

Podcast Worksheet
Fear or Freedom, Your Choice: Slaying the Monster named "Fear"

Scriptural Texts:

Psalms 23:4; 27:1; 46:1-2; Isaiah 41:10; 43:1; 51:7; 2 Timothy 1:7; 1 John 4:18

Main Points:

1. Fear is like a monster, a bully who scares us into submission, stealing us away from God's best for our life. He is a terrible master, one that is never satisfied.
2. Attempts to self-protect from the possibility of painful events, can lead us to nearly resign from living.
3. Fear is an extractor of light, leaving us in a dark place.
4. Two things open the door to fear: mental or emotional hurt and being taught to be afraid.
5. Unhealed wounds may lead to fear of pain which can cause us to run, hide, and self-protect. The remedy is healing for our wounds.
6. Letting fear control our life leads to more suffering, not less; it guarantees misery and loneliness.
7. Satan, not God, is behind our fear. He knows fear is effective in rendering our life useless.
8. Those who may fan our fear into flame include: the media, government, family, friends, social media, church, school, Satan, and sources we read or watch.
9. The remedy for fear stemming from what we've heard or been taught is identifying the lies and replacing them with the truth.
10. The battle against fear is won only with a sound mind, something that comes from knowing and believing Scripture.
11. We can trust God to be with us and see us through anything because he is powerful and loves us.

Questions:

1. Describe any wounds or painful events that have left you fearful. Specifically name your fear(s).

2. In what ways or from what sources have you been taught or encouraged to be afraid?

3. What truth about God or from his Word will encourage you to trust him? How can you begin the journey from a fearful mind to a sound mind?

Prayer of Response:

Lord God, I'm tired of fear running my life instead of you. Fear has stolen too much. Today I want to go a new direction, but I need your help. Please guide me to the healing I need for my past wounds. And show me my false beliefs and lies so I can exchange them for the truth. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
