

How To Deal With Fear

How To Overcome Your Fear

Ann Lander's Newspaper Column

"What's the most common problem that you find in your letters?"

She Said, "Without a doubt, fear."

USA Weekend—FACING YOUR FEAR!

"Anxiety is America's #1 mental health problem. It costs billions and ruins lives, and it's on the rise. Why? It's a scary place and time...Edginess is epidemic."

OTHER NAMES FOR FEAR:

- W _____
- T _____
- A _____
- BEING _____
- S _____

We Know That FEAR

- Is _____
- **Is** _____
- Is _____

FOUNDATIONAL TRUTHS FOR NO-FEAR LIVING

_____ God's _____ for Me (1 John 4:18)

- LOVE CAN _____ Fear
- Love that's required is _____ love.
- It's your deepest human need.

Three Different Levels of Fear

- _____ fears
- _____ fears
- _____ fear
 - Overpowering your deepest fears _____ perfect love (1 John 4:18)
 - Only one Who has this perfect love is _____ (v.16-17)

1 1 John 4:18 (NCV) *“Where God’s love is, there is no fear because God’s love drives out fear.”*

WHY DO PEOPLE AVOID GOD?

- Don’t _____ His love.
- Don’t think He’s _____.
- Don’t think they’re _____.

Three Different Levels of Fear

2 _____ in Jesus as My _____.

John 1:12 *“To all who received Him, to _____ who _____ in His (Jesus) name, He gave the right to become children of God.”*

Belief isn’t just _____ knowledge agreement (James 2:18-26).

- ☛ Belief means to _____ on, trust in, cling to, adhere to, commit to.
- ☛ Salvation requires placing your full reliance & trust in Jesus.
- John 8:24
- Ephesians 3:7-13
- Luke 8:50 “Fear Not, ... Believe”
- Hebrews 2:14-15.

3 _____ My Life & My Fears to the _____ of Christ—Luke 6:46;
Matthew 7:21-23; Hebrews 5:8, 9; Revelation 22:14