

I Am No Longer A Slave To Fear

POINTS TO PONDER

1. Fear is always connected to the unknown.
2. One way to escape fear is to face the unknown.
3. When fear is a seed in your thought life it can create much dysfunction.
4. To conquer fear you must learn to uproot the seed of fear.

READ Romans 8:1-39

1. You have not received a spirit that makes you fearful slaves. (vs 15)
2. We are children of God not orphans. (vs 16-17)
3. No fears of today - no worries of tomorrow can separate you from God's love.
4. You can be convinced not to fear when you understand God's love.

- **Have you ever felt enslaved to fear?**
- **What's your earliest memory that instilled fear?**

Fear is usually connected to the UNKNOWNNS of life.

- **Why does facing the unknown instill fear?**
- **Is there something UNKNOWN staring at you now that's making you fearful?**

When fear is connected to an UNKNOWN, there are 2 simple ways to alleviate the fear:

1. FACE THE FEAR HEAD ON.

- **Do find it difficult to face fearful situations head on? Why?**

2. RUN FROM THE FEAR AND AVOID IT.

- **Are there fearful situations you are avoiding? What's the outcome?**

When fear, however, is connected to a THOUGHT PROCESS rather than a circumstance, the fear can be debilitating.

Once fear gains a foothold, becomes a seed, in your thought life it's easy to become dysfunctional in all other areas.

How To Deal With Fear When It's A Seed

READ Luke 23:44-46

1. Jesus is hanging on the cross and it's His darkest hour.
2. It's the middle of the day but the sun has gone black.
3. There are plenty of reasons facing Him to avoid the cross altogether.
4. Yet, He faces the darkness and pain and overcomes.

- **How do you think Jesus felt when things went dark in the middle of the day?**

Jesus dealt with the fear by making a single statement: "Father, into your hands I entrust My Spirit."

- **Why is TRUST such a big step in overcoming fear?**
- **Why do you think it was a statement of TRUST that marked Jesus' last words on earth?**
- **How do you show TRUST in God when you're facing a fearful situation?**
- **What are some definitive traits of TRUSTING GOD?**