

FEAR NO. 2 BIBLE STUDY
BUDDY

We are on a journey together – Jesus is our deliverer and we have a positive foundation to build on.

Isaiah 41:10 “So do not fear for I am with you; do not be dismayed for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Buddy carried this truth with her all over the place – visible when needed!

God's purpose is for us to serve him without fear. (What does this mean? **DISCUSS**)

Luke 1: 74, 75 “to rescue us from the hand of our enemies, and enable us to serve him without fear in holiness and righteousness before him all our days”. **Key verse – discuss the following words from the verse.**

Rescue -
enemies -
enable us to serve him -
without fear -
holiness and righteousness -
all our days -

Read Isaiah 35:4

God knows us, loves us, wants us to be free from our fears!

When does a fear become a phobia? (example - “bee in the car” story – once the bee was in the Car Buddy's daughter's focus was on the bee and not the road!) A fear is a phobia when it rules, controls, prevents full function.

What are some of the physical effects of fear? (medical effects of fear)

- heart palpitations
- chest pain
- fear of heart attack
- tension and limb stiffness
- hyperventilation
- tingling sensation
- shaking / sweating
- disorientated vision
- can result in total paralysis
- although the symptoms can all present physically, **in cases of anxiety and fear** the root is psychiatric. (It is always important to check unusual symptoms as certain medical conditions can have similar symptoms)

Buddy found at the end of 8 years psychiatric treatment she was still fearful. She turned to God. She didn't know if he was real “IF YOU ARE REAL HELP ME!”

What do we feel about psychiatric care and taking medication? DISCUSS

How do we support someone who is in an on-going “life storm” and dealing with fear ? How do we

stay hopeful? How would I encourage someone struggling? (practically and spiritually)

“Jesus is real, he is able to help us face our fears” ANY EXAMPLES?

Many of us develop survival mechanisms to cope with fear. God does not condemn us for these things – he wants to help us be free.

Problem - DENIAL – refusing to admit anything is wrong

Response – acknowledge, admit, confess in a safe place – expose!

Problem – AVOID (situation, people etc that trigger fear /anxiety)

Response – be prepared to face our fears (but we don't face them alone! **Isaiah 35: 4**)

How does fear get into our lives? We have to look at the entry points.

Healing and freedom from fear go together!

- INHERITED FEAR - we may have physical traits “resemblance” to other family members – parents etc. We can inherit gifts (music / art / sports etc.), We can also inherit spiritual things – good and positive or the opposite. Evil comes through generations.

We can be cut off and released from a spirit of fear. Fear can enter in the womb (Buddy shared the story of her mother during the war and transferring excessive fear to Buddy in the womb). A baby can be born anxious and fearful. Other early and later life experiences also have an impact – Childhood abuse of all forms, insecurity, sudden trauma (attack / loss), chronic sickness, betrayal, etc. It helps to identify and know the fear entry points in our lives.

HEALING PRAYER CAN BE INSTANT OR OVER A PERIOD OF TIME.

WHAT IS THE ANSWER TO OUR FEARS? Jesus

- His presence (you are not alone)
- Read Bible (1 John – God is love – perfect love casts out fear)
- Abide in God (what does this mean?) grow in relationship with him, grow close, recognise only God's love can set us free. “he who fears has not been made perfect in his love”, don't neglect our relationship with God.

Ephesians 3: 14 – 19 Take a line at a time and reflect on what this verse is saying in light of “GOD IS LOVE, PERFECT LOVE DRIVES OUT FEAR.”

Satan is a powerful enemy but God is greater. Satan was defeated at the cross – Christ gives us victory.

Acts 1:8 You will receive power when the Holy spirit comes on you. Only through the power of the spirit that we are able to stand.

He is able to change us even if we struggle to believe it! (**Eph 3: 20**)

facing a fear cuts it down to size.

What do I need to face?

Take it to God in prayer.