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**WHEN  
YOU  
ARE  
AFRAID:**

- Determine whether your fear is wise and right, or unwise and wrong.
- You may be convinced your fear is wise and right. But remember, the standard for right and wrong is God and what he says in His Word, not your fearful ideas and habits. God's Word is the determining standard as to whether your fear is wise and right, or unwise and wrong.
- If your fear is wise and right, respond with power, love, and self-control. If fear is overtaking your mind, it has become unwise and wrong. Admit this, and confess it.
- Fight habitual unwise fear with this three-part battle strategy:
  1. Ask God for His power.
  2. Choose love.
  3. Take control of your thoughts by meditating on Scripture.

*God has not given us a spirit of fear, but of power, and of love, and of self-control.*

*2 Timothy 1:7*

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...GOD HAS NOT  
GIVEN US A SPIRIT  
OF FEAR...

**WHEN YOU  
FEEL  
AFRAID**

# COURAGE



THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM, BUT FOOLS DESPISE WISDOM AND INSTRUCTION. PROVERBS 1:7

SOME FEARS ARE GOOD AND WISE. YOU'D BE IN TROUBLE WITHOUT THEM.

**D**o you fear people? Fearing that people will let you down or disappoint you reveals you have put your trust in them. On the other hand, if you put your trust in God and fear God, you will be blessed with freedom and courage.

*Cursed is the one who trusts in man, whose heart turns away from the Lord ... Blessed is the one who trusts in the Lord. Jeremiah 17:5,7*

- Instead of fearing people, seek Scripture to learn how God wants you to love people. Trusting God empowers proactive, courageous love, rather than reactive fear.

**D**o you fear things that have no lasting harm? Earthly problems will end, as will our bodies. If you fear God, you need not fear death, that is not lasting harm.

*I tell you, my friends, do not fear those who kill the body, and after that have nothing more that they can do. But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him! Luke 12:4-5*

- If you make the choice to not fear God, that choice will land you in hell.
- But if you fear God, even if people kill your body, fear not, because they cannot remove the safety that is yours for eternity.

**D**o you fear things you cannot control? Accept that there are things you cannot change, and trust that God is in complete control.

*God determined allotted periods, boundaries...Acts 17:26*

- Fear-filled focus stops you from obeying the sovereign God and causes you to lose control of your thoughts. But you do not need to be controlled by fear's terrifying grip.

# FEAR GOD



*There is no fear in love, but perfect love casts out fear. 1 John 4:18*

YOU CAN  
OVERCOME FEAR.  
HOW?  
TRUST GOD  
LOVE GOD  
LOVE OTHERS

OVERCOME

Tell God you will let Him be in control. Confess trying to control what you cannot.

Think of fearful situations as opportunities to share suffering with Jesus, to imitate Him.

Have you neglected responsibility because you have obeyed fear? Ask God to make love stronger than fear in you.

Fight fearful thoughts with Scripture. Carry a verse card with you and read it aloud when fearful thoughts threaten.

Deliberately think about fearing God instead of unwise fears.

Some fears are good and wise. Wise fear takes healthy safety precautions, extending special care to children or those at risk. It's also wise to be fearful when you are guilty of sin. When you confess sin, you are completely forgiven of guilt, and thus empowered to halt habitual fear. Freedom from guilt helps us become as bold and courageous as a lion—Proverbs 28:1.