



I Changed My Mind About Fear

Focus Satan attacks us with fear so we won't do God's will or become who God created us to be. God created us to experience peace and to overcome fear.

Open Who are your mentors and role models? Name one thing you have learned from them.

Read Before Jesus was arrested and crucified, He went to the Garden of Gethsemane to pray (Luke 22:39–47). He experienced such intense fear about dying on the cross that He sweated drops of blood. We learn from Jesus' example in this story about fear and how to deal with it.

Jesus was in agony in the garden and didn't want to go to the cross. Fear works the same way in our lives—when we fear, we are tempted to turn away from God and not to do God's will. Because Jesus experienced fear in the Garden of Gethsemane, He understands our struggle with it and wants to help us (Hebrews 4:15–16; 5:1–2).

The spirit of fear that assaulted Jesus came from Satan. Satan attacks us when we are weakest and also continually whispers fearful thoughts into our minds. God never uses fear to influence or control us (2 Timothy 1:7). God gives mercy, grace and peace so we can act despite our fears.

Jesus felt fear, but He didn't let it control Him. Jesus admitted His fear to God without shame. When we admit our fears, we bring them into the light and expose them as thoughts that are from the Enemy. Jesus also submitted His fears to God. Like Jesus, we can choose to act according to God's will and not be controlled by fear. Finally, Jesus focused on God's presence and love. When we set our minds on who God is, we stop accepting fear as a normal part of our lives.

Talk

1. What stood out to you from this message? What did you learn about fear that you never realized before?
2. Pastor Jimmy talked about good fear, which is circumstantial, protective, instructive and empowering. Bad fear is perpetual, paralyzing, confusing, fatalistic and enslaving. Give examples of situations where we experience these two types of fear.
3. Jesus faced fear in the Garden of Gethsemane because He had full knowledge of everything He was about to endure. We tend to fear the unknown, not knowing what will happen in the future. Why is fear of the unknown unproductive?
4. Read Hebrews 4:15–16 and Hebrews 5:1–2. Jesus understands our fear and wants us to bring it to Him so He can help us overcome it. What keeps us from admitting our fears?
5. When we submit our fears to God, we can choose to act according to faith instead of fear. Give an example from your life of when you acted despite fear and did what was right even though you were afraid.

Live

In your quiet time, write down the fears you have been struggling with. Talk to God about those fears. Submit the fears to Him. Ask Him to fill you with His love, grace and peace. Ask Him to help you reject thoughts of fear and to choose to see life through the perspective of faith.

Pray

Thank You, Lord, that You are renewing our minds. We praise You because Jesus defeated fear in the Garden and on the cross! Teach us to reject fear. Help us to choose faith. Show us more of who You are.