



## Shaking Off Fear

# WHAT'S YOUR BIGGEST FEAR?

## The POINT >

God will take care of us no  
matter what we face.

### > PSALM 91:1-6,9-16

<sup>1</sup>He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. <sup>2</sup>I will say to the LORD, "My refuge and my fortress, my God, in whom I trust." <sup>3</sup>For he will deliver you from the snare of the fowler and from the deadly pestilence. <sup>4</sup>He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. <sup>5</sup>You will not fear the terror of the night, nor the arrow that flies by day, <sup>6</sup>nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

.....

<sup>9</sup>Because you have made the LORD your dwelling place—the Most High, who is my refuge— <sup>10</sup>no evil

shall be allowed to befall you, no plague come near your tent. <sup>11</sup>For he will command his angels concerning you to guard you in all your ways. <sup>12</sup>On their hands they will bear you up, lest you strike your foot against a stone. <sup>13</sup>You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot. <sup>14</sup>"Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. <sup>15</sup>When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. <sup>16</sup>With long life I will satisfy him and show him my salvation."



# THE BIBLE MEETS LIFE

## FACT:

In the 1600s, Russia froze water over a large wooden structure to create a sledding hill. Paris wanted in on the action, but when spring came, the ice melted. So they added wheels to the sled and a track for safety, and voila—the roller coaster.<sup>2</sup>



## LEVELS OF BIBLICAL LEARNING // SALVATION

God's salvation is eternal, and once we are adopted into God's family, nothing can separate us from Him.

Fear takes many forms. We all have things we go to great extremes to avoid. Many people have no desire to visit the reptile section of the zoo because, well, snakes. Some fears are good for us because they make us cautious. For example, I love woodworking, and my “healthy fear” of a running table saw is the reason I still have ten fingers.

But some people actually enjoy being afraid. That's one reason horror movies are so popular. For many, experiencing fear during a movie releases the chemical dopamine, giving them the same exhilaration they'd get from skydiving or bungee jumping.<sup>1</sup> While many of these horror fans would never jump out of a plane, they experience the same rush through movie-induced fear. They rationalize that a scary movie is a “safe” place to experience fear.

What looms before us may or may not be a legitimate concern, but the fear we feel is real. If unchecked, it can paralyze us or lead us to act irrationally. Thankfully, we do not face our fears alone. Psalm 91 gives us strong assurance that, whenever fear strikes, we can rest in God's power and protection.

## PSALM 91:1-6

**1** What things tempt you to be afraid?

**2** Where do people often turn when they're afraid?

## PSALM 91:9-13

**3** What are some of the biggest threats to our safety today?

**4** What steps must we take to make the Lord our dwelling place?

**5** How can our attitudes and actions express our trust in God's protection?



*When we face difficult circumstances, we can take comfort in the fact that Jesus also went through difficult things, and He understands. #BSFLEmotions*

## PSALM 91:14-16

**6** What does it mean to set our hearts on God?

**7** How can we set our hearts on God when we're afraid?

**8** What is promised to those who set their hearts on God?



*God's salvation is eternal, and once we are adopted into God's family, nothing can separate us from Him.*

There are many things in this life that might tempt us to fear. This is a natural response to the difficult things we face, as well as to those we may face in the future. However, we must be careful not to fall into patterns of unhealthy fear. Even though we will face difficult things, for those who are a part of God's family, Jesus said that we have no reason to fear those who would even kill us when we know our souls are secure for eternity (Matt. 10:28).

**9** Make a list of the things that scare you. Beneath each of those fears, note why trusting God will help you overcome that fear.

*“For God has not given us a spirit of fear, but one of power, love, and sound judgment.”*



## > COMMUNITY

---

God has called the church to serve one another.

**11** What fears are you dealing with right now? Set up a time to talk with someone you trust about dealing with this fear.

**12** Who do you know that is afraid? Send them a note of encouragement, or sit down together to help them work through their fear.

## > CULTURE

---

Many people in the world live in fear—fears related to schoolwork and tests, fears concerning friends and social situations, fears about their parents separating, and so much more.

