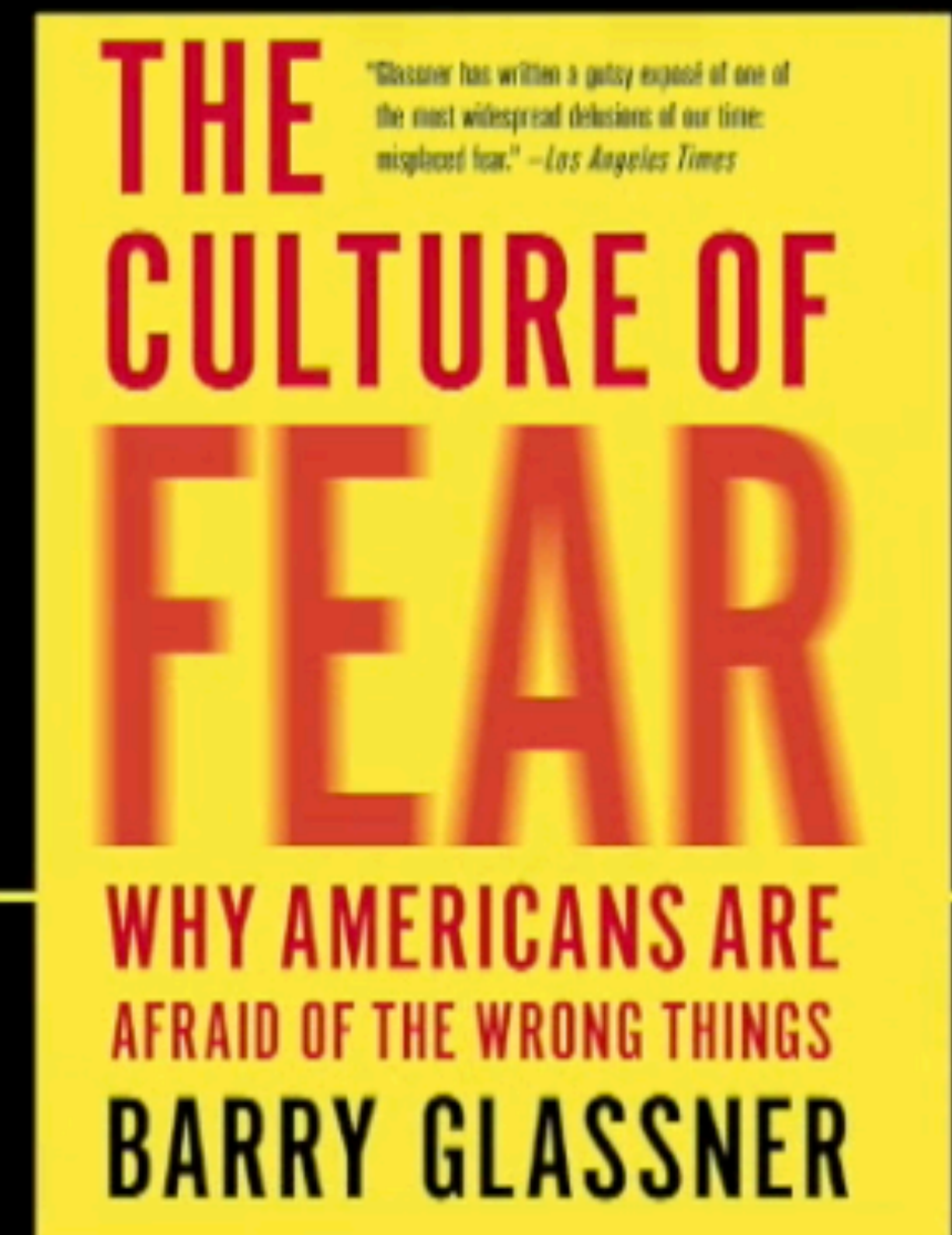


**“Why We’re Living  
In the Age of Fear”**

***Rolling Stone***

