“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

We must be diligent to …

- Give over to our fear.
- Refuse to speak our fear.
- Obey God inspite of our fear.

“I can face things that are out of my control and not act out of control.” - Lysa Terkeurst, Unglued; Making Wise Choices in the Midst of Raw Emotions

To manage and overcome fear we need to habitually meditate on:

- God’s Word
- Perfect love
- New Patterns of Thinking

1. Meditate on the Word of God
   Joshua 1:7-8
Hebrew word “hagah” is meditate: ____________________________

James 1:22-25

“No is a complete sentence.” - Ann Lamott

2. Meditate on Perfect Love
   1 John 4:18
   perfect: ____________________________

3. Meditate on New Pattern of Thinking
   Romans 12:2
   Renew: ____________________________

Mark 3:1, 5

For Further Study

Do a word study on fear. Start by looking up “fear” in the concordance of your Bible. Read and meditate on each verse.