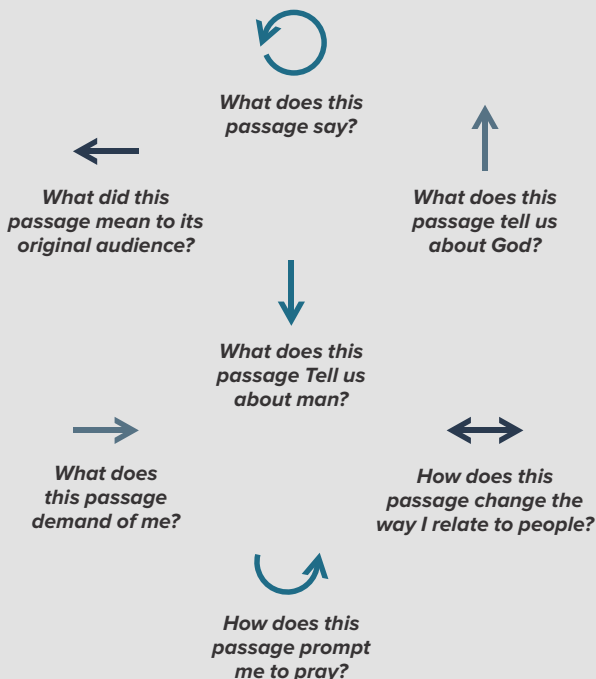
**13** How can you demonstrate that Jesus helps us to overcome our fears?

**14** How will you use this as an opportunity to share the gospel?

# DAILY DEVOTIONS



## The 7 Arrows of Bible Reading



## Day One 1 JOHN 4:12

No one can see God's face—that is, the full and clear revelation of His glory—and live. Jesus, while He was on earth, lived as the perfect picture of the character of God. However, He is no longer among us, so it has been left up to the church to live as a picture of God. The way we do this is to live in love toward one another. When we are kind and generous, when we forgive others for their offenses, when we are honest and honorable, and when we work diligently to do what is right, the character of God is shown in the ways we live. Scripture teaches that the greatest commandments are to love God and others. When we do this, God is revealed through us, and He will draw others to Himself.

➤ Why is it that “no one has ever seen God”?

➤ How is the church a picture of God in the world?



## Day Two

# 1 JOHN 4:13-15

---



In John 15:1-16, Jesus taught about the importance of “remaining” in Him. In fact, He used the word “remain” eleven times in those few verses. Remaining in Him is absolutely necessary for our having eternal life. We know we are remaining in Him by continually living in the Spirit. The Spirit opens our eyes to the truth of God’s Word and empowers us to live it out day by day. For those of us who have believed that Jesus is Lord, we confess it not only with our mouths, but also with our lives.

➤ **What does it mean to “remain” in Jesus?**

➤ **Why is our confession a necessary part of salvation?**

## Day Three

# 1 JOHN 4:16-17

---

That “God is love” is one of the most familiar ideas in the Bible. It refers to God’s being relational—existing for eternity within the context of the Trinity, with each person continually and perfectly relating to the others in perfect community and love. Further, God has created us to live in a loving relationship with Him. Even though we rebelled and separated ourselves relationally from God, He chose to restore that relationship through Jesus. The clearest expression of God’s love for us is the sacrifice of Jesus. If we are ever tempted to question if God loves us, we need only to remember that He sent His only Son to pay the price for our sins. God is the source of all love, and when we receive His love, living lovingly toward Him in return, we can know that we have been spared the judgment we deserve.

➤ **In your own words, what does it mean that God is love?**

➤ **How does love give us confidence concerning the judgment?**

## Day Four

# 1 JOHN 4:18

---

There are many things that cause us fear. Here, John teaches us that all fear is related to punishment or judgment. When we are afraid, it's not usually because something bad has happened, but because we believe that something that will bring us pain will happen in the future. If you were to go skydiving, you'd likely experience fear due to the possibility of the parachute not opening, which would cause you to crash into the ground and break all of your bones. Even if you landed smoothly and safely, you'd still have experienced more than your fair share of fear. Why? Due to the fear of what *might* happen in the future. Ultimately, all fear is related to the future judgment which awaits sinners. Because we've all sinned, we all have legitimate reason to be fearful of the coming judgment.

- **What are you worried or fearful about concerning your future?**
- **Do the things that cause you fear always happen the way you imagine? What lessons have you learned in the past?**

## Day Five

# 1 JOHN 4:18

---



Whereas those who have sinned (that's all of us) have reason to fear, the love of God drives that fear away. For the one who lives for himself, sinfully and with no regard for God's commands, he has reason to fear the coming judgment. However, those who have received God's love and live in ways that demonstrate their love for God have no reason to worry at all. This doesn't mean we have to be perfect—we never will. It means that the overwhelming patterns of our lives are driven by a genuine love for God. If we don't fear the judgment, then the other things we might be tempted to fear on earth will seem like relatively small issues. God loves us and He will take care of those who love Him—we have no reason to fear.

- **How does your life show that you love God?**
- **Why does this mean that you have no reason to live fearfully?**