

## TRUSTING GOD'S TIMING IN YOUR LIFE

Kelly Walter | December 16-17, 2023

Week 3: Fear Not (When Fear Robs You of Living)

### Mary faced the fear of \_\_\_\_\_

Confused and disturbed, Mary tried to think what the angel could mean. "**Do not be afraid**, Mary," the angel told her, "for you have found favor with God! You will conceive and give birth to a son, and you will name Him Jesus. He will be very great and will be called the Son of the Most High. The Lord God will give Him the throne of His ancestor David. And He will reign over Israel forever; His Kingdom will never end!" Mary asked the angel, "But how can this happen? I am a virgin." Luke 1:29-34 (NLT)

### Joseph faced the fear of \_\_\_\_\_

This is how Jesus the Messiah was born. His mother, Mary, was engaged to be married to Joseph. But before the marriage took place, while she was still a virgin, she became pregnant through the power of the Holy Spirit. Joseph, to whom she was engaged, was a righteous man and did not want to disgrace her publicly, so he decided to break the engagement quietly. As he considered this, an angel of the Lord appeared to him in a dream. "Joseph, son of David," the angel said, "**do not be afraid** to take Mary as your wife. For the child within her was conceived by the Holy Spirit."

Matthew 1:18-20 (NLT)

### The shepherds faced the fear of \_\_\_\_\_

That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them. They were terrified, 10 but the angel reassured them. "**Do not be afraid!**" he said. "I bring you good news that will bring great joy to all people." Luke 2:8-10 (NLT)

### King Herod faced the fear of \_\_\_\_\_

Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men from eastern lands arrived in Jerusalem, asking, "Where is the newborn king of the Jews? We saw His star as it rose, and we have come to worship him." **King Herod was deeply disturbed** when he heard this, as was everyone in Jerusalem. Matthew 2:1-3 (NLT)

## How Do I Defeat My Fears?

### 1. Surrender my \_\_\_\_\_ completely to God \_\_\_\_\_

Mary responded, "I am the Lord's servant. May everything you have said about me come true." Luke 1:38 (NLT)

### 2. Stop listening to the \_\_\_\_\_ of \_\_\_\_\_

"O Sovereign Lord," I said, "I can't speak for you! I'm too young!" The Lord replied, "Don't say, 'I'm too young,' for you must go wherever I send you and say whatever I tell you. And don't be afraid of the people, for I will be with you and will protect you. I, the Lord, have spoken!" Jeremiah 1:6-8 (NLT)

### 3. Fill my mind with \_\_\_\_\_ that \_\_\_\_\_ God

Mary: "My soul magnifies the Lord, and my spirit rejoices in God my Savior... for He who is mighty has done great things for me, and holy is His name." Luke 1:46-47,49 (ESV)

Mary sang! (Luke 1:46-56)

Elizabeth sang! (Luke 1:42-45)

The Angels sang! (Luke 2:13-14)

The Shepherds sang! (Luke 2:20)

Zechariah sang! (Luke 1:67-79)

### 4. Base my \_\_\_\_\_ on the \_\_\_\_\_ of God

But when I am afraid, I will put my trust in You. I praise God for what He has promised. Psalm 56:3-4a (NLT)

## The Greatest Promise

For God so loved the world that He gave His One and Only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16 (NIV)

Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could He die, and only by dying could He break the power of the devil, who had the power of death. Only in this way could He set free all who have lived their lives as slaves to the fear of dying." Hebrews 2:14-15 (NLT)

## **TRUSTING GOD'S TIMING IN YOUR LIFE**

Kelly Walter | December 16-17, 2023

Week 3: Fear Not (When Fear Robs You of Living)

### **Mary faced the fear of INADEQUACY**

Confused and disturbed, Mary tried to think what the angel could mean. "**Do not be afraid**, Mary," the angel told her, "for you have found favor with God! You will conceive and give birth to a son, and you will name Him Jesus. He will be very great and will be called the Son of the Most High. The Lord God will give Him the throne of His ancestor David. And He will reign over Israel forever; His Kingdom will never end!" Mary asked the angel, "But how can this happen? I am a virgin." Luke 1:29-34 (NLT)

### **Joseph faced the fear of DISAPPROVAL**

This is how Jesus the Messiah was born. His mother, Mary, was engaged to be married to Joseph. But before the marriage took place, while she was still a virgin, she became pregnant through the power of the Holy Spirit. Joseph, to whom she was engaged, was a righteous man and did not want to disgrace her publicly, so he decided to break the engagement quietly. As he considered this, an angel of the Lord appeared to him in a dream. "Joseph, son of David," the angel said, "**do not be afraid** to take Mary as your wife. For the child within her was conceived by the Holy Spirit."

