

# Fear . . . And Faith

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## Uncertainty Breeds 2 Major Fears:

1. Fear of the \_\_\_\_\_.

2. Fear of \_\_\_\_\_.

## 3 Triggers of Fear:

1. \_\_\_\_\_

2. Sudden \_\_\_\_\_

3. Imminent \_\_\_\_\_

**Matthew 8:23-27** (NIV) <sup>27</sup> Then he got into the boat and his disciples followed him. <sup>24</sup> Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. <sup>25</sup> The disciples went and woke him, saying, "Lord, save us! We're going to drown!" <sup>26</sup> He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. <sup>27</sup> The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

## When Life Reminds Me I'm Not in Control,

### Instead of Tightening My Grip:

1. \_\_\_\_\_ it!

2. \_\_\_\_\_!

3. \_\_\_\_\_!

- Remember that \_\_\_\_\_ is still \_\_\_\_\_!

**Psalms 46:1-3, 10** (NIV) God is our refuge and strength, an ever-present help in trouble. <sup>2</sup> Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging. Selah . . . <sup>10</sup> "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

- Remember that \_\_\_\_\_ in God's \_\_\_\_\_!

**Psalms 31:1-5, 9-15** (NIV) In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. <sup>2</sup> Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. <sup>3</sup> Since you are my rock and my fortress, for the sake of your name lead and guide me. <sup>4</sup> Free me from the trap that is set for me, for you are my refuge. <sup>5</sup> Into your hands I commit my spirit; redeem me, O Lord, the God of truth. . . . <sup>9</sup> Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. <sup>10</sup> My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. <sup>11</sup> Because of all my enemies, I am the utter contempt of my neighbors; I am a dread to my friends-- those who see me on the street flee from me. <sup>12</sup> I am forgotten by them as though I were dead; I have become like broken pottery. <sup>13</sup> For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life. <sup>14</sup> But I trust in you, O Lord; I say, "You are my God." <sup>15</sup> My times are in your hands; deliver me from my enemies and from those who pursue me.

**March Memory Verse – Hebrews 11:6** (NIV) And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.