

Life With God
Week 4 - Freedom from Fear
Sunday, September 28, 2017
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Fear can immobilize or mobilize us for good or for bad.

Fear can be _____ or it can be _____.

Unhealthy fear causes us to turn away from God.

Healthy fear causes us to _____ to God.

So how do we overcome unhealthy fear?

Big Idea: Living Life with God, Frees us from Unhealthy Fear.

"the Lord is my Shepherd"

The One who is **EVERLASTING**.

The One who is our _____.

The One who is all **KNOWING** & all _____.

The One who is all _____ & **KIND**.

"Who or what do we have to fear if God is our Shepherd?"

God will _____, _____, and _____ for us.

1. God will lead you to a place of _____ and _____. (Psalm 23:2-3)
2. Remember God is _____ you and will protect you. (Psalm 23: 4-5)
3. God will provide an _____ relationship with Him. (Psalm 23:6)

Next Steps:

1. Take Time Each Day to Let God Nourish Your Soul - Read through the Psalms in the month of October (5 per day).
2. Memorize Scripture to Remind You God is WITH You:
 - Isaiah 26:3

- Deuteronomy 31:8
- Romans 8:31-32
- John 14:1-3
- Psalm 23

3. Admit Your Fear

- Acknowledge Your Fear to Yourself and Others
- Sheep Live in Flocks for a Reason

Discussion Questions:

1. How would you contrast healthy fear to unhealthy fear?
2. What are the responsibilities of a Shepherd to his sheep? How does a good Shepherd take care of his sheep?
3. What does it mean to you to quiet your soul before God and let Him nourish your soul?
4. How often do you find yourself meditating on your fear and not on God's truth? What steps can you take to meditate more on God's truth? What verses help you when facing fear and anxiety?
5. Why do we struggle with sharing our fears with others? How helpful is it to share them with someone we trust? Will you share any of your fears with your group and let them pray for you?