



Spiritual Habits

FOR ORDINARY PEOPLE

Trusting God

Something humans do
better than any other
creature:

Something humans do
better than any other

creature:

Fear

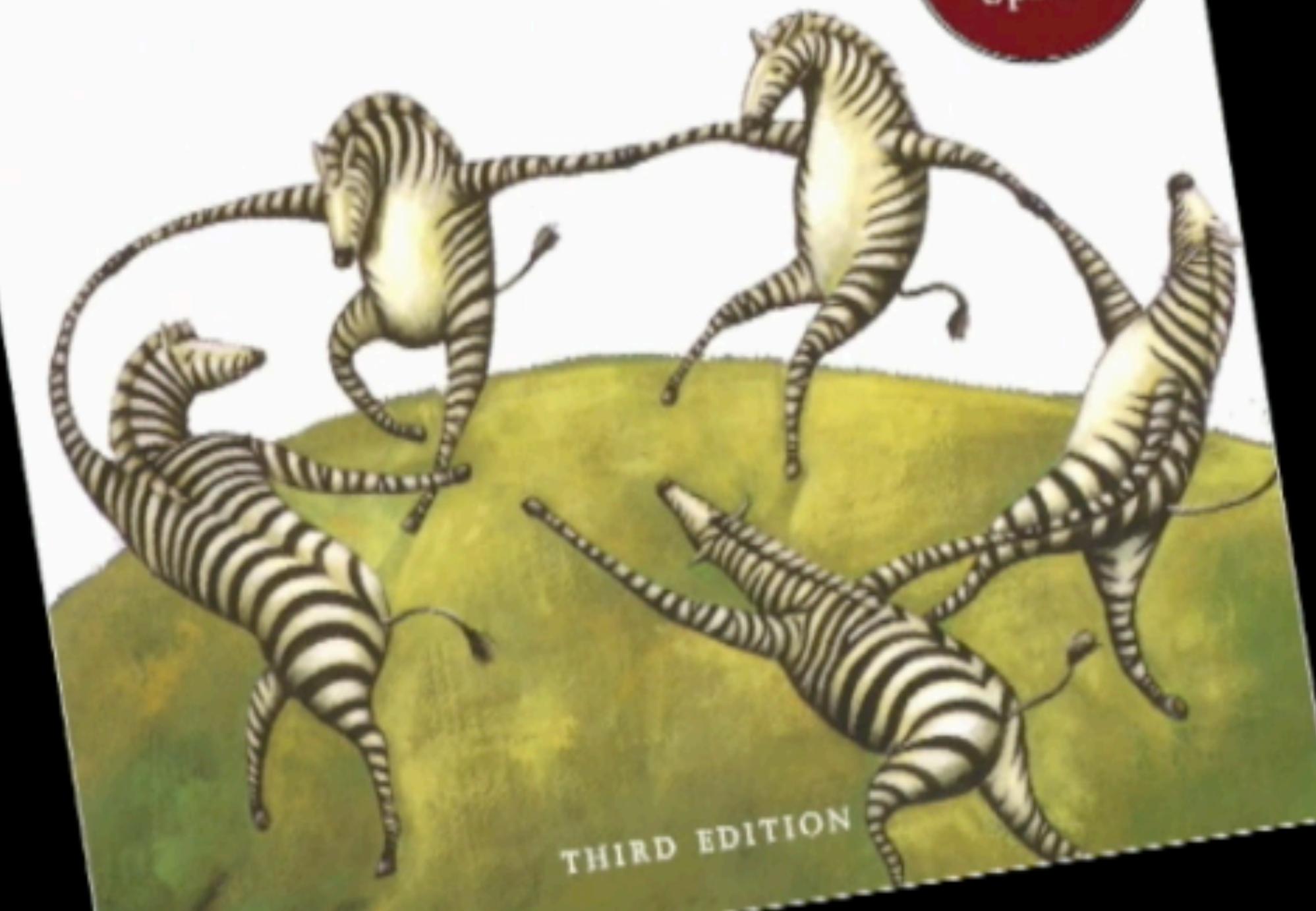
ROBERT M. SAPOLSKY
Author of *A Primate's Memoir*