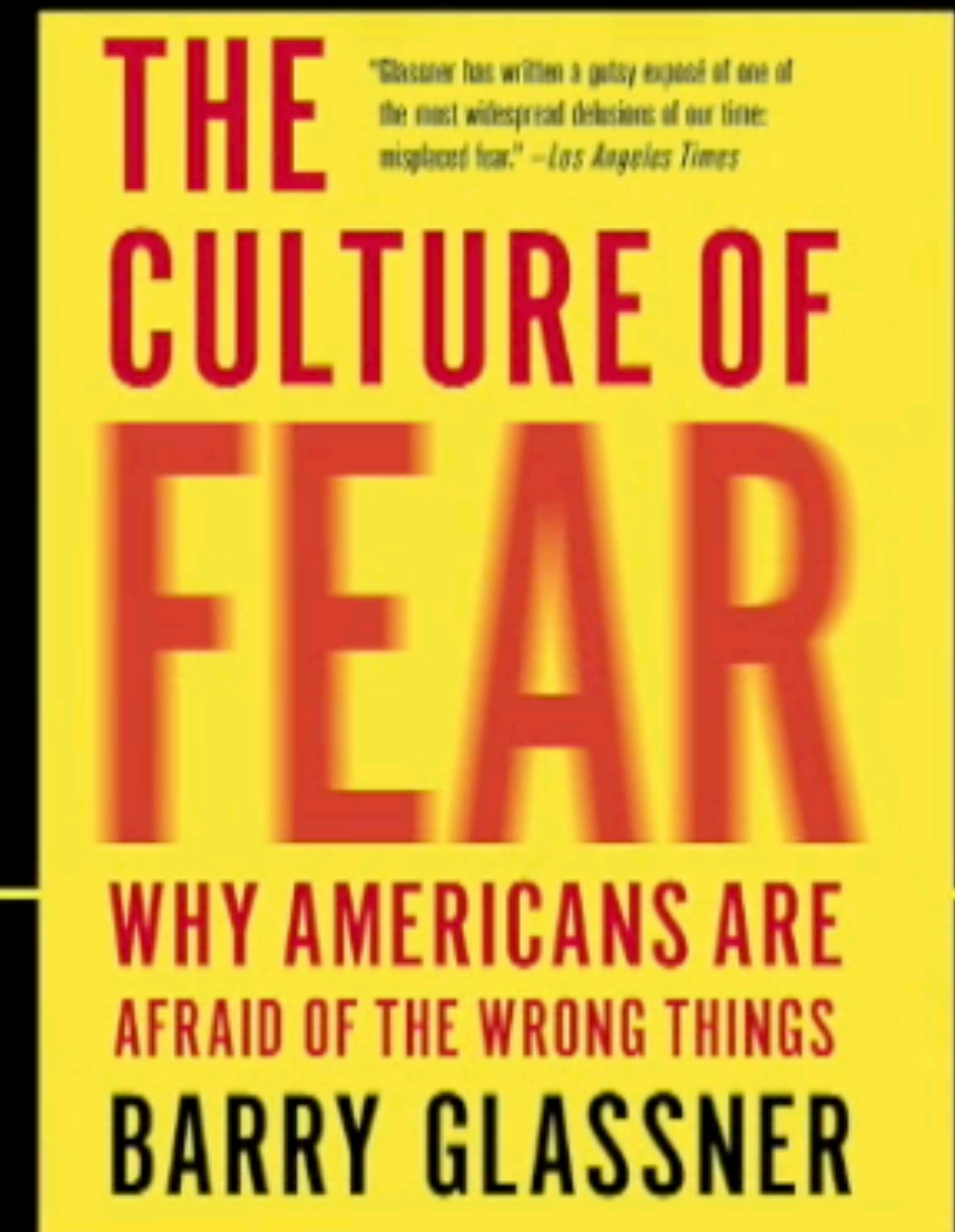


**“Most Americans live in what is arguably the safest time and place