

2

**Remember who God is.**

Recall His character traits and how He's been there for you and has met your needs. Place your trust in Him. (God is good, loving, and kind. He's my protector and provider.)

*"But blessed is the man who trusts in the LORD, whose confidence is in him."*

*Jeremiah 17:7*

3

**Replace the lie with the truth.**

(God is for me and with me. He wants what is best for me.)

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11*

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10*

4

**Remind yourself of the truth.**

Declare God's truth out loud until your heart understands and faith is released. Reflect on how God has come through for you in the past and will do it again.

*"Consequently, faith comes from hearing the message..." Romans 10:17a*



FREEDOM  
*from* FEAR

*"I sought the LORD, and he answered me;  
he delivered me from all my fears."*

*Psalm 34:4*

## The root of fear is a lie.

A lie is having a wrong belief about God and who He wants to be for us.

*“You grumbled in your tents and said, ‘The LORD hates us; so he brought us out of Egypt to deliver us into the hands of the Amorites to destroy us.’” Deuteronomy 1:27*

## The anatomy of FEAR

Finding freedom  
from fear  
first involves  
understanding  
the components  
that make up fear.

### This leads us to not trust God.

*“In spite of this, you did not trust in the LORD your God.” Deuteronomy 1:32*

### The fruit of fear is sin:

Grumbling/complaining

*“Do everything without grumbling or arguing.” Philippians 2:14*

Giving fearful reports to others

*“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 1:9*

Trusting in ourselves and our abilities rather than God

*“Trust in the LORD with all your heart and lean not on your own understanding.” Proverbs 3:5*

Disobedience to God

*“Jesus replied, ‘Anyone who loves me will obey my teaching.’” John 14:23a*

## Read through the list below to see which rules your life more: fear or faith.

### FEAR

Causes us to hide.  
Causes us to run in the opposite direction.  
Immobilizes us.  
Tempts us to disobey God.  
Enslaves and keeps us in captivity.  
Torments us with lies from the enemy.  
Causes us to miss out on God's blessings.  
Fuels a spirit of control to gain security.  
Causes procrastination.  
Robs us of our destinies.

### FAITH

Causes us to be transparent.  
Causes us to face and embrace fear.  
Moves or activates us.  
Encourages us to obey God.  
Liberates and sets us free.  
Gives us peace through God's truth.  
Takes us by the hand into our destiny.  
Turns over the situation to God's control.  
Hastens us to get it done.  
Releases us to the purposes of God.

## 4 STEPS TO FREEDOM from FEAR

### 1 Identify the lie.

What lie are you believing about God and the current situation? (God is not for me, He's against me and does not have my best interests at heart.)

*“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5*