



PART 2 - B
RELEASING FEARS

**“Where pride is the result of having
too big a view of yourself,
fear is the result of having
too small of a view of God.”**

Randy Murphy

God's Call to Obedience

RELEASING FEARS

B

“The fear of the Lord is the beginning of wisdom...”
PROV. 9:10A

- I. **Fear of the Lord** is foundational to wisdom. (Prov. 1:7; Jas. 3:17)
 - A. You are commanded to fear God. (1 Pet. 2:17; Ps. 34:9; Josh. 24:14)
 1. Fear of the Lord is an *awesome respect* and reverence for God, Who has dominion over all His creation. (Ps. 33:8-11)
 2. Fear of God includes the realization that He has the ability to expose sin and to discipline for it. (Heb. 4:13; 12:5-11)
 3. It includes having a hatred for sin and a great desire to obey God. (Prov. 8:13)
 - B. It is the one fear that removes all others. Through fearing the Lord, man avoids evil. (Prov. 19:23; 16:6b)

“T WAS GRACE THAT TAUGHT MY HEART TO FEAR,
AND GRACE MY FEARS RELIEVED.”¹
JOHN NEWTON

“How great is your goodness, which you have stored up
for those who fear you...on those who take refuge in you.”
Ps. 31:19

- II. **Most fears are sinful**
 - A. God commands you not to fear. (Josh. 1:9; Deut. 31:6,8; Matt. 6:34; Phil. 4:6)
 1. Fear doesn't need to be felt or consciously experienced (e.g. anxiety) to control you.
 2. Fear is the sinful *result* of choosing not to trust God, His perfect character, commands and promises.

3. Fear is usually produced by being focused on yourself, your circumstances and your future rather than on God, His character and His Word.
4. Fear does not come from God. (Rom. 8:15)

**“ For God has not given us a spirit of fear,
but of power and of love and of a sound mind.”**
2 TIM. 1:7 NKJV

- B. God sets biblical love against sinful fear as mutually exclusive.

“ There is no fear in love. But perfect love drives out fear...”
1 JOHN 4:18A

“Perfect love”: these are the words God uses to define His love toward you. It is not conditional upon your performance. This divine love is bestowed upon His chosen people whom He always accepts, always forgives; never rejects; never abandons. Christ’s Spirit living within you is “perfect love”; therefore, you are released from the fear of His punishment and condemnation.

Fear stems from pride, which is a demand to be in control of your world. The loss or threatened loss of control generates fear.

The following are fears that most commonly plague mankind:

III. Fear of death

- A. For believers, fear of death is sin. (Heb. 2:14,15)
1. Confess your fears to God.
 2. Believe the scriptural truths that Christ’s death and resurrection
 - a. removes death’s “sting” for the saints. (Phil. 1:20-24; 1 Cor. 15:54-56)
 - b. assures you a place He has prepared for you in heaven. (John 14:2; 1 Cor. 2:9)
 - c. provides an eternity free from sin, sorrow, suffering and sickness. (Rev. 21:4)
 3. Confess unbelief in God’s promises as sin; then believe and claim that God is not a liar and always fulfills His promises. (Titus 1:2; Josh. 23:14)
- B. For unbelievers, fear of death should be real and used as an opportunity to share the gospel with them.

IV. **Fear of exposure, consequences, discipline and/or failure** because of your personal sin

A. This fear may lead to

1. trying to hide from God to protect yourself from unpleasant consequences. (Gen. 3:10)
2. trying to hide from others to protect yourself from unpleasant consequences.
 - a. Hiding your sin from authority figures – often leads to lying, manipulating, escaping responsibility, discrediting your authority, etc.
 - b. Hiding your sin from peers – often leads to denying, shifting blame, controlling, focusing on another’s sin, etc.
 - 1) to prevent the consequences of being ridiculed, pressured, rejected or damaging your reputation
 - 2) to cover weakness and sin behind an “image” to try to make yourself acceptable

Your willingness to accept the consequences of your sin leads to obedience, confession, repentance, restitution (if needed), growth in integrity and a clear conscience.

