

FEARLESS

FINDING COURAGE IN A WORLD RULED BY FEAR

ReStartMinistries.com



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Session #1 – Moving from Fear to Faith

“For God gave us a spirit not of fear but of power and love and self-control.” – 2 Timothy 1:7

Summary of Study: Fearless is finding courage from God to face those things in life that keep us from walking in all that we are called to be.

Introduction: Our Finest Hour

We are living in a time like no other. We turn on the news and we see the headlines with numbers rising regarding people who have been attacked by the relentless pursuit of an unseen enemy.

May this be our finest hour as Christians. May we take to heart the words of the Apostle Paul and Peter,

2 Timothy 1:7 – “For God gave us a spirit not of fear but of power and love and self-control.”

1 Peter 3:15 – but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect.

Section #1 – The Effects of Living by Fear

The first section of our study looks at four central points dealing with the effect of fear on your life. Fear effects everything about us from our physical well-being to our emotional well-being to our walk with the Lord.

The point is that fear effects our life in a drastic way when we let it overwhelm our life. The great George Mueller once observed,

Quote: Faith ends where worry begins and worry ends where faith begins.

As we look to the time in which we are living, make sure you make every effort to guard your heart, mind, and spirit from being ruled and eventually ruined by fear. Remember these four points when you are getting overwhelmed by fear.

POINT #1 – FEAR TWISTS TRUTH

Psalm 27:1 – The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?

POINT #2 – FEAR ROBBS YOU OF HOPE

Psalm 118:6-7 – The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper.

POINT #3 – FEAR ROBBS YOU OF PEACE

John 14:27 – Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

POINT #4 – FEAR ROBBS YOU OF COURAGE

Joshua 1:9 – Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

Section #2 – Living by Faith

The second section of our study looks at what it means for us to replace a life of fear with a life of faith. It has been said,

Faith compels me to push forward because no matter what lies ahead of me, God is already there.

The big question that you may ask in a time when the world is ruled by fear and consumed with the unknown is simple: **How can I start living by faith?**

Set Your Sight on the Lord

Colossian 3:1-4 – If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth. ³For you have died, and your life is hidden with Christ in God. ⁴When Christ who is your life appears, then you also will appear with him in glory.

Trust the Lord

Proverbs 3:5-6 – ⁵Trust in the LORD with all your heart, and do not lean on your own understanding. ⁶In all your ways acknowledge him, and he will make straight your paths.

Fear the Lord

Proverbs 1:7 – The fear of the LORD is the beginning of knowledge...

Love the Lord

Matthew 22:37 – And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind.”

Section #3 – Encouraged by the Promises of God

Finally, as we look to the Word of God, we are reminded that we can replace our fear with faith as we learn to trust more in the promises of the Lord and lesson on the promises of man.

What are some of the Promises of the Lord that give you courage in a time like this? Here are a few to be reminded of today.

God Gives Peace in Times of Trouble

John 14:27 – Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

God Gives Courage to Face the Enemy

Joshua 1:9 – Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

God Delivers You From Fear

Psalms 34:4 – I sought the LORD, and he answered me and delivered me from all my fears.

God is the Light and Salvation that Conquers the Dark Times of Fear

Psalms 27:1 – The LORD is my light and my salvation— so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble?

God Strengthens and Sustains You

Isaiah 41:10 – fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

God Alone Saves

Isaiah 43:11 – I am the Lord and besides me there is no Savior.

Conclusion

Begin trusting in the promises of the Lord today. The more you learn about His Word, the more you will grow in faith which conquers fear.

Hebrews 11:6 – And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.