

Study B: Releasing Fears

"There is no fear in love. But perfect love drives out fear..."
James 4:6b

Why: Reasons for the study

- Fear of failure, rejection and/or of the future play major motivational roles in people's lives.
- Most people are clueless as to the degree to which fear controls their thoughts, attitudes and behaviors.
- For authentic life change to take place we must deal with the motivations of the heart, not just actions/behavior.

What: Principles to grasp

- Unbelief in God's character, commands and promises produces ungodly fears, which in turn produce self-protective behaviors. (See *Root Cause of All Sin* diagram).
- We don't have to be aware of fear or experience fear to be controlled by it.
- Fears must be recognized and released to God.

How: Path to a changed life

- To realize sinful attitudes/behaviors are motivated by fear of loss of control over their world
- To develop a practice of identifying and confessing fears and then releasing them to the Lord before acting on them

Helpful ideas:

- Review the concepts in the *Root Cause of All Sin* diagram, showing how fear is the result of unbelief in God and causes self-protective strategies.
- Every disciple needs to work through a fear list – even if they do not believe they struggle with fear.
- Discuss and identify different categories of their fears from the study.
- Ask them to write a list of their specific fears, including categories. Have them pray through the list with you as a witness. (See *Steps to Releasing Fears to God.*)
- It may be difficult for your disciples to pray, "Even if _____" because they are trying to maintain control in a specific area and may struggle surrendering it to God.
- Encourage them to continue renewing their minds throughout the week, confessing their fears and forcing their minds to believe God's truths.

Tools and additional resources:

- Webinar recording, "God in the Midst of Fear" may be helpful for those struggling with fear. (ctousa.org/media/webinars)
- Scripture verses regarding fear at end of lesson
- *Fear Checklist* at end of lesson
- *Steps to Releasing Fears to God*