“ The man of integrity walks securely,
but he who takes crooked paths will be found out.”
PROV. 10:9

- B. There are principles to biblically handle the fear of exposure, consequences, discipline and failure.
1. Realize God loves you just as much when you sin as when you are obedient.
 - a. He will not leave you nor forsake you in the discipline or failure. (Heb. 13:5)
 - b. God may discipline you, but He does not condemn you. (Rom. 8:1)
 - c. Your identity in Christ remains secure and unchanged, despite your failures.
 - d. God heals the wayward or backslidden.

**“ I will heal their waywardness and love them freely,
for my anger has turned away from them.”**

HOSEA 14:4

2. Realize that trying to hide your sin from God and others may lead to greater sorrow. God clearly states you will reap what you sow. (Gal. 6:7-8)
3. Be willing to face the consequences or discipline that God and/or your human authorities deem necessary to produce godliness. (Heb. 12:10-11)
 - a. Develop the biblical view that God’s discipline is an act of His love. (Heb. 12:6)
 - b. Renew your mind with God’s goals for you.
 - c. Believe that in order to strengthen your character, God must give you what you need rather than what you want. (Heb. 12:5-11)
 - d. Realize God desires you to live with a clear conscience. (1 Tim. 1:5,19)

**“ Whoever loves discipline loves knowledge,
but he who hates correction is stupid.”**

PROV. 12:1

4. Crucify your self-will and yield yourself to God’s will by saying, “***...not My will, but Thine be done.***” (Luke 22:42 NASB)
5. Renew your mind with God’s truths.
 - a. Choose to believe that God is always working for your good, even through painful consequences. Remember you are called for *His purpose*. (Is. 38:17; Rom. 8:28)
 - 1) You should believe God, rather than the father of lies, concerning your ultimate welfare. (John 8:44-46)
 - 2) You should entrust the outcome to your heavenly Father, as Christ did. (1 Pet. 2:23)
 - b. Confess to God that your fear of wanting to protect yourself **is** sin, and confess any related sins. (Prov. 28:13)
 - c. Learn to release the fear of consequences to God by actually saying, “Lord, even if (name the possible consequences) happens, I will follow You, and You will give me the grace to endure.” (1 Cor. 10:13)

“ Listen to counsel and accept discipline,
that you may be wise the rest of your days.”

PROV. 19:20 NASB

6. Seek reconciliation from those you sinned against. If you have stolen from someone, make restitution to them. (Matt. 5:23,24)

“ A thief must certainly make restitution...”

EX. 22:3A

7. Continue practicing the renewing of your mind and walking with integrity. (Rom. 12:2; Ps. 15:1-2)
8. Ask God to rebuke Satan’s attacks if you become fearful of continuing in obedience. (Jude 9; 2 Tim. 1:7)

V. Fear of circumstances, of the unknown, of the future

A. Reasons for trying to control your circumstances, others and the future

1. Seeking your personal happiness and fulfillment through your circumstances and key people in your life
2. Seeking to protect yourself from emotional pain and to be personally secure
 - a. You fear letting go of sinful ways in which you are trying to find security, satisfaction and fulfillment through your life’s situations. Sinful thinking and behavior literally becomes a way of “emotional survival.”
 - b. You fear letting God fulfill you and building your security in Him because you refuse to trust His ability to do so. (Eph. 3:20)
 - c. You fear trusting God because you believe He may not give you what **you** have decided you need for security and fulfillment. (Is. 55:8,9)
 - d. You do not realize that because He knows you intimately, He also knows what situations are needed in your life to draw you deeply into Him, to train you in godliness and to fit you for ministry. (Ps. 139:1-6; 2 Pet. 1:3)
3. Unwilling to take risks to obey God because the unknown is frightening
 - a. You wrongly believe you will benefit from ignoring God’s commands rather than obeying them.
 - b. You do not trust God to act on your behalf, if you do obey Him.

- B. **Results** of your not being in control of your circumstances and key people in your life
1. Feelings of being overwhelmed
 2. Hopelessness and despair
 3. Futility and discouragement
 4. Anger toward God and others for not changing your circumstances
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These attitudes can easily lead you into a deep depression. These attitudes can easily lead you into compromising God's Word or giving up.

