

# In My Feelings

## Fear

### SERMON SUMMARY

Fear is a natural human emotion, but it is not meant to rule our lives. The Bible repeatedly tells us, "Do not be afraid," not because we won't face fearful situations, but because God is with us in every moment. Fear often distorts reality and distracts us from God's promises. Instead of allowing fear to paralyze us, we are called to lean into God's presence, trust His plans, and anchor ourselves in His perfect love, which casts out fear.

### KEY VERSES

Joshua 1:9

Matthew 14:27

2 Timothy 1:7

1 John 4:18

### SERMON NOTES LINK

<https://bible.com/events/49382937>

### DISCUSSION GUIDE

1. How has fear impacted your life recently? What is one thing you learned in last weekend's sermon that encouraged you?
2. Two things that can cause fear in our life are worry and control. Think about your recent experiences of fear. How has worry and control kept you locked up in fear?
3. **Read Joshua 1:9.** This verse has some pretty tall commands - be strong, be courageous, don't be discouraged - but what reason does this verse give us for being able to live like that?
4. **Read Matthew 14:22-36.** How does Peter's ultimate faith and focus on Jesus encourage you? Read Matthew 14:27 again. How do Jesus' words here help you focus on Him?
5. **Read 2 Timothy 1:7.** God gives us power, love and self-discipline to face our fears. Which of these three speak to you most profoundly as you think about facing your fears?
6. **Read 1 John 4:18.** On Sunday Chris said we can unlock the door that keeps us captivated by fear. We do that by receiving God's love and loving others. How do the words, "perfect love drives out fear" speak to your heart?
7. "Never allow the presence of fear to cause you to doubt the presence of God." What can you do this week to remember that God is always with you, even in your fears?

### PRAYER

Thank God today that He is with you always—even in your struggle with fear. Pray for courage this week. Ask God to help you step out in faith and embrace the life of faith instead of fear. Pray that you will be aware of His presence with you in the storms and that you will fix your eyes on Him.