

Set Free

5 week study

January 11 - February 8, 2022

Set Free From Fear

January 11, 2022



Galatians 5:1: “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

In this study we will cover five areas where we need to be set free:

1. Set free from fear
2. Set free from guilt
3. Set free from comparing ourselves to others
4. Set free from busyness and stress
5. Set free from ourselves

In his book *Imagine Your Life without Fear*, Max Lucado writes: “Fear corrodes our confidence in God’s goodness...And it turns us into control freaks...Fear, at its center, is a perceived loss of control.”

Fear Is Sin

Has God ever failed you? Has one promise of his ever failed?

2 Corinthians 1:20: “For no matter how many promises God has made, they are ‘Yes’ in Christ. And so through him the ‘Amen’ is spoken by us to the glory of God.”

Are you afraid to trust God? If you are a Christ-follower, any areas of fear in your life are there because in that place you are not trusting God.

Pockets of Fear

All fear is an attack of the enemy on your life. God NEVER gives you a spirit of fear.

2 Timothy 1:7: for God gave us a spirit not of fear but of power and love and self-control.

A spirit of fear is a prolonged, unsettling, ever-present fear for which there is no reason to fear. The spirit of fear is damaging and destructive.

Romans 8:15: For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”

An adopted child is one that is purposely and specifically chosen. If you know Jesus as Savior, it is because he has chosen you to be adopted into his family. Therefore, you have the Spirit of adoption—the Holy Spirit.

Are you living with a spirit of fear or have you asked God to take that spirit from you and replace it with his Spirit—the Spirit of adoption?



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Abraham's Great Faith

He is described in Hebrews 11 as a man of great faith. What do you know about Abraham that would qualify him as a great man of faith?

Surely Abraham could say, "I don't fear anything, because I trust the Lord." He wouldn't be listed in the Bible Faith Hall of Fame, Hebrews 11, if he was afraid of anything, would he?

Abraham's Pockets of Fear

What was his pocket of fear?

We all have these pockets of fear. We can have great faith in some areas, at some times, and then our faith falls apart the next day or the next hour or when we round the next corner.

What is your pocket of fear? Where do you find it difficult to trust a trustworthy God?

Common Pockets of Fear

FEAR OF NOT HAVING ENOUGH MONEY

Are you fearful of not having enough, of losing your job, of losing your house, of going bankrupt, of not being able to afford what you need or want?

FEAR OF BEING ALONE

This fear can really take you down the wrong path, and some people are so possessed by this pocket of fear, that they've come to believe that nothing is worse than being alone.

FEAR OF REJECTION

For some people, being accepted and liked and having the approval of others is more important than anything else, so that can easily lead to this fear of rejection.

FEAR OF FAILURE

Are you afraid of facing the reality that you can and will fail, just like everybody else?

FEAR OF HEALTH ISSUES—COVID

Are you afraid of catching COVID? Living in fear of a disease means that you are not trusting God to take you through this pandemic.

What harm can they do?

Any area of fear is an area where you are not trusting God, and without faith it is impossible to please God. Also, anywhere you are fearful, you are in bondage to that fear.

For example, if **money** is your pocket of fear, you will waste a lot of time and energy in the "worry" mode. And you will be afraid to be generous and give your money to the Lord, so you'll miss the blessings that come to a generous person. Fear of money will cause you to make decisions based on money, rather than based on God's Word and his guidance in your life.

If you're **afraid of being alone**, that pocket of fear can cause you to do all kinds of dumb and harmful things to avoid being alone.

Are you battling the pocket of **fear of being rejected** by someone? Think of how it controls you. Has it caused you to do things you didn't want to do or should not have done?

When **failing** is fearful to you, it keeps you from doing very much because the road to success is filled with failures.

What fear controls you? When you realize your life is being controlled by your pocket of fear and is getting in the way of the fullness of joy that Jesus has for you, then you're more motivated to get rid of that pocket of fear. But it begins with identifying your pocket of fear.

Find a Scriptural Antidote for Your Fear

Once you recognize your pockets of fear, find a verse or passage of scripture that addresses that fear specifically.

Spiritual antidotes:

For the **money pocket of fear:**

Matthew 6:25-26: "Do not worry about your life, what you will eat or drink; or about your body, what you will wear... Look at the birds of the air; they do not sow or reap or store away in barns, and yet you heavenly Father feeds them. Are you not much more valuable than they?"

Philippians 4:19: "And my God will meet all your needs according to his glorious riches in Christ Jesus."

For the **fear of being alone:**

Hebrews 13:5: "Never will I leave you; never will I forsake you."

Romans 8:38-39: "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

For the **fear of rejection:**

Isaiah 43:1-2: "But now, this is what the Lord says - he who created you, O Jacob, he who formed you, O Israel: 'Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.'"

For the fear of failure

Philippians 1:6: being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

1 John 1:9: If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

For the Fear of sickness/death:

Hebrews 2:14 – 15: Since the children have flesh and blood, he too (Jesus) shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil— and free those who all their lives were held in slavery by their fear of death.

2 Timothy 4:18: The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.

Learn Perfect Love

1 John 4:18: 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.

So, that pocket of fear reveals an area where your love of the Lord is not perfect.

When you dwell in any pocket of fear—when you have a spirit of fear—you tend to spend less and less time with Jesus, less and less time in his word, and more and more time focused on yourself.

What is your pocket of fear today? Will you bring it out in the open?

Getting your fear down in writing gives you perspective. It doesn't mean your fears are not real or formidable. But now you have something concrete you need to address.

You may discover that just by facing them, you go a long way toward defeating them. Most of the time our fears become exaggerated in our minds, and they just grow like a cancer because we don't face them and confess them.