in human history...”**



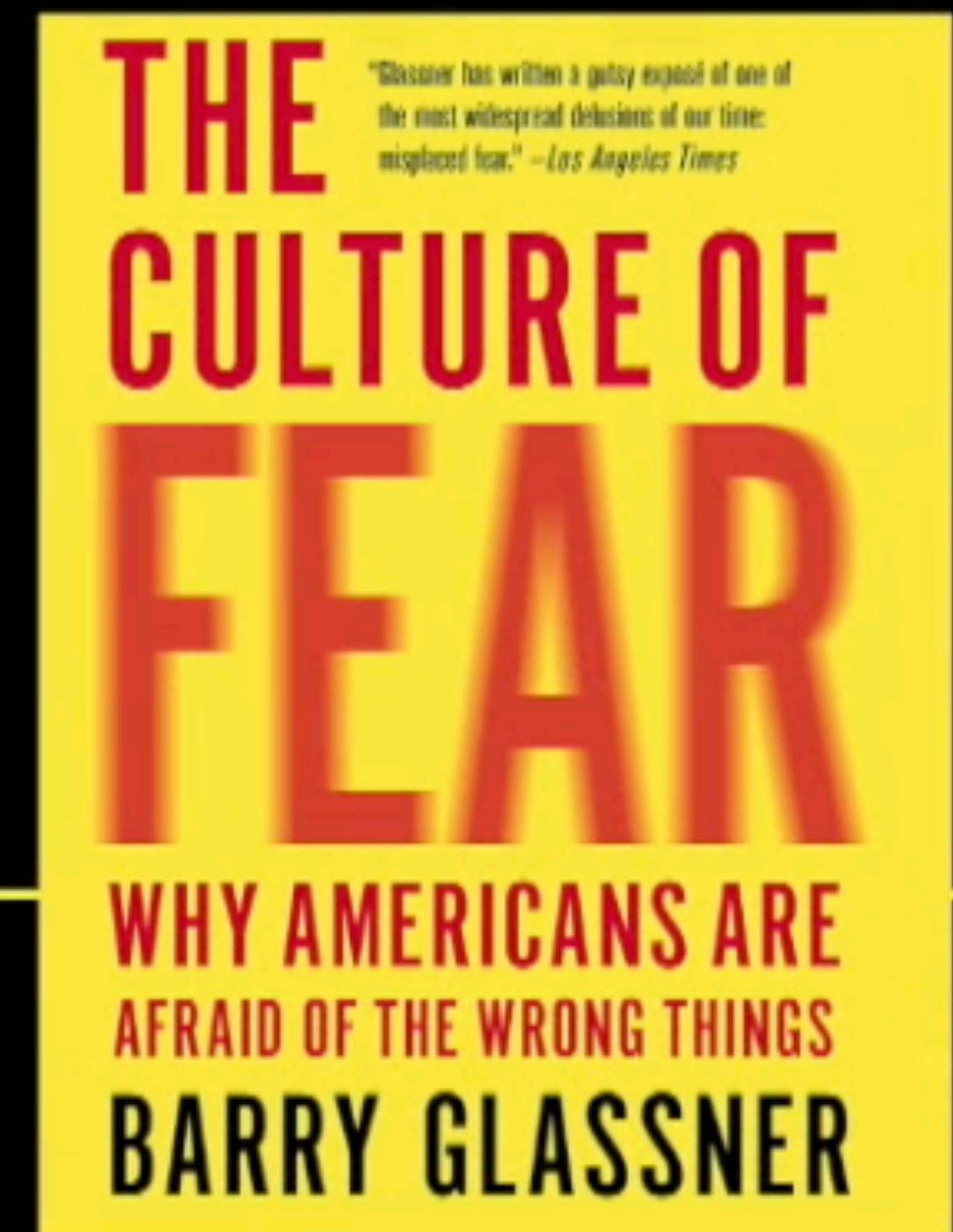


“...and yet fears levels are sky-high.”



