

Real. Present. God.

Fear



SESSION 1 – NAKED AND AFRAID WHOM SHALL I FEAR?

HOOK

What would you be afraid of if you were a contestant on the reality show “Naked and Afraid”?

The definition of FEAR (from dictionary):

an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

synonyms: terror, fright, fearfulness, horror, alarm, panic, agitation, trepidation, dread, consternation, dismay, distress;

False Evidence Appearing Real

• *archaic: a mixed feeling of dread and reverence. “the love and fear of God”*

be afraid of (someone or something) as likely to be dangerous, painful, or threatening.

LOOK

What do you fear?

You can write as many things as you want on one side of the card. You do NOT have to share this card with anyone.

Read Psalm 23:4 together.

TOOK

Psalm 33:20 - “We wait in hope for the Lord, he is our help and our shield.”

CHALLENGE

Knowing that we need Christ to face our fears, spend time each day asking God for help to face and overcome the fears in our life.

BOOK

READ Genesis 2:8-25 English Standard Version (ESV)

READ verse 25 again... “and the man and his wife were both naked and were not ashamed.”

Why were Adam and Eve NOT afraid of being naked?

READ Genesis 3:3-24

Were Adam and Eve “Naked and Afraid” or “Bare and Bold”?

Why did they become afraid?

What is the consequence of fear in relationships?

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SESSION 2: SPIRITUAL WHAT-FARE? WARFARE—WHAT IS IT ANYWAY?

HOOK

NAME YOUR FIG LEAF

BOOK

Fleshy Desire = our sinful nature

How do we avoid these sinful desires?

The apostle Paul calls it our sin nature. Read together Romans 7:18-20.

Our evil hearts lead us to sin. Are all desires corrupt? Read Ezekiel 11:19.

Temptation = a work of Satan (“the tempter”)

Where does temptation come from?

Where does it NEVER come from?

Sin = disobedience/opposition to God and His Word (dwelling or acting upon temptations)

What are the two types of sin?

What is a sin of commission? Examples?

What are sins of omission? Examples?

Deeds, words, thoughts...ALL can be sin.

Romans 1:18-32; Ephesians 4:29-31, 1 John 2:9-11

Being tempted does NOT = sin.

Luke 4:1-13 Jesus was being tempted, He was not sinning. You and I are tempted, too. Just because you are tempted, does not mean you are sinning.

But, temptation can lead to sin. If this happens, what do we do? (Ask God for forgiveness.)

There is ALWAYS an escape! (1 Corinthians 10:13)

LOOK

Death = the consequence for our sin (sin nature)

What are the consequences for our sin? Is dying the only one?

But, what about the things it costs us to follow God instead?

Sometimes there are “negative” consequences for resisting temptation. Examples?

Do we love God enough to be willing to bear those consequences?

TOOK

READ Hebrews 2:18.

CHALLENGE

Because Jesus suffered when He was tempted He can help those who are also tempted (Hebrews 2:18). Jesus is REAL – spend time each day asking God for help to face and overcome the temptations in your life.

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SESSION 3: FEAR FULL—WAYS TO AVOID TEMPTATION

HOOK

Why do you give in to temptation?

Some stats from the Barna Group¹ on why people give in to temptation.

- 50% - Not really sure
- 20% - To escape or get away from “real life”
- 20% - Because I enjoy it
- 8% - To feel less pain
- 7% - To satisfy people’s expectations
- 2% - To take a shortcut to success
- 1% - Not enough willpower
- 1% - Human or sinful nature
- (Other: 9%)

Most people (half of all respondents) admit they aren’t sure why they give in to temptation. Of those who did give a reason, few believe it’s because of their human or sinful nature.

BOOK

Read Matthew 4:1 - The Temptation of Jesus

1. Temptation is for everyone.
 - Jesus was tempted (purposefully)
 - Why shouldn’t we expect to be tempted?
2. Temptation doesn’t have to be a bad thing.
 - Temptation is always an opportunity to do right.
 - Temptation can make us better
 - Strengthen us
 - Make us wiser
 - Teach us about ourselves

LOOK

8 WAYS TO AVOID TEMPTATION...

Here’s a great opportunity to walk through a common temptation or opportunity to practice.

1. Identify Temptation

(write it down, state clearly what your temptation is)

2. Pray About the Temptation

(write a prayer to God about your struggle)

3. Avoid the Temptation

(list ways you can avoid the temptation)

4. Use Your Bible for Inspiration

(using a concordance, online Bible app or other resource, search the Scriptures for direction, encouragement and inspiration in avoiding your temptation)

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5. Use the Buddy System

(write down who you will share this with and ask to keep you accountable)

6. Use Positive Language

(Instead of saying “I can’t,” or “it’s too hard,” or “I give up”... use a positive growth mindset such as: “this is difficult for me, so I’m going to keep trying and working at it.”)

7. Give Yourself Alternatives

God is faithful. He will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. 1 Corinthians 10:13 (Brainstorm ideas, activities, people, and places that are other options to avoid the temptation)

8. It’s Not the End of the World

(Offer yourself forgiveness when you fail)

TOOK

Blessed is the man that endures temptation: for when he is tried, he shall receive the crown of life, which the Lord has promised to them that love him. (James 1:12)

CHALLENGE

Review the 8 ways to avoid temptation shared in this lesson and incorporate them into your daily life as a reminder to identify, pray, avoid it, search scripture, buddy up, be positive, seek alternatives and seek forgiveness.

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SESSION 4: A FEARLESS LIFE LIVING AS A CHILD OF GOD

HOOK

Boggarts

BOOK

Read John 15:4 (ESV).

When Jesus says “abides” it’s another way of saying “remain in me.” What do you think this really means?

Do you think it’s possible to not abide or remain in God and bear fruit?

LOOK

What causes you to hold back and not abide in God?

Even though Christ abides in me, how do I comfort friends who are searching for a home outside of Christ?

Let all the earth fear the Lord, let all the inhabitants of the world stand in awe of him. (Psalm 33:8)

But God delights in those who fear Him—those who stand in awe of him—and instead of trusting in their own human abilities or resources, “hope is in his steadfast love.”

But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love. (Psalm 33:18)

So let us fear God—stand in awe of Him, take refuge in Him, and hope in His steadfast love. For it brings the Lord pleasure when we trust in Him for strength and help, not our own wits and resources.

TOOK

How does the Holy Spirit empower and enable you to live free from fear?

CHALLENGE

Find an opportunity each day to remind yourself that you are a Child of God and there is hope in Christ to overcome your fears.