Welcome to Heart-to-Heart!
God’s Blueprint for
Dealing with Fear
Index Card:

1 – What are you afraid of – real or imagined?
2 - What might you be able to do if you had no fear?
“Fear loses oxygen when every moment suspends itself under the purpose of bringing Him glory, of knowing His name and His nature. Sometimes, instead of leading us up and out of those very fears, big and small, He lets us live them. He gives us over to them. Because it’s in this giving over to our fears that we find the perfect love that frees us from them. Forever.” — Sara Hagerty, *Every Bitter Thing Is Sweet: Tasting the Goodness of God in All Things*
We must be diligent to …

• Give over to the fear
  … acknowledge it, embrace it and surrender it to God
• Refuse to speak the fear
  … talk to God about it but only speak faith-filled words out loud.
• Obey God in spite of the fear
  “Do it afraid.”  - Joyce Meyer
“I can face things that are out of my control and not act out of control.”

- Lysa Terkeurst, *Unglued*
To be Biblically-based women we cannot be emotionally-driven but must to be faith-driven.
To manage and overcome fear we need to habitually meditate on:

- The Word of God
- The Love of God
- New Patterns of Thinking
#1 – Meditate on the Word of God

Hebrew word “hagah” is meditate:

___________________________________
(fill-in-the-blank: to mutter)
“Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Joshua 1:6-9
Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

James 1:22-25
#2 – Meditate on Perfect Love
There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1John 4:18
Perfect: ________________________

(fill-in-the-blank answer: complete, to bring to an end, finish)
Receiving God’s love is always the solution to the problem of our overwhelming fears.
The Father is patient and kind. He does not envy, he does not boast, he is not proud. The Father does not dishonor others and is not self-seeking, he is not easily angered, he keeps no record of wrongs. The Father does not delight in evil but rejoices with the truth. He always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7 (NIV)
#3 – Meditate on a New Pattern of Thinking
Do not conform to the pattern of this world, but be transformed by the renewing of your mind...

Romans 12:2a
Renew: ________________________________

(fill-in-the-blank answer: renovate; make a complete change for the better)
Jesus went into the synagogue, and a man with a shriveled hand was there … he said to the man, “Stretch out your hand.”

The man stretched it out, and his hand was completely restored.

Based on Mark 3:1-5
Although most of us are not physically disabled, many of us are:

• paralyzed relationally
• withered financially
• wounded emotionally
When God speaks and we obey exactly what he says, His power is released!
https://www.youtube.com/watch?v=m5zCIIDbnJFE