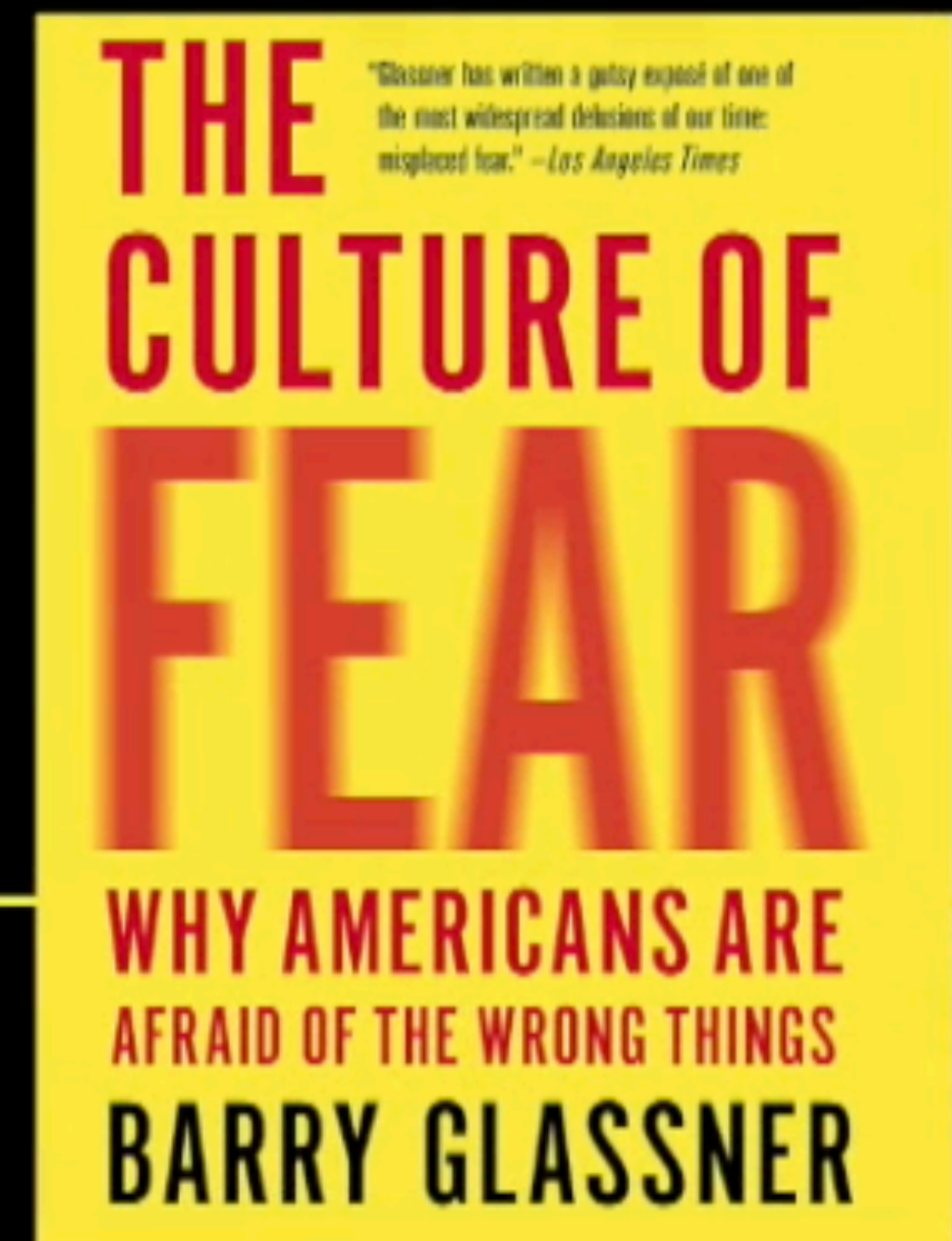


**“We are living  
in the most fear mongering  
time in human  
history.”**





**“There’s a lot of power  
available to people &  
groups who can  
perpetuate fear.”**





“Do not be terrified;  
do not be discouraged...”

*(Joshua 1:9)*



“Be careful, keep calm and  
**don't be afraid.** Do not lose  
heart...”

