

Fighting Fear

Pastor Bryan D. Edwards

bryan@trc.life

I. Don't give way to fear

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

1 Peter 5:8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Philippians 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

II. Fight fear with the truth of who God is

Romans 8:15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

Mark 14:35 Abba, Father, all things are possible for you.

Psalms 34:18 The Lord is near to the brokenhearted and saves the crushed in spirit.

DISCUSSION QUESTIONS

- What do you fear the most? How does it affect the way you go about your day to day? (Does it lead to panic, anger, anxiety?)
- When you fear the future, do you imagine Jesus being there with you? Or do you see yourself alone? What does God's Word say about that?
- Do you recognize when others around you are fearful? Spouse, children, sibling, roommate? How can you minister to them in these moments?
- What passages most speak to you in your fear? How could you share those passages and how they have helped you with someone else?
- Share about a time in your life where the Lord has helped you in a crisis of fear.

VERSES TO FIGHT FEAR:

Deuteronomy 31:6, Psalm 4:8, 18:1-2, 27:14, 29:11, 46:1-2, 56:3-4, 62:1, 121:8, Proverbs 3:25-26, 14:30, 19:23, Matthew 19:26, 28:20 John 16:33

Romans 15:13, 1 Peter 5:10

BOOKS TO HELP YOU FIGHT FEAR

Let it Go! Breaking Free from Fear and Anxiety - Tony Evans

Anxious for Nothing - John MacArthur

Fearless - Max Lucado

ADDITIONAL RESOURCES

<https://www.desiringgod.org/interviews/how-do-i-fight-my-coronavirus-fears>

<https://www.desiringgod.org/labs/battling-anxiety-with-thankful-prayer>

<https://www.thegospelcoalition.org/blogs/scotty-smith/not-a-spirit-of-fear/>

<https://www.thegospelcoalition.org/blogs/scotty-smith/hope-shrinking-fears/>

<https://www.ligonier.org/learn/articles/fear-future/>

<https://www.desiringgod.org/articles/five-ways-to-help-children-fight-fear>