

Calvary Chapel of El Cajon Women's Bible Studies

Fighting Your Fear

Lesson 1

Fear. Just about everyone has struggled with this debilitating emotion sometime in their life. The spirit of *fear* can take over your life and dominate you in a way that God never intended. If it is not God's intention, then there must be a way of victory. God's intentions for us always provide for God's enablement to us. May you learn from this study how to fight your *fear*, and, in the fighting, discover that *fear* has lost its grip, because you have put your hand into the One who grips much better.

DAY ONE:

1. The words *fear* or *afraid* are used over 500 times in the Bible. What does it say to you that God refers to *fear* so often?
 - a. What are some common *fears* that people have?
 - 1.) What do you tend to *fear*?
2. Define the word *fear* using a dictionary.
 - a. Now define *fear* by using synonyms.
 - b. What are some antonyms (opposite words) for *fear*?
3. Genesis 3:10 records the first use of the word *afraid* in the Bible, quoting Adam just after his sin with Eve. What did Adam say?
 - a. This *knowledge* promised by satan (see Genesis 3:5) resulted in a distorted viewpoint of God that has been carried on throughout each generation. Considering his statement, what do you think Adam's perspective of God was?
 - 1.) In what ways might a distorted viewpoint of God lead to *fear*?

DAY THREE:

1. Joshua learned well from his mentor, Moses. In response to Moses' words in Deuteronomy 31, what did he tell the people in Joshua 1:9?
 - a. What do you think would have happened if Joshua's faith would have faltered and he failed to follow Moses' example?
 - b. As believers, we also have responsibility to obey the One we claim to follow (Jesus). What might be the effect on others of our giving in to our *fears* rather than believing God?
2. God not only understands our *fears*, but He is the answer for them. He not only tells us not to be afraid, He also gives us reasons why we can relinquish our *fears*. Today we will look at some of those reasons. From the following verses, underline or highlight the words or phrases that tell us why God is saying, *Do not be afraid*.

Genesis 15:1 *After these things the word of the LORD came to Abram in a vision, saying, "Do not be afraid, Abram. I am your shield, your exceedingly great reward."*

Genesis 26:24 *And the LORD appeared to him the same night and said, "I am the God of your father Abraham; do not fear, for I am with you. I will bless you and multiply your descendants for My servant Abraham's sake."*

Exodus 20:20 *And Moses said to the people, "Do not fear; for God has come to test you, and that His fear may be before you, so that you may not sin."*

2 Chronicles 20:15 *And he said, "Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: 'Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's.'"*

Nehemiah 4:14 *And I looked, and arose and said to the nobles, to the leaders, and to the rest of the people, "Do not be afraid of them. Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses."*

Proverbs 3:25-26 *Do not be afraid of sudden terror, nor of trouble from the wicked when it comes; For the LORD will be your confidence, and will keep your foot from being caught.*

Isaiah 12:2 *Behold, God is my salvation, I will trust and not be afraid; 'For YAH, the LORD, is my strength and song; He also has become my salvation.'* "

Isaiah 41:10 *Fear not, for I am with you; Be not dismayed, for I am your God. I will strength you, Yes, I will help you, I will uphold you with My righteous right hand.'*

Isaiah 44:8 *Do not fear, nor be afraid; Have I not told you from that time, and declared it? You are My witnesses. Is there a God besides Me? Indeed there is no other Rock; I know not one.'* "

Jeremiah 17:7,8 *Blessed is the man who trusts in the Lord, and whose hope is the Lord. ⁸For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit.*

Matthew 10:31 *Do not fear therefore; you are of more value than many sparrows.*

Mark 5:36 *As soon as Jesus heard the word that was spoken, He said to the ruler of the synagogue, "Do not be afraid; only believe."*

Luke 12:32 *Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom.*

Revelation 1:17 *And when I saw Him, I fell at His feet as dead. But He laid His right hand on me, saying to me, "Do not be afraid; I am the First and the Last."*

3. Summarize what you have learned from these verses.

DAY FOUR: Read 1 Chronicles 28:20

And David said to his son Solomon, "Be strong and of good courage, and do it; do not fear nor be dismayed, for the LORD God--my God--will be with you. He will not leave you nor forsake you, until you have finished all the work for the service of the house of the LORD."

1. David was encouraging Solomon to build the temple. This was no small task that had been set for Solomon. It could very easily have ended in failure, which would have ensued in Solomon, himself, being labeled a failure. What two word phrase did David use that would be proof of whether Solomon was acting in courage or not?
 - a. What does a person have to do, to get to the place of *doing it*?

Do the thing you fear and the death of fear is certain.

- Ralph Waldo Emerson

2. In overcoming *fear*, there are two parts: God's part and our part. How would you describe God's part?
 - a. How would you describe our part?
3. How would a person who is afraid of flying in an airplane know if he has overcome that *fear*?
4. Describe a *fear* from your past that you have overcome?
 - a. What was your part in this victory?
 - b. If the *fear* rears its ugly head again and returns, what do you do?

DAY FIVE:

1. "Fear imprisons, faith liberates; fear paralyzes, faith empowers; fear disheartens, faith encourages; fear sickens, faith heals; fear makes useless, faith makes serviceable-and, most of all, fear puts hopelessness at the heart of life, while faith rejoices in its God." This quote from H.E. Fosdick reminds us of the debilitating effects of *fear*. Add to his quote by creating your own list of the effects of *fear*.

2. The opposite of *fear* is *faith*. Describe what it is like to choose to respond in *faith*.
 - a. Contrary to the effects of *fear*, choosing faith yields entirely different results. What are some of them?

3. Why do we sometimes choose *fear* rather than *faith*?
 - a. What does it say when we choose *fear* rather than *faith*?

4. Scan Hebrews 11 and record some of the great things God's people have done through *faith*.
 - a. Why did they do what they did?

 - b. Using Hebrews 12:2, How were they able to do what they did?

DAY SIX: Review

1. Share one thing that you learned from each day of this lesson:

Day One:

Day Two:

Day Three:

Day Four:

Day Five:

2. Why is it sometimes hard to trust God?

a. Describe a time you chose to trust God. What did you learn?

3. *For this Good News – that God has prepared a place of rest – has been announced to us just as it was to them (the Israelites). But it did them no good because they didn't believe what God told them (Hebrews 4:10 NLT). How do you relate this verse to the subject of fear?*

4. In what way(s) has this lesson personally impacted you?

*Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.'*
- Isaiah 41:10