



HELP, I'M STUCK 6

The Pit of Fear



→ Are you susceptible to fear? Are there any fears you just cannot shake? What are the negative by-products of that fear? What are the loud, visible fears? Which are the more subtle, insidious ones?

LIST OF TOP FEARS

- | | |
|----------------------|--------------------------|
| 1. REJECTION | 8. FAILURE |
| 2. ABANDONMENT | 9. BEING EXPOSED |
| 3. OFFENDING OTHERS | 10. DEATH |
| 4. INTIMACY | 11. LACK |
| 5. COMMITMENT | 12. BAD NEWS |
| 6. AUTHORITY FIGURES | 13. PUBLIC EMBARRASSMENT |
| 7. BEING ALONE | |

→ Which do you think are the top3 on this list? Any you'd add? Which do you struggle with the most? How many of them are relational? How do they start? How do they grow? How are they connected?

→ Why does the enemy use fear? What are its attractions to him?

FEAR IS BASED ON:

- An ELEMENT of TRUTH, but not the WHOLE TRUTH.
- EXAGGERATIONS, DECEPTIONS, DISTORTIONS.
- FEELINGS not FAITH.

→ How do these factors play into the top fears of the list above? Or pick one and talk through how a), b) and c) generate the fear in question.

DANGER = that we ACCEPT things and learn to LIVE WITH things that we really have NO REASON to.

GOOD NEWS: John 8:32,36, 2 Corinthians 3:17

→ Is it possible to live fear free? Is that God's will for you? Is there such a thing as a positive fear?

1. POWER (dumanis)

- * It's not a FAIR FIGHT, nor a LEVEL PLAYING FIELD (Philippians 2:9-11).
- * In the light of the TRIUMPH of the CROSS, the cards are UTTERLY STACKED on the one side (Colossians 2:15, 1 John 3:8).
- * God has given us that spirit of power and we're CLOAKED in it, it's RESIDENT inside and DELEGATED for our use.
- * Do you understand the magnitude of God's PROVISION and PROTECTION?
- * Do you stand confidently on the PROMISES of God?
- * Do you know in whose SHADOW you stand? (Psalm 91)
- * Like Gehazi (2 Kings 6:16-17), we need to learn to see through a NEW LENS, the DUNAMIS of GOD.

→ What does it mean to say that God has all authority and enemy has none? What does it mean to see through the lens of the power of God? How do you make your fears bow the knee to the name of Jesus?

→ Read Psalm 91 and relate it to the power of God versus your fears.

2. LOVE (agape)

- * Perhaps the most powerful DELIVERANCE FORCE of all.
- * Nothing can WITHSTAND the love of God.
- * Most of the fears on our top 13 list are forms of INSECURITY, INSTABILITY, INSUFFICIENCY.
- * God's love DRIVES OUT anything fear-related (1 John 4:18).
- * Issue is not so much getting the FEAR OUT, as the LOVE IN.
- * Once we REALLY KNOW how MUCH God loves us, what He's DONE for us and how He FEELS about us, everything else pales into insignificance (Ephesians 3:17-19, Romans 8:15,31).

→ Look through the list of fears and discuss how they relate to love or a lack / absence / distortion of love? How does perfect love drive out fear?

→ The issue is not so much getting the fear out as the love in. Discuss!

3. SOUND MIND (sophronismos)

- * "Most spiritual warfare is in the TRUTH REALM."
- * 2 Corinthians 10:5, Romans 12:2, Proverbs 4:20-23

→ "Most spiritual warfare is in the truth realm." Discuss!

→ How do you become a person of sound mind? How does this help 'squeeze' fear out?

WRAP-UP

1. POWER

- * PROTECTION → God is WITH you.
- * PROVISION → God is FOR you.
- * PROACTIVE → God is IN you.

2. LOVE

- * LEARN what it means.
- * LEAN into what it provides.
- * LISTEN to what it's saying.

3. SOUND MIND → SELECT, STARVE, STRENGTHEN.

→ In 2 Tim 1:7, you have been given a spirit of power, love and soundness of mind. You wear it like a cloak; it's on you like an anointing. Which of these three do you need to grow in? Where are you weak or strong? How could you go about developing in each area? What effect will that have on any fears you struggle with?