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

Guilt
Anger
Greed

Heart Habit

Confession
Forgiveness
Gratitude &
Generosity

Heart Toxin

Guilt

Anger

Greed

Fear

Heart Habit

Confession

Forgiveness

Gratitude &

Generosity

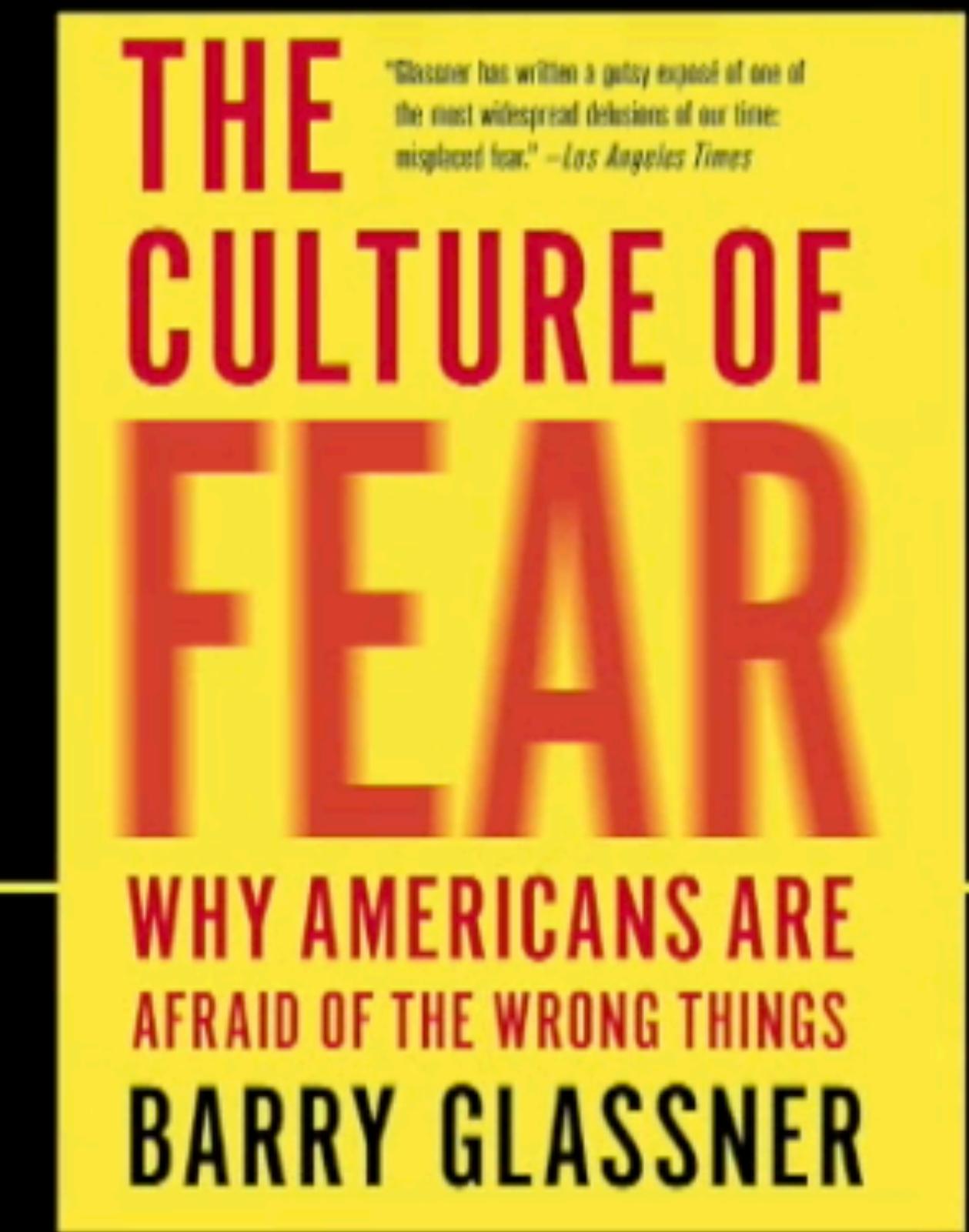
“Why Americans Are
More Afraid Then
They Used to Be”

