

Managing my fears

John 19:6-14

Fear is not funny

When Pilate heard this statement, he was even more afraid. John 19:8

..... **the emotion**

Emotions are from God

Emotions be controlled

Emotions are received with

Emotions can be

Seek His Kingdom, and the things you need will be granted to you. Do not be afraid, little flock, for your Father is pleased to give you the Kingdom. Luke 12:31-32

..... **the emotion**

..... **the emotion**

F.....E.....A.....R.....

..... **the emotion**

Fear: something is

I need to myself and others

Do / Stop : security and peace

Fear of the Lord is the beginning of Proverbs 9:10

It is a thing to fall into the hands of the living God.

Hebrews 10:30-31

..... **the emotion**

Be angry, yet do not sin. Do not let the sun set while you are still angry and do not give opportunity to the devil. Ephesians 4:26-27

I have told you all this so that you may have peace in Me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. John 16:33

A frightened world needs a church

Thought starters for personal reflection or group discussion

1. Of what are you most afraid; snakes, loud noise, heights, or...?
2. What triggers emotions; any emotion?
3. What emotions can you remember Jesus experiencing?
4. Why is it helpful to name the emotion/s you are experiencing?
5. What is the difference between good fear, phobia, and an anxiety attack? How do I move from bad fear to good fear?
6. Lots of Bible verses tell us to fear God, eg. Leviticus 19:13-15, Joshua 4:23-24, 2 Corinthians 5:10-11. There are also lots of verses telling us to not fear, eg. Exodus 20:19-20, Matt.10:28, 1 Peter 3:14. So, what are we to do to manage our fear?

Tithes, offerings, donations to mission

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