- C. Principles to biblically handle fear of circumstances, the unknown, the future:
1. Understand that God loves you by allowing the tribulation or uncertainties.
 - a. He is not trying to harm you but to draw you close to Him so you can *experience* His love and faithfulness in the midst of trial. (Deut. 4:31)
 - b. He wants to teach you how to feel secure *in Him*, no matter how great the difficulties and uncertainties that are swirling around you.
 2. Place your hope and expectations in the Lord to give you all that you need, rather than demanding people or circumstances change. (Phil. 4:19; Ps. 33:20,21)
 3. Be willing to die to self and to choose to believe that God is working in your best interest through the things you cannot control. He is lovingly controlling your life for His purposes. (Ps. 115:3; Is. 38:17; Rom. 8:28)
 4. Ask God's forgiveness for the following, if they apply:
 - a. Not being willing to give up self-will
 - b. Not *accepting* uncertainties, difficult circumstances and failures
 - c. Not obeying God's commands, which appear to be difficult from your vantage point (1 John 5:3)

- d. Being angry at God and/or placing demands on Him because He hasn't changed your circumstances
 - 1) You never forgive God. There isn't any command to forgive God, nor any scriptural support to do so.
 - 2) He is perfect, and His ways are perfect. (Matt. 5:48; Ps. 18:30a; Deut. 32:4)
 - e. Being angry at others, blaming them and/or trying to control them
 - f. Living in denial or suppression to avoid the painful realities of your life
 - g. Avoiding taking responsibility, which difficulties in your life require
5. Confess specific fears and commit them to the Lord by implementing the *Steps to Releasing Fears to God* in this study.
6. Commit to obeying God's commands, *even if you are fearful*.
- a. Practice making biblical decisions regardless of difficult circumstances or others' anticipated negative responses.
 - b. Persevere in obedience, realizing your faith will be strengthened as your dependency in Christ deepens. (Gal. 6:9)
7. Practice *acceptance* of the uncertainty or undesirable circumstance as the will of God. (1 Pet. 4:19)
- a. Understand God has great purpose in allowing adversity and uncertainty, which are designed to enable you to reach His goals.
 - b. Practice thanksgiving *for* the trials because it is often a "bridge" between railing against God's plan and full acceptance of it. (Is. 45:9; Eph. 5:20)
 - c. View uncertainties as "adventures in faith" because you can rely only on Christ, rather than your circumstances. Understand, "***We live by faith, not by sight.***" (2 Cor. 5:7)
8. Meditate on and give thanks for God's "track record" in getting you through past difficulties.

“Remember how the Lord your God led you all the way in the desert these forty years, to humble you and to test you

**in order to know what was in your heart,
whether or not you would keep his commands.👉**
DEUT. 8:2

9. Rest in God's sovereign control and the many promises He has given to encourage you to trust Him fully. (Matt. 11:28-30)
10. Remember God owns you and your future. The psalmist reminds you of that fact in Psalm 31:15a NLT when he says, ***"My future is in your hands."***
11. Ask God to rebuke Satan's attacks if you become fearful of continuing in obedience. (Jude 9; 2 Tim. 1:9)

Never allow your difficult circumstances to determine how you view God. **God is good**, even when trials assail you. **God loves you**, even when your path is torturous. You can trust the Man who died for you! (John 15:13) Renew your mind with these truths.

👉 His faithfulness is a shield and bulwark. You will not be afraid of the terror by night, or of the arrow that flies by day; Of the pestilence that stalks in darkness, or of the destruction that lays waste at noon. For He will give His angels charge concerning you, to guard you in all your ways.👉
Ps. 91:4B-6,11 NASB

VI. Fear of Rejection

A. **Fear of God's rejection** is not based on truth, but on Satan's lies.

1. You may believe God is presently rejecting you or will reject you
 - a. for sin and failure.
 - b. for who you are.
 - c. because you don't like yourself.
 - d. because key people in your life have rejected you.
2. God the Father chose you from the foundation of the world. He cannot revoke His own decree that you are eternally His.