TIME

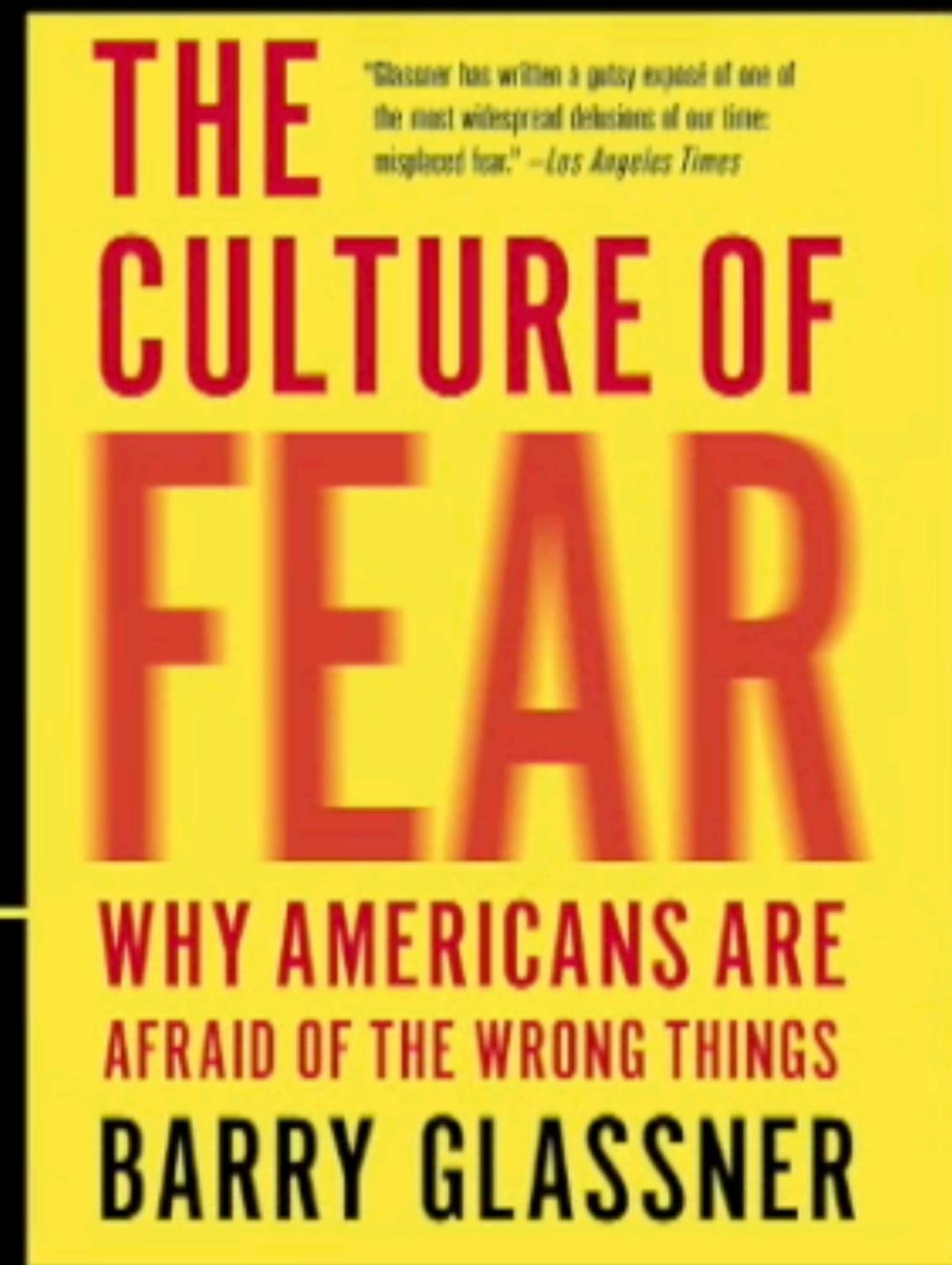
“Why We’re Living
In the Age of Fear”

