

# Fear

## A Biblical Perspective on Fear

### INTRODUCTION AND EXPLANATION:

The words "fear not" are found frequently in Scripture. The fact that they are found so frequently indicates the importance of not being afraid plus the fact that it is a very common experience. Thankfully, the Bible not only tells us not to be afraid, it also gives us solid directions for overcoming the problem of fear. This study has been developed to help you discover a biblical way of dealing with fear. Carefully and prayerfully study the following verses and complete the assignments that are included. On separate sheets of paper, as you study these verses, write down what these verses have to say about the causes, consequences and cure for ungodly fear.

1. Day 1 and 2 in your devotional time, spend some time studying the verses listed under the results of fear section noting everything they say about the consequences of fear and what happens when people become fearful.
2. Day 3 and 4 in your devotional time, spend some time studying the verses listed under the causes of fear section noting everything they say about the causes of fear and why people become fearful.
3. Day 5 and 6 in your devotional time, spend some time studying the verses listed under the solution to fear section noting everything they say about how to overcome fear.
4. Day 7 in your devotional time, spend some time reviewing what you have learned about the results, the causes and solution to the fear problem and work on developing a Biblical strategy for overcoming sinful fear.
5. During the period of time you are focusing on dealing with the fear problem, keep a daily journal of the times you are most fearful. In this daily journal write down:
  - When did it happen?
  - Where are you?
  - What happened?
  - Who are you with?
  - What are you thinking about?
  - What did you do when you were tempted to be fearful?
6. In this journal, keep a record of the way you respond to the circumstances in your life that tempt you to be fearful. Answer the question: Did I handle the temptation to fear biblically for every instance when I was tempted to fear?
7. If not, how did I fail? What did I fail to do that I should have done?
8. How specifically should I change my response when tempted to become fearful? What can I do differently?

Days 1 & 2: Write down everything you see in these passages about the results of fear.

Genesis 21:16-17

Genesis 26:6-7

Leviticus 26:27-37

Numbers 14:1-4

Deuteronomy 28:58-67

1 Samuel 15:20-25

Proverbs 10:24

Proverbs 28:1

Proverbs 29:25

Matthew 25: 14-25

Matthew 26:69-74

Mark 4:35, 41

Luke 21:26

Galatians 2:12

1 John 4:18-19

Days 3 & 4: Write down everything you see in these passages about the causes of fear.

Genesis 21:16-17

Genesis 26:6-7

Genesis 32:11

Numbers 13:5, 25-14

Psalm 23:4

Psalm 46:2-3

Psalm 56:4

Proverbs 1:33

Proverbs 28:1

Proverbs 29:25

Ezekiel 11:8

Matthew 10:28

Matthew 26:69-74

Mark 4:35-41

John 7:13, 20:19

Galatians 2:12

Hebrews 13:5-6

1 John 4:18-19

Days 5 & 6: Write down everything you see in these passages about the solution to fear.

Genesis 32:7-12

Joshua 1:9

2 Chronicles 20:1-3

Psalm 23:4

Psalm 27:1-3

Psalm 34:4

Psalm 46:1-10

Psalm 55:5-8

Psalm 112:1, 7-8

Proverbs 1:33

Proverbs 3:21-24

Proverbs 10:27

Proverbs 14:26-27

Proverbs 22:4

Hebrews 13:5-6

2 Timothy 1:7

1 Peter 3:13-15

1 John 4:18-19

For further study: For a thorough discussion of the subject of fear, read Wayne and Joshua Mack's book, *The Fear Factor*, Hensley Publishers.