

## Living in Hope with the One Leader Study Series

### Title: *Fear and the Promises and Provisions of God*

**Instructions:** This Bible study is provided for personal or group use. Please copy, print, or share with anyone.

Listed below are the general “fear reactions” that we have as human beings. And then provided are the promises that we have in God’s Word to combat these negative thoughts and emotions.

Fear / Reaction	Verses	The Lord’s promises and provisions
The unknown and no protection	Gen 15:1	“I am a shield to you; your reward shall be very great.”
Being alone and no family	Gen 26:24	“For I am with you. I will bless you, and multiply your descendants.”
I am alone	Deut 31:8	“He will not fail you or forsake you.”
Frightened, dismayed	Joshua 1:9	“Have I not commanded you? Be strong and courageous...for the Lord your God is with you wherever you go.”
Valley of death and evil	Psalm 23:4	“For You are with me; Your rod and Your staff, they comfort me.”
Foes and adversaries are encamped around me; I’m being assailed and flesh eaten up; there’s war	Psalm 27:1-3	“The Lord is my light and my salvation; ... The Lord is the stronghold of my life; ... my adversaries and foes will stumble and fall...shall not fear; ...yet I will be confident.”
The Lord doesn’t hear me	Psalm 34:4	“I sought the Lord, and He answered me and delivered me.”
Man and the power of man	Psalm 118:6	“The Lord is for me.”
I feel weak and without hope	Isaiah 41:10	“I am with you, I am your God, I will strengthen you, I will help you, I will uphold you with my righteous right hand.”
I’m afraid	Isaiah 43:1	“For I have redeemed you; I have called you by name; you are Mine.”
I have no provision and I’m a nobody	Matt 10:31 Luke 12:7	“You are more valuable than many sparrows.”
What does my future and livelihood look like?	Luke 5:10	“From now on you will be catching men.”
There’s turmoil and uncertainty	John 14:27	“Peace I leave with you; My peace I give to you.”
There’s no peace and I’m worried	Phil 4:6-7	“In everything by prayer and supplication with thanksgiving let your requests be made known to God. The peace of God which passes all understanding will guard your hearts and minds in Christ Jesus.”
I have an oppressive spirit of fear	2 Tim 1:7	“For God gave us a spirit not of fear but of power and love and self-control.”
I’m suffering in doing the right thing	1 Pet 3:14	“You are blessed.”
I’m not loved and feel punished	1 John 4:18-19	“Perfect love casts out fear.... perfected in love. We love because He first loved us.”
I’m suffering from pain, prison, testing, tribulation, death, and Satan	Rev 2:10	“I will give you the crown of life.”

## Overcoming Fear

**Overcoming fear is found in the character of God and His promises. These promises give us hope that fuels our faith.**

Fear comes from Satan, the world, our enemies, circumstances, loss, being out of control, evil, and being ruled by feelings. Fear leads to anger, greed, selfishness, overcontrol, despair, and/or depression. We need to recognize fear, face it, and walk through it in the strength and presence of the Lord.

To overcome fear at a heart level, we need a relationship with the Lord Jesus Christ and a faith in God's promises and provisions. I want to encourage us to focus on His promises in these times of uncertainty. **Then, overcoming fear is not just for us and our needs, it is truly for others and being a help to others by serving their needs.**

God is loving and faithful in answering our prayers—*“Lord, thank You so much for your amazing love and faithfulness towards me. Thank You that You promise to fulfill your purpose for me. Help me to live a life of love and faithfulness.”* When we take up permanent residence in a life of love, we live in God and He lives in us. We are called to know God's love, experience God's love, and believe God's love.

The more you love God and demonstrate that reality by loving one another, the less you are prey to fear. Develop a culture of love—giving and receiving love. This is the opposite of competition and gossip. The more love you give to others, the more fear disappears—*“Lord, thank You that you love me unconditionally, wholeheartedly and continually. Thank You that perfect love casts out all fear Love is not weak. The people who really know God resist evil leaders. Lord, help us to be a people of love who know their God, stand firm, overcome our fears, resist evil, and take action.”*

**Genesis 15:1** [Abram Promised a Son] *“After these things the word of the Lord came to Abram in a vision, saying, “Do not fear, Abram, **I am a shield to you; Your reward shall be very great.**”*

- Fear of the unknown and no protection

**Genesis 26:24** *“The Lord appeared to him the same night and said, ‘I am the God of your father Abraham; Do not fear, **for I am with you. I will bless you, and multiply your descendants,** for the sake of My servant Abraham.’”*

- Fear of being alone and no family

**Deuteronomy 31:8** *“He will never leave you nor forsake you. Do not be afraid; do not be discouraged.”*

**Joshua 1:9** *“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”*

**Psalms 23:4 ESV** *“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”*

**Psalms 27:1-3 ESV** [of David] *“The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamps against me, my heart shall not fear; though war arises against me, yet I will be confident.”*

**Psalms 34:4 ESV** *“I sought the Lord, and he answered me and delivered me from all my fears.”*

**Psalms 118:6** *“The Lord is for me; I will not fear; what can man do to me?”*

- Fear of man and the power of man

**Isaiah 41:10 ESV** *“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”*

**Isaiah 43:1** *“Don’t fear, for I have redeemed you; I have called you by name; you are Mine.”*

**Matthew 10:31** *“So do not fear; you are more valuable than many sparrows.”*

**Luke 12:7** *“Indeed, the very hairs of your head are all numbered. **Do not fear; you are more valuable than many sparrows.**”*

- Fear of a lack of provision and that they are a nobody

**Luke 5:10** *“And so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, **“Do not fear, from now on you will be catching men.”**”*

- Fear of future and livelihood

**John 14:27** *“Peace I leave with you; My peace I give to you; not as the world gives do I give to you. **Do not** let your heart be troubled, nor let it be fearful.”*

- Fear of turmoil and uncertainty

**Philippians 4:6, 7 ESV** *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. The peace of God which passes all understanding will guard your hearts and mind in Christ Jesus.”*

**2 Timothy 1:7** *“For God gave us a spirit not of fear but of power and love and self-control.”*

**1 Peter 3:14** *“But even if you should suffer for the sake of righteousness, you are blessed. And **do not fear** the intimidation, and **do not** be troubled.”*

- Fear of suffering for righteousness and intimidation

**1 John 4:18-19 ESV** *“There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. We love because he first loved us.”*

**Revelation 2:10** *“**Do not fear** what you are about to suffer. Behold, the **devil** is about to cast some of you into prison, so that you will be tested, and you will have tribulation for ten days. Be faithful until **death**, and **I will give you the crown of life.**”*

- Fear of suffering from pain, prison, testing, tribulation, death and Satan

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