

# FEAR

**Definition:** unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Fear is a liar and a powerful destroyer of relationships. The fear of being hurt and hurting others can paralyze us. In this exercise we will learn to reign in fear and replace it with God's truth and love which has the power to cast out fear and calm our anxieties.

## Pray:

Holy Spirit,

Make me aware of words, actions and attitudes that keep me from intimacy with God and intimacy with others. Help me enter into this activity wanting to be free from my fears. Give me courage to accept the freedom you offer. I also ask for an image.

Please give me an image of what it looks like for me to conquer fear in my life. As I read the Bible passages, open my mind's eye to an image you have for me that will be instructive and useful. In Jesus' name. Amen.

**Ask:** What does fear look and sound like in your life? Is there something God is asking you to do that you're afraid of? What does it mean to keep moving forward even when you're afraid? Where do you find courage? What would it look like for you to love fearlessly?

## Read and take notes:

*Psalm 37*

*Psalm 63*

*Matthew 6:25-34*

*Romans 8*

*1 John 4*

## Activity:

Use the supplies on the table to create a painting or drawing; or, describe with words in your journal what you have learned about conquering fear. Please clean up when you are finished. Be sure to empty your dirty water cup in the bathroom and wipe any excess wet paint from your paint tray with a paper towel and toss your dirty paper towels in the trash. Thanks!

Dear Protector God,

Give me courage to stand up to fear in my life. Snatch fearful thoughts from my mind. Lord I believe you want what's best for me, but help me in my moments of unbelief.

Amen