

Fear Not
The Foundation For No-Fear Living

1. _____ of your fear

Step 1: Make a list of the _____

Matthew 14:26 *When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.*

Key: Your circumstances are _____

Step 2: _____ that is creating the fear

1 Kings 12:26 *The kingdom will now likely revert to the house of David. If these people go up to offer sacrifices at the temple of the LORD in Jerusalem, they will again give their allegiance to their lord, Rehoboam king of Judah. They will kill me and return to King Rehoboam.*

Key: _____ circumstances creates fear or faith

2. _____

- **PAST:** Remember how God _____

Read Psalm 77

Key: Make a _____ list

- **Present:** _____

Luke 12:27-28 *That's why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear...Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?...your Father already knows your needs...Seek the Kingdom of God above all else, and he will give you everything you need.*

Key: Pray and expect _____

- **Future:** Believe that God is _____

Key: _____ God in your mind

Psalm 32:8 *I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.*

Hebrews 11:27 *It was by faith that Moses left the land of Egypt, not fearing the king's anger. He kept right on going because he kept his eyes on the one who is invisible.*

Psalm 112:7 *They do not fear bad news – they confidently trust the LORD to care for them*

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

Psalm 56:3-4 *When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?*

John 14:27 *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

Matthew 14:29-31 *Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"*

Matthew 1:20 *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.*

Hebrews 13:6 *So we can say with confidence, "The LORD is my helper, so I will have no fear. What can mere people do to me?"*

Psalm 118:6 *The LORD is for me, so I will have no fear. What can mere people do to me?*

Jeremiah 42:11 *Do not fear the king of Babylon anymore,' says the LORD. 'For I am with you and will save you and rescue you from his power.*

Hebrews 11:19 *Abraham reasoned that if Isaac died, God was able to bring him back to life again.*