

Help for the Fearful Heart

Practical Theology, Lesson 8

Unless noted otherwise, this lesson is content from the very helpful booklet, *Fear: Breaking Its Grip* by Lou Priolo (P&R Publishing, 2009, Amazon: <http://a.co/dR8oMm7>)

When Fear Is Right

When fear keep you from _____

When fear keeps you from _____

Proverbs 16:6

When Fear is Wrong

Fear is sinful when it proceeds out of _____, or _____, in God.

Matthew 14:25-31

Fear is sinful when that which produced the fear is attributed more _____ than what the Bible _____.

Luke 12:4-5

Write down a few things that you fear. Here are some categories to use: feelings, enemies, environment, circumstances, future, finances, possessions.

Fear is sinful when it attributes to God characteristics that are _____ with his

Hebrews 11:6

Consider where your perceptions of God may be inaccurate.

Fear is sinful when we fear what God _____ us to fear.

Matt 10:28

What God forbids us to fear:

_____ inordinately (Proverbs 29:25)

_____ and _____ inordinately (Psalm 46:1-3)

Bad _____ (Psalm 112:4,7-8)

Fear is sinful when it is rooted in the loss of some _____ desire
John 12:42–43

Fear is sinful when it is so paralyzing that it keeps us from fulfilling our biblical _____ which are _____ God and _____
Matthew 25:24–26

The antidote to fear is _____. 1 John 4:17–18.

Fear is sinful when it is rooted in _____ rather than love.
1 Corinthians 13:5

Consider the differences between these definitions:

Love is being more concerned with what I can _____ them what I can _____.

Selfishness is being more concerned with what I can _____ in when I can _____.

Fear is being more concerned with what I _____ than with what I can _____.

So what are we to do to conquer fear?

Learn to obey the first and second _____. Mark 12:28-31

Fearful Person	Loving Person
"I wonder what he'll think of me?"	"I wonder what his needs are?"
"I'd better not let him get too close to me."	"Maybe I can be a good influence on him."
"If he gets too close, he'll realize I'm not perfect and then he'll reject me."	"What matters is not what he thinks of me, but how I can minister to him."
"I've got to keep him from finding out my problems."	"I wonder if he has any problem I can help him solve God's way?"
"I'll probably make a fool of myself."	"If I make a fool of myself, so be it. I'm more concerned about meeting his needs than I am about what he thinks of me."

Apply appropriate scripture to your fears

Isaiah 26:3, Psalm 56:3

What is it that you fear?	
That which I fear...	... is in God's control
Your Enemies	Psalm 23:5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
Your Authorities	Proverbs 21:1 The king's heart is a stream of water in the hand of the Lord; he turns it wherever he will.
Trouble and Affliction	Psalm 34:19 Many are the afflictions of the righteous, but the Lord delivers him out of them all.
Trials and temptations	1 Corinthians 10:13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. 2 Peter 2:9 The Lord knows how to rescue the godly from trials, and to keep the unrighteous under punishment until the day of judgment.
Poverty	Psalm 34:9-10 Oh, fear the Lord, you his saints, for those who fear him have no lack! The young lions suffer want and hunger; but those who seek the Lord lack no good thing.
Physical Harm God is able to protect us from both <i>physical</i> and <i>spiritual</i> harm.	Psalm 91:5-7, 10-12 You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. ... no evil shall be allowed to befall you, no plague come near your tent. For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, lest you strike your foot against a stone.
Loss of a Loved One	2 Corinthians 1:8-10 For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.

Consider His _____ of the past and the present

Psalm 77:9-12, Lamentations 3:21

Identify and repent of _____ from your heart

Think about and check off items in this list that you are preoccupied with a fear of losing or experiencing:

- | | |
|---|--|
| <input type="checkbox"/> I want to be healthy | <input type="checkbox"/> I want companionship |
| <input type="checkbox"/> I want to be safe | <input type="checkbox"/> I want others to look up to me |
| <input type="checkbox"/> I want to be clean | <input type="checkbox"/> I want him or her to be my friend |
| <input type="checkbox"/> I want to be comfortable | <input type="checkbox"/> I want to avoid conflict |
| <input type="checkbox"/> I want to be happy | <input type="checkbox"/> I want everyone to like me |
| <input type="checkbox"/> I want to enjoy myself | <input type="checkbox"/> I don't want to be labeled |
| <input type="checkbox"/> I want to feel important | <input type="checkbox"/> I don't want to be rejected |
| <input type="checkbox"/> I want to have a good reputation | <input type="checkbox"/> I don't want to face his or her anger |
| <input type="checkbox"/> I want to be successful | <input type="checkbox"/> I don't want people to know I'm such a sinner |
| <input type="checkbox"/> I want to be perfect | <input type="checkbox"/> I don't want to have a panic attack |
| <input type="checkbox"/> I want to have wealth | <input type="checkbox"/> I don't want to die |
| <input type="checkbox"/> I want to have peace | <input type="checkbox"/> I don't want to lose my spouse or children |
| <input type="checkbox"/> I want to have comfort | <input type="checkbox"/> I want/don't want _____ |
| <input type="checkbox"/> I want to be alone | <input type="checkbox"/> I want/don't want _____ |
| <input type="checkbox"/> I want to be thin | <input type="checkbox"/> I want/don't want _____ |
| <input type="checkbox"/> I want to be in control | <input type="checkbox"/> I want/don't want _____ |

Remember that whatever makes you afraid has no power _____ of God and therefore is powerless to do anything without his _____.

John 19:10-11

Learn to live in the _____

Deut 31:11-12

3 Ingredients of the Fear of God in a Christian's Life (Albert Martin)

- 1) Correct concept of the _____ of God
- 2) Pervasive sense of the _____ of God
- 3) Constant awareness of our _____ to God

Conclusion