Rolling Stone

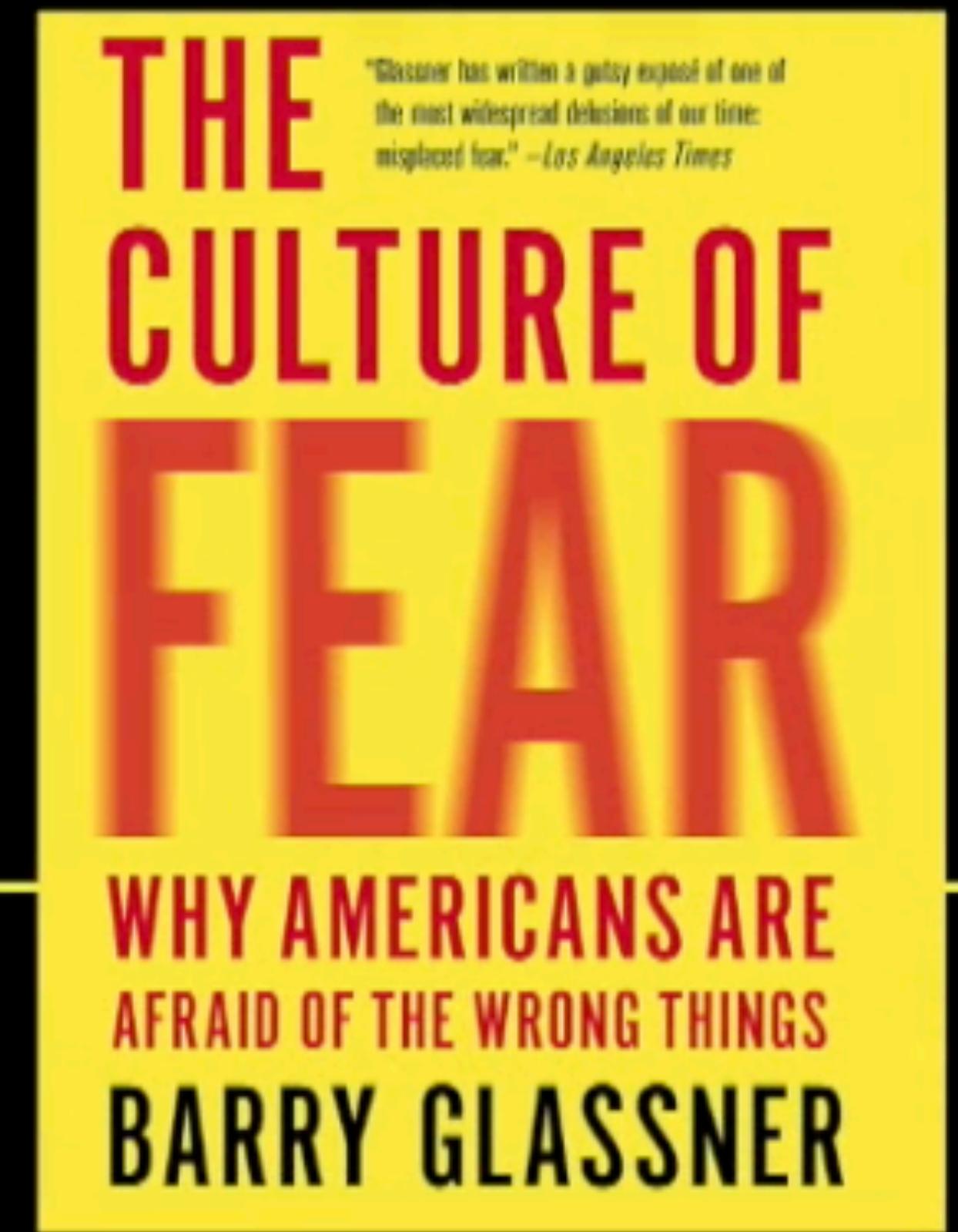
“Most Americans live in what is arguably the safest time and place in human history...”



