

# DEFATH

## Week Six: Believing in the Face of Fear - Study Guide

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Fear is a powerful emotion. It can hold us hostage and keep us from doing the things God has for us. However, fear can also lead us towards Christ for change in our lives. The difference between fear holding us hostage or leading us towards Christ is where we've placed our faith. In this week's study, we'll take a look at how we can have faith in Christ even in the midst of fear.

### Where Am I Today

- 1) If we're honest with ourselves, we're all afraid of some things. What are some things you're afraid of, both physically and spiritually?

### Into the Bible

- 2) Having faith in the face of fear is challenging but has a tremendous payoff. Read **Luke 8:40-56**. How are both the ruler and the woman similar to each other when it comes to believing in the face of fear? Why didn't the woman feel hidden even though she blended in with the crowd?

## FAITH

### WEEK SIX: BELIEVING IN THE FACE OF FEAR – STUDY GUIDE

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- 3) Sometimes it can be difficult to believe that God hears and answers our prayers. We may even feel as if it's not worth it to ask for God's help. Take a look at what **Matthew 7:7-8** says. What does Jesus say He wants from us? Does this mean we can ask anything we want and He'll give it to us? Why or why not?

#### How Does This Apply?

- 4) When we allow fear to dictate our decisions and movements, it becomes a roadblock to our faith. As long as our faith is in Christ, fear can turn our focus on Him. Fear can bring us to seek Christ rather than other things, and to realize that there is no other hope than Christ. How does fear affect your decision-making? How have you been able to use fear as a way to turn your focus to Christ?
- 5) Faith in Christ isn't void of fear, but faith sees beyond fear, knowing that God's power is greater and can change us. Sometimes overcoming our fears might mean stepping out in faith and doing something that makes us uncomfortable. Why does stepping out in faith often make us uncomfortable and fearful? What effect can experiencing God's power in the past have on your faith in the future?
- 6) When we cross over the threshold of fear and begin to trust God, fear is replaced with His peace. When we finally rid ourselves of the grip of fear, we can experience God's power liberating our lives. What fears have you overcome and what are some you are still working on? What actions are you taking to let go of your fear so you can grow in your relationship with Christ?

# FAITH

## WEEK SIX: BELIEVING IN THE FACE OF FEAR – STUDY GUIDE

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### Continue Learning on Your Own

- 7) The greatest way to feed your faith rather than your fear is to internalize God's Word in your heart. We've been discussing fear and using it to grow our faith in Christ, instead of letting fear keep us from stepping out. Take a look at the following verses below on fear. Memorize a couple of these if you're able. What do each of these verses talk about when it comes to fear?

**Psalm 34:4, Proverbs 19:23, Proverbs 29:25, Isaiah 41:10 and Romans 8:15**