👉 My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand.👉
JOHN 10:29

3. He placed His everlasting love upon you, and it remains constant despite your sins and weaknesses. (Rom. 8:38,39)

“ Never will I leave you; never will I forsake you.”
HEB. 13:5B

Choose to believe God's unfailing promises.

B. Fear of man's rejection has several causes.

1. Believing Satan's lie that the *foundation* for your personal security and fulfillment
 - a. is based on your being accepted and loved by others.
 - b. does not rest in your dependency upon God to give you all you need to reach His goals. (2 Cor. 9:8)
2. Not trusting God's love, comfort and sufficiency to carry you through the experience of being rejected
3. Being self-focused, rather than God-focused
4. Being controlled by previous rejection experience, which causes you to be unwilling to risk being hurt again

C. Fear of man's rejection should not control you if you are anchored into understanding and relying upon God's eternal and unchanging love for you and His ability to provide all you need. (2 Pet. 1:3)

**“ Fear of man will prove to be a snare,
but whoever trusts in the Lord is kept safe.”**
PROV. 29:25

D. Fear of rejection can be a controlling force in your relationships with others

1. without your awareness.
2. without your *experiencing* the fear because you have no *feelings* of anxiety, apprehension, etc.

E. Fear of rejection leads to unbiblical ways of compensating to gain acceptance from others.

1. Being controlling, intimidating, manipulating
 2. Being a people-pleaser
 3. Being an enabler of others' sins
 4. Not being authentic or genuine because of
 - a. fear that you will not be accepted if your true self, complete with sins and faults, is known
 - b. deep insecurities about who you are
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You will become authentic or “real” when you have nothing to hide, to fear or to protect because you trust God to be the source of your emotional and spiritual stability. You quit demanding that others meet your desires and expectations. You quit trying to please others for the purpose of winning their acceptance. You are able to love and to reach out to others for their sake because you are free in Christ.

VII. All fear should be handled biblically.

- A. Implement the *Steps to Releasing Fears to God* that are provided on the following page.
 1. Practicing these steps can free you to live in submission to God's plans, which He designs for your welfare.
 2. Practicing these steps can also be helpful in releasing you from trying to control people as well as your present or future circumstances.
- B. Be aware that fear does not have to be consciously felt or experienced to control your life.

If your life is manifesting some of the attitudes and behaviors listed on the *Fear and Your View of God* chart or the *Evidences of Fear Checklist* at the end of this study, you are probably controlled by fear.

STEPS TO RELEASING FEARS TO GOD

Implement the following steps when you are fearful.
You may want to pray through your fears with your discipler or a friend.

1. Create a list of your fears, using this study as a guide.
Add other personal fears. Be specific.
2. Read Luke 22:42; 9:23, Deuteronomy 31:6, Joshua 1:9 as preparation for releasing your fears.
3. Confess the first fear on your list. Receive God's forgiveness.
(1 John 1:9)
4. After the confession of that fear, face the possibility of it happening.
Pray "**Even if** (*name the fear*) happens, You will give me (*claim a promise of God*) and/or (*claim a character trait of God*)," which relates to that fear.

Examples:

- "I confess my fear that John will never change. Even if John never changes, You will give me the grace and strength to endure."
 - "I confess my fear that when I stand for your values, Mary will ridicule me. Even if she mocks or ridicules me, You were mocked and the power that carried You through lives inside of me to overcome this." (John 16:33)
 - "Forgive me for fearing that I will fail. Even if I fail, Your love for me is unconditional and never fails."
5. Proceed to the next fear on your list and repeat the process.
 6. Conclude your prayer by saying, "I release these fears to You and will *accept* Your sovereign outcomes." Claim His sure promises: "Jesus, You *will* be there for me, as I walk in the path of obedience. You are loving me in the midst of each difficult situation."
 7. Develop the discipline of repeating these steps whenever these fears reoccur or when new ones surface, until you are spiritually and emotionally released. (Ps. 94:19)
 8. Practice renewing your mind with truth. (Is. 26:3)



