

Reading: Psalms 27:1-6

Topic: Spiritual Growth &
Dealing With Fear

INTRODUCTION: Fear is part of our humanity, and everyone experiences it from _____ to _____ but God does not intend it to rule and _____ our lives.

I. THE ORIGIN OF FEAR:

A. No Fear In Eden:

1. Adam and Eve lived in the Garden of Eden, a paradise on _____ for approximately one hundred years in perfect _____ and without any _____ of any kind. Gen. 1:27,28
2. They had with them on the earth lions, tigers, bears and many other _____, all of which lived in peace and harmony and without _____. Gen. 2:19,20

B. Fear In Eden:

1. There did come a day when _____ came to the Garden of Eden and it came when Adam and Eve were deceived by Satan who lied to Eve and made her believe that disobeying God would be _____.
2. When Adam and Eve disobeyed the Word of God and sinned, they felt _____ for the first time in their lives and so much so that it caused them to try to _____ from God. Gen. 3:8-10
3. From that day until now, _____ has been a part of everyday life for many who live in this world.

II. TWO BASIC TYPES OF FEAR:

A. Healthy Fear:

1. It is said that we all are born with two basic types of fear – a. the fear of _____, and b. the fear of a _____ noise.
2. The built-in types of fear are for our safety and protection – if we had no fear of _____, we could be seriously injured or even _____ by being careless in high places.
3. The Word of God describes another healthy and wise kind of _____, which is the _____ of the Lord and it is said to be the beginning of _____. Pr. 9:10

B. Unhealthy Fear:

1. There are many people who live with unhealthy fears that haunt them and _____ them day after day and cause them to lead _____ lives. I Jn. 4:18
2. It is not the will and _____ of God for His people to live in a constant state of _____ but instead to live in the Spirit of His _____ and overcome fear. 2 Tim. 1:7

III. CAUSES OF FEAR:

A. Childhood Experiences:

1. Rejection – some children have been abandoned by their _____ and this rejection follows them and causes them to have the _____ of rejection for the rest of their lives.
2. Critical parents – some parents are so critical of everything that their children do that it instills a _____ of not being able to do anything _____ in their lives, thus causing them to be inhibited by fear.
3. Overprotective parents – some parents become so overprotective of their children that it _____

the self confidence of the child and instills _____ in them of not being able to do anything alone.

4. Child abuse – the Word of God is in favor of correction and discipline of _____, but not in favor of abuse which takes a number of forms:

- a. Verbal – a constant barrage of yelling, insulting and putdowns destroys confidence and replaces it with _____ and uncertainty.
- b. Physical – sadly the anger and frustration of some parents is taken out on their _____ with brutal beatings and severe physical behaviors.
- c. Sexual molestation – this is one of the most damaging forms of child abuse and it leaves emotional _____ that cause inferiority and _____ that affects the whole life of the individual.

B. Traumatic Experiences:

1. An individual who suffers a trauma of some kind such as a bad _____, a fire, a close call or life threatening experience may suffer from _____ or panic attacks later in life.

C. Negative Thinking Patterns:

1. The words “I can’t” embedded deep into the mind and _____ of a person because of constant negative thinking will lead to _____ of attempting to do many things in life.
2. It was negative thinking that led to the failure of the Children of Israel to _____ into and possess the Promised Land. Num. 13:31

D. Sin:

1. When a person lives in sin, it produces guilt which in turn produces _____ - the fear of dying, the fear of being caught, and many other fears. Pr. 10:24, Pr. 28:1

IV. OVERCOMING FEAR:

A. Through Prayer & The Spirit of God:

1. As stated earlier, the Word of God declares that God does not give people the spirit of _____ but a Spirit of _____, love and a sound mind. 2 Tim. 1:7
2. The Spirit of the Lord fills us as we _____ and worship in His presence on a daily basis, especially by praying in the Spirit. Jude 1:20, Acts 4:31

B. The Word Of God:

1. Reading, knowing, and quoting the Word of God will produce confidence, _____ and boldness in our hearts and _____ on a daily basis. Ps. 56:3,4
2. Just as Jesus used the Word of God to combat the assaults of the _____, so also we must use the Word of God against the adversary and the _____ that he seeks to put against us. Mt. 4:10,11

C. Developing A Close Relationship With God:

1. When one develops a close relationship with God, there is a confidence and assurance that _____ in the heart and life of the _____ of God, thus chasing away fear. I Jn. 4:17,18
2. Knowing and realizing the promises that God has _____ to His children removes fear and replaces it with faith and assurance in God and His _____. Ps. 27:1-3

CONCLUSION: We all deal with _____ and our _____ and part of our spiritual growth is learning to face and overcome _____ and replace it with faith and confidence.