

NOTES

Sunday, May 11th, 2025

11. Everyone has fears. Some are greater than others. Gather your courage right now and admit something you fear. It's ok. This is a very safe environment.
2. Read Ephesians 6:12. Now, take this quote and talk about what it means regarding your particular fears. "If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer defeat."
3. Proverbs 9:10 states that fear of the Lord is the beginning of wisdom. How does that fear differ from the fear you acknowledged when answering the first question?
4. Explain the process necessary for you to move from a fear in your life that causes you to fight, freeze or flee, to a fear of the Lord which will deliver you.
5. In 2 Timothy 1:7, the Apostle Paul says that you were not given the "spirit of fear" and then he relates what you were given. How do those three gifts, power, love and a sound mind relate to the Father, Son and Holy Spirit?
6. Write an "I Will" statement that reflects your willingness to overcome fear with the Love of God because the Bible says that perfect love casts out fear.

