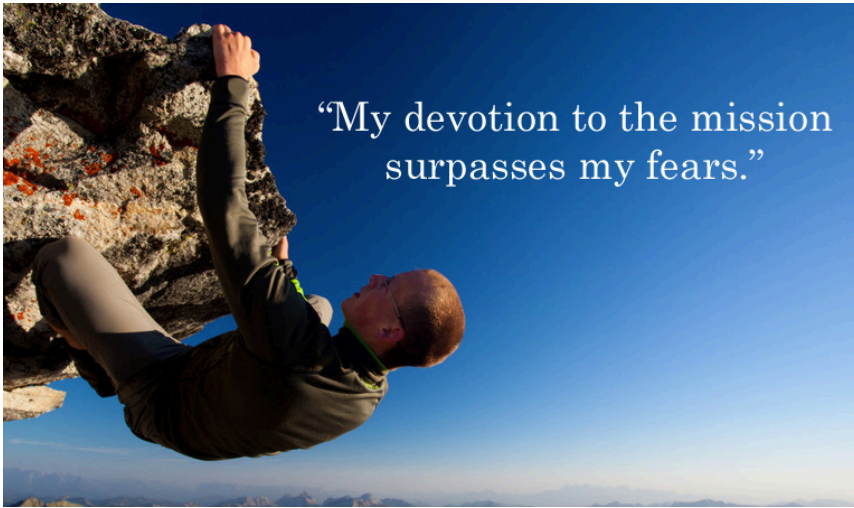


What Can I Do With Fear?



READ: Nehemiah 7:1-2

After the wall was finished and I had set up the doors in the gates, the gatekeepers, singers, and Levites were appointed.
² I gave the responsibility of governing Jerusalem to my brother Hanani, along with Hananiah, the commander of the fortress, for he was a faithful man who feared God more than most.

What is Fear?

It is an unpleasant emotion or thought that you have when you are frightened or worried by something dangerous, painful, or bad that is happening or might happen. (Cambridge Dictionary)

"How very little can be done under the spirit of fear."
Florence Nightengale

REFLECT: What are your fears and how do they impact how you live?

Some of our common fears...

- ... Fear of failure
- ... Fear of rejection
- ... Fear of failing health
- ... Fear of losing a loved one or abandonment
- ... Fear of making the wrong decision
- ... Fear of other people's opinions
- ... Fear of responsibility and success
- ... Fear of saying the wrong thing
- ... Fear of missing out (FOMO)
- ... Fear of the future
- ... Fear of knowing yourself
- ... Fear of other people knowing the real you

Q: What is "the fear of the Lord"?

"The fear of the Lord is the beginning of wisdom..." Proverbs 9:10

Proverbs 2:1-5 "if-then" statements about really knowing God

My child, **if** you accept my words
and store up my commands within you,

² turning your ear to wisdom
and applying your heart to understanding—

³ indeed, **if** you call out for insight
and cry aloud for understanding,

⁴ and **if** you look for it as for silver
and search for it as for hidden treasure,

⁵ **then** you will understand the fear of the Lord
and find the knowledge of God.

KEY: What can I do with fear?

Increase your "fear of the Lord" to _____

Q: What is the difference between OUR natural fear and the fear of the Lord?

Let all who fear the Lord repeat:

"His faithful love endures forever."

⁵ In my distress I prayed to the Lord,
and the Lord answered me and set me free.

⁶ The Lord is for me, so I will have no fear.
What can mere people do to me?

⁷ Yes, the Lord is for me; he will help me...
Psalm 118:4-7

*(What God said to the Hebrew people
after he gave them the ten commandments)*

"When the people saw the thunder and lightning and heard the trumpet and saw the mountain in smoke, they trembled with fear. They stayed at a distance ¹⁹ and said to Moses, "Speak to us yourself and we will listen. But do not have God speak to us or we will die." Moses said to the people, 'Do not be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning.'" Exodus 20:18-20 (NIV)



" Lord, if you kept a record of our sins,
who, O Lord, could ever survive?

⁴ But you offer forgiveness,
that we might learn to fear you.

⁵ I am counting on the Lord;
yes, I am counting on him.
I have put my hope in his word.
Psalm 130:3-5 (NLT)

Try a "trust fall" with God...

Have you exchanged your earthly fears for a HEALTHY fear of the Lord that gives freedom and real peace?

Respond & Apply: Individual & Small Group Discussion Guide

This week take time to read Psalm 118 each day.

Where do you find yourself growing in your healthy fear of the Lord that causes you to trust Him more than you trust yourself?

¹ Give thanks to the Lord, for he is good!

His faithful love endures forever...

⁴ Let all who fear the Lord repeat:

"His faithful love endures forever."

⁵ In my distress I prayed to the Lord,
and the Lord answered me and set me free.

⁶ The Lord is for me, so I will have no fear.

What can mere people do to me?

⁷ Yes, the Lord is for me; he will help me.
I will look in triumph at those who hate me.

⁸ It is better to take refuge in the Lord
than to trust in people.

⁹ It is better to take refuge in the Lord
than to trust in princes.

Revive, Rebuild, Restore: Moving Forward with God's Vision

January 15 – Overcoming Opposition & Discouragement (Neh. 4)

January 22 – Restoring Right Relationships (Neh. 5)

January 29 – Dealing with Distractions (Neh. 6)

February 5 – What Can I Do with Fear? (Neh. 7)

February 12 – God's Promises Never Fail! (Neh. 8)

NewDay Envisioning Our Ministry Values

- 1. We are a community that has a passion to serve others.**
- 2. We are a community that longs for deeper life relationships With God and others.**
- 3. We are passionate about investing in children, youth, and families.**
- 4. We are a people who have a desire to be led by and experience the power of the Holy Spirit in everyday life.**

FIND OUT MORE... newdaycov.org

(Online giving: <http://www.newdaycov.org/give>)