

Fear

Be not afraid of sudden fear, neither of the desolation of the wicked when it cometh. For the Lord shall be thy confidence, and shall keep thy foot from being taken. Proverbs 3:25-26

Day One

Study the following verses and note everything they have to say about fear. The causes of fear and the solution to fear. Specifically write down what causes your fear. What are the results of your fear and develop a biblical strategy for overcoming sinful fear. To discover the causes of your fear, keep a daily journal of the times you are most fearful: note exactly when it happens, where you are, what happened, with whom you are with, what you think about, and what you do when you are tempted to be fearful. Evaluate your response in light of what Scripture indicates you should do. Did you handle biblically the temptation to fear? If not, how did you fail? How, specifically, should you change your response when tempted to become fearful? Use a separate piece of paper, if necessary, to write down your answers to the above questions.

Pray, write out the following verses, and describe what they say about the result of fear in the space provided.

Luke 21:26 _____

What is the result of fear? _____

Proverbs 29:25 _____

What is the result of fear? _____

1st John 4:18 _____

What is the result of fear? _____

Proverbs 10:24

What is the result of fear?

Proverbs 28:1

Read **Matthew 25:14-25**

What is the result of fear?

Read **Deuteronomy 28:58-67**

What is the result of fear?

Memory Verse: "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." **Proverbs 3:25-26** NKJV

Each day review the memory verse several times with prayer. If the Bible you use everyday is a different version than the New King James, memorize in the one you use.

Day Two

Pray, write out the following verses, and describe what they say about the result of fear in the space provided.

Read **Genesis 21:16-17**

What is the result of fear?

Genesis 26:6-7

What is the result of fear?

Read **1st Samuel 15:19-25**

What is the result of fear? _____

Galatians 2:12 _____

What is the result of fear? _____

Read **Mark 4:35-41**

What is the result of fear? _____

Read **Numbers 13:25-14:4**

What is the result of fear? _____

Matthew 26:69-74

What is the result of fear? _____

Memory Verse: Fill in the blanks. "Do ____ be afraid of sudden _____, nor of trouble from the wicked when it comes; for the _____ will be your _____, and will _____ your foot from being _____." **Proverbs 3:25-26** NKJV

Day Three

Pray, write out the following verses, and describe what they say about the causes of fear in the space provided.

1st John 4:18-19 _____

What is the cause of fear? _____

Proverbs 28:1 _____

What is the cause of fear? _____

Proverbs 1:33 _____

What is the cause of fear? _____

Proverbs 29:25 _____

What is the cause of fear? _____

Hebrews 13:5-6 _____

What is the cause of fear? _____

Read **John 7:13 & 20:19**

What is the cause of fear? _____

Hebrews 2:15 _____

What is the cause of fear? _____

Memory Verse: Fill in the blanks. "Do _____ be _____ of sudden _____, nor _____ trouble from _____ wicked when it _____; for the _____ will _____ your _____, and will _____ your _____ from being _____."

Proverbs 3:25-26 NKJV

Day Four

Pray, write out the following verses, and describe what they say about the causes of fear in the space provided.

Ezekiel 11:8 _____

What is the cause of fear? _____

Genesis 32:11 _____

What is the cause of fear? _____

Psalms 46:2-3 _____

What is the cause of fear? _____

Genesis 21:16-17 _____

What is the cause of fear? _____

Read **Genesis 26:6-7**

What is the cause of fear? _____

Matthew 10:28

What is the cause of fear?

Galatians 2:12

What is the cause of fear?

Psalms 23:4

What is the cause of fear?

Psalms 56:4

What is the cause of fear?

Read **Matthew 26:69-74**

What is the cause of fear?

Read **Mark 4:35-41**

What is the cause of fear?

Read **Numbers 13:25-14:5**

What is the cause of fear?

Memory Verse: Fill in the blanks. "Do _____ of _____, nor _____ from _____ wicked _____ it _____; _____ the _____ will _____ your _____, and _____ your _____ from being _____."

Proverbs 3:25-26 NKJV

Day Five

Pray, write out the following verses, and describe what they say about the solution to overcome fear in the space provided.