- C. The following are ways to move forward and live in freedom from fear.
1. Understand that God wants you involved in meaningful relationships.
 2. Realize people, including Christians, *will* sin against you and hurt you until the day you die because every person in your life sins.
 3. Realize others' sins, rejection and hurtful ways should be handled God's way.
 - a. Adopt God's goals for your life rather than expecting others to meet your personal goals and/or demands.
 - b. Forgive those who have rejected you or you perceive have rejected you and their accompanying sins. Act on your commitment to forgive by renewing your mind.
 - c. Seek reconciliation with those you might have offended through your fear of rejection and your resulting sins. Prepare to do so by using the *Evidences of Fear* checklist at the end of this study.
 - d. Continue the practice of renewing your mind. (Rom. 12:2)
 - e. Give thanks *repeatedly* for the difficult people in your life until you are released. (Eph. 5:20)
 4. Examine your own life. (Matt. 7:1-5) Are sinful attitudes and behaviors, stemming from your fear of rejection causing others to reject you or to alienate you? See the list of sinful attitudes and behaviors that stem from fear of rejection at the end of this study.
 - a. Confess your pride and selfishness in relationship to God and others.
 - b. Learn to differentiate between real and imagined rejection, which you feel you have experienced. People will fail you or sin against you, while not rejecting you.
 - c. Do not set up expectations of what others must do to love you. If you do, you will live in continual discontent because your expectations will be failed over and over.
 5. Practice loving those who are rejecting you. Look for God's blessings in the midst of human rejection. (Rom. 12:17-21; 1 Pet. 2:18-24; 3:1,2; Matt. 5:10-12)
 - a. Realize God's love for you is not deserved, and He does not withdraw His love nor reject you when you fail Him. (Rom. 8:35,37-39; Heb. 13:5,6)



- 1) You must learn to love others with the same kind of unconditional love. (John 13:34,35)
- 2) Practice giving love to others and opening yourself to receive love from others.
- 3) Practice returning blessing for insult. (1 Pet. 3:9-13)
- b. Anchor yourself in Christ and His sufficiency to equip you to reach toward others for their sakes, even when they hurt or reject you. (2 Cor. 12:7-10)
- c. Ask God to rebuke Satan if your fear of rejection controls your behavior and attitudes. (Jude 9; 2 Tim. 1:7)
6. Realize that standing for God's truth and living a life that glorifies Christ will cause some people to reject you. Christ was also rejected repeatedly. (John 15:20,21; 2 Tim. 3:12)
7. Remember Christ will sustain you emotionally and spiritually when others fail you. (Is. 46:4; Ps. 54:4; 55:22)
8. Die to self-will and accept God's will for your life, which includes others' rejection. Rest in God's sovereign control over all your relationships. (1 Pet. 4:19)
9. Memorize verses with which to renew your mind when you are fearful. Hopefully, the verses throughout this study and on the next page will be an encouragement to you.
 - a. Christ used Scripture to combat the power of Satan. (Matt. 4:1-11)
 - b. Scripture will focus you on God, His character and His promises rather than on yourself, your circumstances, your future and/or the sins of others.

“ PRAYER IS THE KEY TO ESCAPING THE SNARE OF SINFUL ANXIETY. DON'T LISTEN TO YOUR ANXIETIES, AND DON'T TALK BACK TO THEM. ESPECIALLY BEWARE OF ANXIETIES IN DISGUISE. DIRECT YOUR TALK TO GOD AND CAST ALL YOUR "WHAT IF" CONCERNS ON HIM BECAUSE ONLY HE CAN GIVE YOU THE ASSURANCE THAT EVERYTHING WILL ULTIMATELY