*(Isaiah 7:4)*



“But now, this is what the LORD  
says... ‘**Fear not...**’”

*(Isaiah 43:1)*



“Take courage! It is I. **Don’t  
be afraid.**”

*(Mark 6:50b)*

Every book of the Bible has  
the phrase “**fear not**”



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in the Bible 365 times

“**Fear not**” is the most  
common greeting from God



“For God has **not** given us a  
**spirit of fear** but of **power** and  
of **love** and of a **sound mind**.”

*(2 Timothy 1:7)*

**HOW DO I OVERCOME  
FEAR?**



**1. Focus on God's power**

“For I am the LORD, your God, who  
takes hold of your right hand and  
says to you, ‘Do not fear; I will help  
you.’” *(Isaiah 41:13)*



“The LORD is with me; I will not be  
afraid. What can man do to me?  
The LORD is with me; he is my  
helper...”

*(Psalm 118:6-9)*

“It is better to **take refuge in the LORD** than to trust in man. It is better to take refuge in the LORD than to **trust in princes.**”

*(Psalm 118:6-9)*



“Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer...”

*(Revelation 2:10a)*

“**Do not be afraid** of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer...”

*(Revelation 2:10a)*

“**Do not be afraid** of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and **you will suffer...**”

*(Revelation 2:10a)*



**Suffering** is inevitable

**Suffering** is inevitable  
**Fear** is optional

**2. Fill my life with love**



“There is no fear in love. But  
perfect **love drives out fear...**”

*(1 John 4:18a)*

# **2 ways love neutralizes fear**

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When I **receive** God's love  
to **me**



# 2 ways love neutralizes fear

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When I **receive** God's love  
to **me**

When I **offer** God's love  
to **others**

The root of a lot of fear is  
**self-centeredness**

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# The root of a lot of fear is **self-centeredness**

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“I don’t want to get hurt.”

“I don’t want to fail.”

“I don’t want to look bad.”

“I don’t want to lose that.”



**3. Face down fear with facts**

“For God has not given us a spirit of fear but of power and of love and of a **sound mind**.” *(2 Timothy 1:7)*

Have a **disciplined mind**

Are you **addicted** to  
negative thinking?



Don't **ignore** facts.

Discipline your imagination  
**about** the facts.

**Fear** is the wrong use  
of **imagination**

**Anything might happen  
in the future.**



Anything might happen  
in the **future**.

For some, that's **exciting**.  
For another, that's **scary**.

Anything might happen  
in the **future**.

For some, that's **exciting**.  
For another, that's **scary**.  
Only one of them gets to  
be happy **today**.

“...You will know the **truth** and the **truth** will set you free.”

*(John 8:32)*

**Answer fear's questions  
with Gospel truth**



# ANSWERS FOR FEAR'S QUESTIONS

## 1. Does the Father promise to meet all my needs?

“And my God will meet all your needs according to the riches of his glory in Christ Jesus.” *(Philippians 4:9)*

1. Focus on **God's power**
2. Fill my life with **love**
3. Face down **fear** with **facts**

“For God has **not** given us a **spirit of fear** but of **power** and of **love** and of a **sound mind**.”

*(2 Timothy 1:7)*

“‘**Fear not**’ changed  
the world”

Andy Stanley



“For **fearlessness** of death  
and the hereafter is  
something we witness in  
them every day.”

Galen, circa 160 AD

**BOTTOM LINE:**

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**These are all part of the  
daily habit of **trusting****

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Anger

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**Fear**

# Heart Habit

Confession

Forgiveness

Gratitude &  
Generosity

**Trusting**





# ANSWERS FOR FEAR'S QUESTIONS

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# ANSWERS FOR FEAR'S QUESTIONS

## 2. Does God promise to be with me at all times?

“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’” (*Hebrews 13:5*)

# ANSWERS FOR FEAR'S QUESTIONS

## 3. Is anything too hard for God?

“I am the LORD, the God of all mankind.  
Is anything too hard for me?”  
*(Jeremiah 32:27)*

# ANSWERS FOR FEAR'S QUESTIONS

## 4. Have others faced things like this and grown?

“We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.” *(2 Cor. 1:8-10)*

# ANSWERS FOR FEAR'S QUESTIONS

## 5. Could this situation build my character?

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.” (*Rom. 8:28,29*)





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