Read **1st John 4:18-19**

What is the solution to overcoming fear? _____

Psalms 112:1,7-8 _____

What is the solution to overcoming fear? _____

Read **Hebrews 13:5-6**

What is the solution to overcoming fear? _____

2nd Timothy 1:7 _____

What is the solution to overcoming fear? _____

Read **Proverbs 3:13-26**

What is the solution to overcoming fear? _____

Read **Genesis 32:7-12**

What is the solution to overcoming fear? _____

Psalms 27:1-3 _____

What is the solution to overcoming fear? _____

Proverbs 14:26-27 _____

What is the solution to overcoming fear? _____

Psalms 34:4 _____

What is the solution to overcoming fear? _____

You claim Jesus as Lord and Saviour, but do you fear Him? What is it to fear the Lord, but to show deep respect for Him and to honor Him. We demonstrate true reverence by our humble attitude and genuine worship towards God.

Read **Psalm 46**

What is the solution to overcoming fear? _____

1st Peter 3:13-15 _____

What is the solution to overcoming fear? _____

Read **2nd Timothy 1:7**

What is the solution to overcoming fear? _____

Memory Verse: Fill in the blanks. "Do _____, _____ from _____; _____ the _____ your _____, and _____ your _____." **Proverbs 3:25-26** NKJV

Day Six

Pray, write out the following verses, and describe what they say about the solution to overcome fear in the space provided.

Read **Genesis 32:7-12**

What is the solution to overcoming fear? _____

Psalms 55:16-18

What is the solution to overcoming fear? _____

Proverbs 10:27

What is the solution to overcoming fear? _____

Proverbs 1:33

What is the solution to overcoming fear? _____

Read **Psalm 23:4**

What is the solution to overcoming fear? _____

Joshua 1:9 _____

What is the solution to overcoming fear? _____

Psalm 111:10 _____

What is the solution to overcoming fear? _____

Read **2nd Chronicles 20:1-13**

What is the solution to overcoming fear? _____

So what did the Lord say to the King and Judah, did He abandon them in their hour of need? In verse 15 the Lord God speaks saying "Listen, all Judah and the inhabitants of Jerusalem and King Jehoshaphat: thus says the Lord to you, 'Do not fear or be dismayed because of this great multitude, for the battle is not yours but God's'."

Proverbs 22:4 _____

What is a benefit of the fear of the Lord? _____

Below is an example of a brother in Christ applying some of the principles used in putting off fear and putting on Christ. Read it prayerfully and notice what he did or did not do.

I have claustrophobia. According to the Merrian Webster dictionary, the definition of claustrophobia is "abnormal dread of being in closed or narrow spaces."

As a supervisor for Sunkist, I was asked to make sure that the inside of a railroad juice tanker was ready to be filled with juice. A new employee was helping me in putting a

ladder down into the tanker. I had a rope tied around my waist and a new heavy and bright flashlight. I put my faith in the flashlight, the rope and the new employee. The ladder was pulled up and I began to inspect the tanker. When I was done inspecting the tanker I shouted to the new employee to send the ladder back down. Nothing!! Almost immediately, my mind began to think that the walls of the tanker were closing in on me. My heart started beating faster. I started sweating. Then I remembered the Lord and kept my mind and my faith on Jesus by bringing every thought captive to the obedience of Jesus. I did this by first looking up to heaven through the open hatch tanker cover. I started thinking and singing about some of the songs I knew from church. And what do you know...I started calming down. It was about ten minutes later that the new employee came back and let the ladder down to me.

Use the graphic below to examine specific situations that occur in your life to find Biblical answers to your situation. As you put God's Word into practice you can grow as a mature Christian in Biblical fear. Use all the Scriptures and explanations above to help you discern where you are as a disciple. Examples: fear of death, fear of an individual, fear of the future, fear of financial failure, ect.

Problem	Unbiblical	Biblical	Scripture Used
Fear with torment	Proverbs 29:25a	Proverbs 29:25b	James 4:18

Question: How, specifically, does this Bible study help you to overcome sin in your life? Write out your answer on a separate piece of paper or write out your answer to the above question below:

Memory Verse: Fill in the blanks. "Do _____, _____ from _____; _____ the _____ your _____, and _____ your _____." **Proverbs 3:25-26** NKJV