BE OKAY. ”²

JON BLOOM

FEAR AND YOUR VIEW OF GOD



FEARS	Strategy to overcome fear	Sinful behavior	Pride and Unbelief	WRONG view of God	RIGHT view of God
REJECTION	<p>Avoids personal responsibilities</p> <p>Attempts to perform in ways that are acceptable to themselves, others and God</p>	<p>People-pleaser rather than God-pleaser</p> <p>Over-achiever Unbiblical priorities</p> <p>Demanding Victim Conflict avoider</p>	<p>Not accepting of how God made them</p> <p>Believes they deserve God's love and the love of others</p>	<p>God's forgiveness and acceptance is not enough</p> <p><i>God's love is not enough – they need His love plus approval of others</i></p>	<p>GOD IS GLORIOUS</p> <ul style="list-style-type: none"> • Righteous • Loving • Accepting • My Father <p><i>Nothing can separate me from His love</i></p>
FAILURE	<p>Avoids areas where they feel inadequate</p> <p>Performs to cover areas where they feel inadequate</p>	<p>Avoids responsibility</p> <p>Withdrawal Conflict-avoider Domination Defensiveness Justification Martyr</p> <p>Over-achiever Perfectionist Unbiblical priorities</p>	<p>Not accepting of God's grace, love and forgiveness</p> <p>Believes they can save themselves and earn God's favor</p>	<p>God loves them more when they obey and less when they don't</p> <p>The cross was not sufficient</p> <p><i>God's love can be earned by performance</i></p>	<p>GOD IS GRACIOUS</p> <ul style="list-style-type: none"> • Merciful • Forgiving • Long suffering <p><i>He created me in His image for good works</i></p> <p><i>He has given me all I need for life and godliness</i></p> <p><i>He has uniquely gifted me spiritually</i></p>
FUTURE	<p>Projects into the future to:</p> <p>Avoid it Control it</p>	<p>Worries/controls</p> <p>Anxiety Withdrawal Denial Panic attacks Manipulation</p>	<p>Not trusting God</p> <p>Believes they know better than God</p> <p>Believes they deserve things their way</p>	<p>God is not in control</p> <p>God is out to get them</p> <p>God's grace is not sufficient</p> <p><i>God owes them a pleasant future</i></p>	<p>GOD IS GREAT</p> <ul style="list-style-type: none"> • Sovereign • Good • Faithful • Righteous <p><i>He shows me grace and mercy</i></p>
PAIN	<p>Finds ways to escape or avoid suffering</p> <p>Finds ways to bring relief from or cover up pain</p>	<p>Avoids suffering</p> <p>Pursues pleasure or unbiblical escapes</p>	<p>Not accepting of God's plan for their life</p> <p>Believes they don't deserve to suffer</p> <p>Believes they deserve a happy pain-free life</p>	<p>God wants them happy and free from suffering</p> <p><i>God exists to take away their pain and keep them from pain</i></p>	<p>GOD IS GOOD</p> <ul style="list-style-type: none"> • Holy and Just • Sovereign • All-knowing • Compassionate • Caring <p><i>Because He suffered for me I have the privilege of sharing in His suffering</i></p>

EVIDENCES OF FEAR CHECKLIST

Please check the statements that may characterized your life.
Confess the items checked to God with your discipler or a friend.

FEAR OF REJECTION stems from having the wrong view of God and your relationship to Him.

- Believing God does not love and accept me unconditionally
- Not trusting God to be my major source of security, fulfillment and significance
- Not accepting God's will for my life
- Not believing God can empower me to go through human rejection while being secure in His love and grace
- Not believing God can sustain me emotionally when others reject or fail me
- Believing God does not love me because He doesn't give me what I want

FEAR MAY LEAD TO:

Being insecure, which may be manifested in the following ways:

- Striving for others' approval, affirmation, love, acceptance
- Being aggressive
- Being obnoxious
- Being sarcastic
- Making "light" of serious situations
- Being a "clown"
- Seeking to draw attention to myself
- Being very timid, shy
- Being a crisis-causer
- Being promiscuous
- Dressing provocatively to call attention to my body
- Compromising, making unbiblical decisions
- Enabling others to sin
- Intervening to prevent consequences to others' sins
- Having a sinful dependency on others
- Being jealous or possessive in relationships
- Demanding that others make me feel secure
- Being a "know-it-all"
- Controlling conversations



