



<sup>6</sup> For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, <sup>7</sup> for God has not given us a spirit of fear but of power and love and sound mind.  
2 Timothy 1:6-7 CAT

<sup>13</sup> Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, <sup>14</sup> “Glory to God in the highest heaven, and on earth peace to those on whom his favor rests.”  
Luke 2:13-14 NIV

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25 NIV

Many [people] even among the leaders believed in him. But because of the Pharisees they would not openly acknowledge their faith for fear they would be put out of the synagogue; <sup>43</sup> for they loved human praise more than praise from God. John 12:42 NIV

### How to be Free from Fear

#### Examine your fears and work out an effective plan:

##### 1. Fear the Lord!

<sup>4</sup> “I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. <sup>5</sup> But I will show you whom you should fear: Fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him. Luke 12:4-5 NIV

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 9:6 NIV

##### 2. Ask God to search your heart!

<sup>23</sup> Search me, God, and know my heart; Put me to the test and know my anxious thoughts; <sup>24</sup> And see if there is *any* hurtful way in me, And lead me in the everlasting way. Psalm 139:23-24 NASB

For I admit my guilt; I am full of anxiety because of my sin. Psalm 38:18 NASB

**Pray:** Heavenly Father, I confess that I have allowed fear to control my life. Thank you for your forgiveness. I choose to believe that you have not given me a spirit of fear, but you have given me your Holy Spirit of power, love and sound mind! I ask you to reveal any controlling fears in my life and the lies behind them.

**List the fears and the lies behind them:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Replace Satan’s lies with God’s truth!

  
\_\_\_\_\_

Pray: Lord Jesus, I have allowed the fear of [*name the fear*] to control my life. I have believed the lie that [*state the lie*]. I renounce all irrational fears and the lies behind them. I choose to live by faith, and acknowledge that you are only one I fear and gives true peace.

##### 3. Fan into flame the gift of God!

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, <sup>7</sup> for God has not given us a spirit of fear but of power and love and sound mind.  
2 Timothy 1:6-7 CAT

**God is love.** Whoever lives in love lives in God, and God in them.

<sup>17</sup> This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. <sup>18</sup> **There is no fear in love. But perfect love drives out fear**, because fear has to do with punishment. The one who fears is not made perfect in love. <sup>19</sup> We love because he first loved us. 1 John 4:16b-19 NIV

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses... They all joined together constantly in prayer... Acts 1:8,14 NIV

##### 4. Focus your thoughts through prayer.

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3 NIV