Matthew 1:18-20 (NLT)

### **The shepherds faced the fear of SUDDEN CHANGE**

That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them. They were terrified, 10 but the angel reassured them. "**Do not be afraid!**" he said. "I bring you good news that will bring great joy to all people." Luke 2:8-10 (NLT)

### **King Herod faced the fear of LOSING CONTROL**

Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men from eastern lands arrived in Jerusalem, asking, "Where is the newborn king of the Jews? We saw His star as it rose, and we have come to worship him." **King Herod was deeply disturbed** when he heard this, as was everyone in Jerusalem. Matthew 2:1-3 (NLT)

## **How Do I Defeat My Fears?**

### **1. Surrender my LIFE completely to God DAILY**

Mary responded, "I am the Lord's servant. May everything you have said about me come true." Luke 1:38 (NLT)

### **2. Stop listening to the VOICES of FEAR**

"O Sovereign Lord," I said, "I can't speak for you! I'm too young!" The Lord replied, "Don't say, 'I'm too young,' for you must go wherever I send you and say whatever I tell you. And don't be afraid of the people, for I will be with you and will protect you. I, the Lord, have spoken!" Jeremiah 1:6-8 (NLT)

### **3. Fill my mind with MUSIC that PRAISES God**

Mary: "My soul magnifies the Lord, and my spirit rejoices in God my Savior... for He who is mighty has done great things for me, and holy is His name." Luke 1:46-47,49 (ESV)

Mary sang! (Luke 1:46-56)

Elizabeth sang! (Luke 1:42-45)

The Angels sang! (Luke 2:13-14)

The Shepherds sang! (Luke 2:20)

Zechariah sang! (Luke 1:67-79)

### **4. Base my HOPE on the PROMISES of God**

But when I am afraid, I will put my trust in You. I praise God for what He has promised. Psalm 56:3-4a (NLT)

#### **The Greatest Promise**

For God so loved the world that He gave His One and Only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16 (NIV)

Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could He die, and only by dying could He break the power of the devil, who had the power of death. Only in this way could He set free all who have lived their lives as slaves to the fear of dying." Hebrews 2:14-15 (NLT)



## FEAR NOT (WHEN FEAR ROBBS YOU OF LIVING)

Talk-it-Over Notes | December 16-17, 2023

### REVIEW IT

Today, we know the Christmas story as Good News—God became flesh in order to save us from our sins. But for those who experienced the Christmas story firsthand, the news scared them to death. When you read through the Christmas account, you'll find that the characters faced four familiar fears... Mary faced the fear of **inadequacy**. Joseph faced the fear of **disapproval**. The shepherds faced the fear of **sudden change**. King Herod faced the fear of **losing control**.

If you're facing any of these fears, it doesn't mean there's something defective about you, and you can defeat them! How? 1) Surrender my life completely to God. 2) Stop listening to the voices of fear. 3) Fill my mind with music that praises God. 4) Base my hope on the promises of God.

The greatest promise that God gives us — For God so loved the world that He gave His One and Only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16 (NIV)

**Spend some time in the Word: Read Psalm 23.**

### TALK ABOUT IT

1. We have the benefit of the entire Christmas story, but those who were in the middle of it experienced different levels of fear. How have the fears of inadequacy, disapproval, sudden change, or losing control affected your joy? Looking back with a bigger perspective, what did those fears cost you?
2. The world wants you to live with a spirit of fear, but fear goes against God. What are some things you need to stop listening to in 2024 that are distracting you from trusting God?
3. "The God who never changes... changes everything." Often, the change can be surprising and can interrupt your plans. How can trusting in God *before* the unexpected help to prepare your heart and mind? How can trusting God *in the middle* of the unexpected see you through?
4. In this busy Christmas season, what can you do to keep the focus off of yourself, or things of this world, and put the focus back on the real reason for this season — Jesus Christ?

### ACT ON IT

God keeps His promises. If you have not yet trusted in the greatest promise that we were given in John 3:16, what fear is keep you from this? Start there. If you have already trusted in God for your salvation, grab hold of another promise that God gives in His Word. Write it on a sticky note and claim it for your life.

### PRAY ABOUT IT

Thank God for His promises. If you know what fear is holding you back, bring that fear before God and ask for His help. If you are unsure, simply come before God and seek His presence. God is with you always.