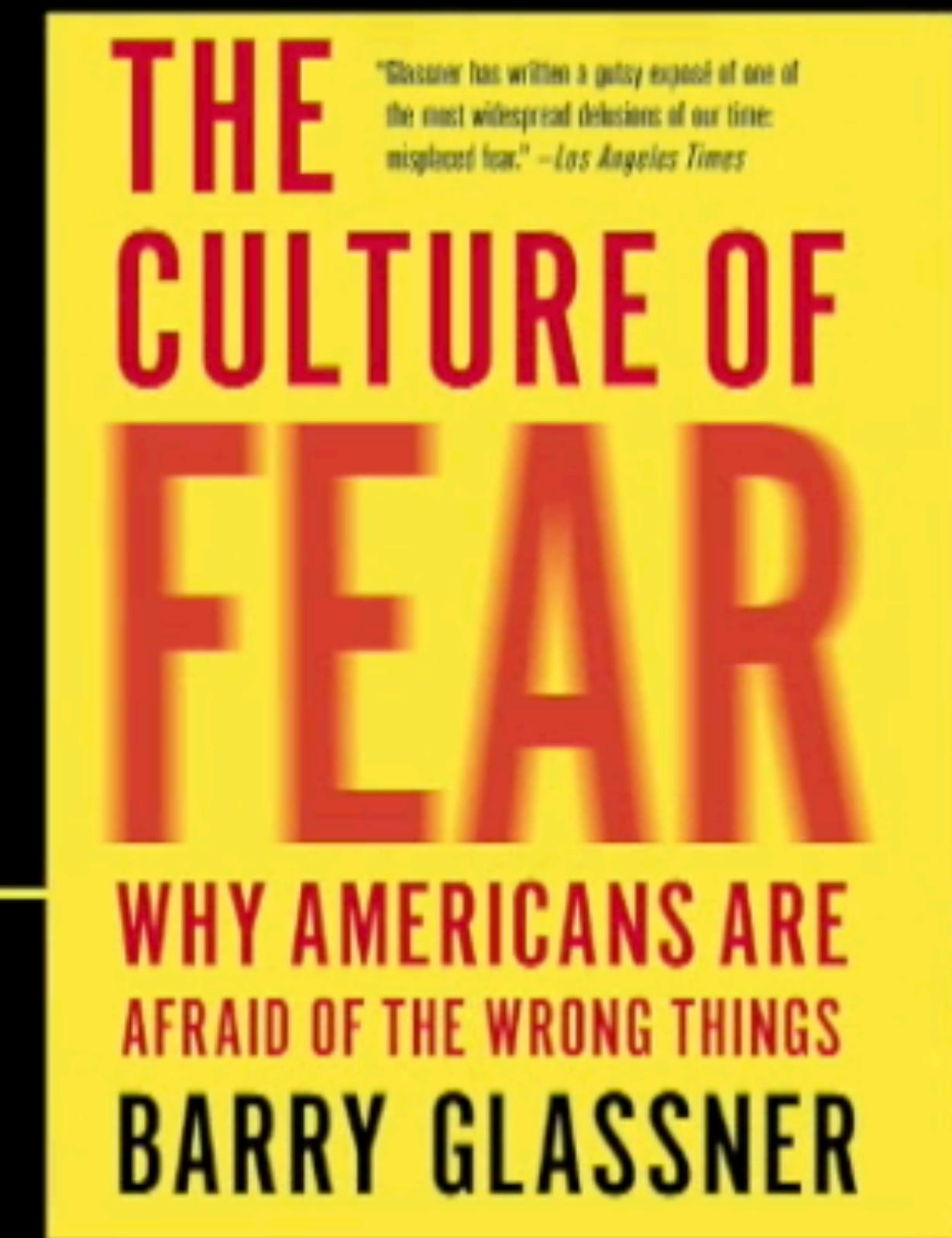
“...and yet fears levels are sky-high.”



“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**”

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

The command “**fear not**” is
in the Bible 365 times

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

The command “**fear not**” is
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

2 ways love neutralizes fear

When I receive God's love
to me

2 ways love neutralizes fear

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

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

“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, cira 160 AD

BOTTOM LINE:

BOTTOM LINE:

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

Heart Toxin

Guilt

Anger

Greed

Fear

Heart Habit

Confession

Forgiveness

Gratitude &

Generosity

Trusting

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*)

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)



Spiritual Habits

FOR ORDINARY PEOPLE

Trusting God