



WEEK 3: WAGING WAR

FREEDOM FROM FEAR

This worksheet will help you become aware of the strongholds rooted in fear in your life. Set aside the time to read through it and check the boxes that apply to you. Make sure to do this thoroughly and honestly, and then share with others in your LIFE Group. Finally, respond with the next steps to find freedom from fear.

Most of us do not realize how deeply fear is rooted in our every day life. The nature of fear is to **deceive**. The Scriptures make it very clear that the Lord wants us to be free from fear. Freedom from fear is gained as we:

1. *Allow the power of the Holy Spirit to uncover the presence of fear in our lives.*
2. *Bring fears to the cross through repentance and affirming God's truth.*
3. *Commit to take action to move in the opposite spirit.*

Fear: [noun]

1. an unpleasant often strong emotion caused by anticipation or awareness of danger
2. a) an instance of this emotion
b) a state marked by this emotion

Deceive: [verb]

Synonyms: *mislead, delude, beguile*

1. to lead astray or frustrate usually by underhandedness. Deceive implies imposing a false idea or belief that causes ignorance, bewilderment, or helplessness.

WHERE DOES THE FEAR COME FROM?

1. It is not from God.

2 Timothy 1:7 (NIV) - *For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline*

2. It is a result of a lack of faith

Matthew 14:30-31 (NIV) - *But when he saw the wind, he was afraid and beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said. "Why did you doubt?"*



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EXAMPLES OF LIVING IN FEAR

Go through the questions reflectively. Check any and all that apply to you.

1. Fear of punishment: Little peace, hope, faith, or joy.

1 John 4:18 (NKJV) - *There is no fear in love; but perfect love casts out fear, because fear involves torment.*

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|---|--|
| <input type="checkbox"/> My prayer times and Bible reading are motivated by fear. | <input type="checkbox"/> I fear failing God. |
| <input type="checkbox"/> My relationship with Jesus is performance-based. | <input type="checkbox"/> I fear punishment from God. |

2. Fear of man (insecurity)

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

Isaiah 51:7 (NIV) - *Hear me, you who know what is right, you people who have my law in your hearts: Do not fear the reproach of men or be terrified by their insults.*

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|--|---|
| <input type="checkbox"/> I fear what other people think about me. | <input type="checkbox"/> I fear communicating publicly. |
| <input type="checkbox"/> I fear (imagined) what others say about me. | <input type="checkbox"/> I fear confrontation. |
| <input type="checkbox"/> I fear being rejected by those close to me. | <input type="checkbox"/> I fear being held accountable. |
| <input type="checkbox"/> I fear people in authority. | |

3. Fear becomes a self-fulfilling prophecy

Fear of failure often plays right into the hands of the enemy. Fear can work against your faith, sometimes helping to bring about the failure you fear. How often are people instructed by God or His agents: "Do not be afraid!" You are to fear nothing.

Judges 7:3 (NIV) - *... announce now to the people, "Anyone who trembles with fear may turn back and leave Mount Gilead." So twenty-two thousand men left, while ten thousand remained.*

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| <input type="checkbox"/> I fear falling back into sin. | <input type="checkbox"/> I fear not succeeding in a good career. |
| <input type="checkbox"/> I fear that I will not be freed from habitual sins or addictions. | <input type="checkbox"/> I fear intimacy and being seen for who I really am. |
| <input type="checkbox"/> I fear I will never get married. | <input type="checkbox"/> I fear disappointing my parents or others I respect. |
| <input type="checkbox"/> I fear failing in marriage | |
| <input type="checkbox"/> I fear that I will get divorced. | |



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4. Fear of your past becoming known (and the possible ramifications).

Isaiah 54:4 (NIV) - *Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.*

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|---|---|
| <input type="checkbox"/> I fear suffering shame from my past | <input type="checkbox"/> I fear God's punishment for my past. |
| <input type="checkbox"/> I fear that my past may disgrace me, or hinder or stop God's work in my life. | <input type="checkbox"/> I fear that I may not be healed from scars or wounds that occurred in my past. |
| <input type="checkbox"/> I fear confessing shame and guilt from having had an abortion. | <input type="checkbox"/> I fear that I will be found out for "who I really am". |
| <input type="checkbox"/> I fear confessing a struggle with sexual sin (promiscuity, pornography, homosexuality, adultery) and what others may think if I confess that struggle. | |

5. Sudden unnatural fears are always from Satan.

Proverbs 3:24-25 (NIV) - *... when you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Have no fear of sudden disaster or of the ruin that overtakes the wicked.*

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| <input type="checkbox"/> Hopelessness. | <input type="checkbox"/> Fear of a lack of provision |
| <input type="checkbox"/> Oppressive fears. | <input type="checkbox"/> Fear of losing my job. |
| <input type="checkbox"/> Fear of death. | <input type="checkbox"/> Fear of spouse, parents or children dying. |
| <input type="checkbox"/> Fear of sickness. | <input type="checkbox"/> Fear of chaotic world events. |

WHAT STEPS ARE NEEDED TO DESTROY FEAR?

1. Decisions must be made to hate the sin of fear with holy violence. You must understand that fear grieves God's heart, for it denies the reality of His awesome provision and protection.
2. Confess all specific areas of sin.
3. Ask God to reveal any areas and root issues that are still unknown to you.
4. Renounce fear in the name of Jesus, and rebuke the enemy in the name of Jesus and by the blood of Jesus. Firmly command the enemy to go, and stand in faith in the battle.
5. You must now move "in the opposite spirit," in the opposite direction of your fears. It is not enough to confess your fears; now we must face them aggressively, and obey the Word of God.