EVIDENCES OF FEAR

Having difficulty forming and/or maintaining close, meaningful relationships

- Being selfish, self-centered, self-absorbed
- Blaming others for problems in my relationships, while rarely accepting responsibility for my own sin
- Not submitting to human authority
- Being negative, critical, condemning and/or judgmental
- Alienating the people I don't want to reject me, through sinful attitudes/behaviors
- Not loving/accepting others unconditionally
- Requiring others to perform to receive my love
- Being overly sensitive and easily hurt by how people respond to/interact with me
- Rejecting others before they reject me
- Exchanging marriage roles: wife makes decisions and husband submits
- Being self-pitying; viewing myself as a victim or a martyr
- Being a perfectionist in my demands of self and/or others
- Fearing loving others; fear of being loved by others; fear of being hurt by others
- Being nasty, contentious
- Being depressed
- Believing people exist to make me happy
- Unforgiving; carrying grudges
- Setting my own standards of how others are to love me

Fearing your sins and weaknesses will be exposed; unwilling to be accountable for dealing with your sin

- Hiding behind an "image" (being different at home than I am outside my home)
- Maintaining superficial relationships, so no one gets to know me well
- Focusing on others' faults rather than my own
- Shifting blame to others
- Trying to ignore, excuse, deny or rationalize my sin
- Equating criticism with rejection; being very defensive when confronted
- Unwilling to admit my sin to others and to seek forgiveness
- Not being teachable
- Discrediting those who admonish me

EVIDENCES OF FEAR

Trying to control others by the use of

- Intimidation
- "Guilt trips"
- Martyrdom; self-pity, whining
- Manipulation
- Temper outbursts
- Physical threats; other threats
- Withdrawal, emotionally or physically
- Escapes
- Irresponsibility
- Demands
- Sarcasm
- Suicide threats/attempts

Being a people-pleaser

- Living to please others instead of obeying God
- "Giving" by trying to please others with a hidden purpose of getting what I want from them in return and/or making my circumstances more comfortable
- Not admonishing others when it is needed
- Ignoring, minimizing, excusing others' sins; seeing them through rose-colored glasses
- Unwilling to say "no" to someone else's requests when it means getting my own priorities out of order and/or breaking prior commitments
- Suppressing or ignoring painful realities
- Being a "chameleon;" acting one way with some people and differently with others

Comparing yourself to others and thereby, feeling superior or inferior

- Being concerned and/or preoccupied with developing self-esteem
- Analyzing frequently how others are relating, responding to me
- Being self-conscious about appearance, what you say, how others view you
- Focusing on inadequacies rather than seeking my adequacy in Christ
- "Rating" people as inferior or superior to me
- Being jealous, envious, discontent
- Having a haughty, judgmental attitude toward others

EVIDENCES OF FEAR**Substituting sinful behaviors for a meaningful relationship with God/others**

- Retreating into fantasy to avoid facing painful realities
- Reading or watching pornography; involvement with sexually explicit material
- Escaping by excessive time spent watching TV, involvement on the Internet or social media, reading, working, eating, sleeping, etc.
- Excessive involvement with sports, hobbies, vacations, ministry, etc.
- Escaping with irresponsible behaviors such as use of illegal drugs, drunkenness, illicit sex, laziness, violence, greediness, gluttony, etc.

KEY VERSES ON FEAR



Psalm 147:11

The LORD delights in those who fear him, who put their hope in his unfailing love.

Heb. 2:14,15 NLT

Because God's children are human beings – made of flesh and blood – Jesus also became flesh and blood by being born in human form. For only as a human being could he die, and only by dying could he break the power of the Devil, who had the power of death. Only in this way could he deliver those who have lived all their lives as slaves to the fear of dying.

Isaiah 46:4

Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

Psalm 54:4

Surely God is my help; the Lord is the one who sustains me.

Psalm 18:30

As for God, his way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in him.

Psalm 27:1

The Lord is my light and salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?

Heb. 1:14 NLT

But angels are only servants. They are spirits sent from God to care for those who will receive salvation.

Heb. 13:5B,6

"Never will I leave you; Never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

Psalm 56:3 NASB

When I am afraid, I will put my trust in Thee.

Psalm 94:19

When anxiety was great within me, your consolations brought joy to my soul.

Psalm 112:7,8A

He will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear...



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