

EMOTIONS

DEALING WITH HOW YOU FEEL

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April 28, 2024

Fear

2 Timothy 1:7 NKJV

**For God has not given us a spirit of fear,
but of power and of love and of a sound mind.**

The Source of Fear and Faith

1. Learned _____.
2. Things we have _____.
3. Our _____.
4. _____.
5. Our _____.
6. The _____.

The Battle of Fear and Faith

1. Fear _____ the promises of God.
Faith _____ and _____ upon them.
2. Fear believes the _____.
Faith believes the _____.
3. Fear or faith increase by your _____.
4. Fear brings _____ and makes the situation worse.
Faith brings _____ and improves the situation.
5. Fear builds in the _____.
Faith builds in the _____.
6. Fear can _____ God's blessings for you.
Faith _____ God's blessings to you.

Psalm 27 NIV

The LORD is my light and my salvation—whom shall I fear?
The LORD is the stronghold of my life—of whom shall I be afraid?

When the wicked advance against me to devour me,
it is my enemies and my foes who will stumble and fall.

Though an army besiege me, my heart will not fear;
though war break out against me, even then I will be confident.

One thing I ask from the LORD, this only do I seek:
that I may dwell in the house of the LORD all the days of my life,
to gaze on the beauty of the LORD and to seek him in his temple.

For in the day of trouble he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent and set me high upon a rock.

Then my head will be exalted above the enemies who surround me;
at his sacred tent I will sacrifice with shouts of joy;

I will sing and make music to the LORD.

Hear my voice when I call, LORD; be merciful to me and answer me.

My heart says of you, "Seek his face!" Your face, LORD, I will seek.
Do not hide your face from me, do not turn your servant away in anger;
you have been my helper.

Do not reject me or forsake me, God my Savior.

Though my father and mother forsake me, the LORD will receive me.

Teach me your way, LORD;

lead me in a straight path because of my oppressors.

Do not turn me over to the desire of my foes,
for false witnesses rise up against me, spouting malicious accusations.

I remain confident of this:

I will see the goodness of the LORD in the land of the living.

Wait for the LORD;

be strong and take heart and wait for the LORD.

Prayer against fear:

In the name of Jesus Christ, I choose to stand against the fears that have attacked my life. I choose to walk by faith in the God I love and serve. I believe

He is bigger and better than any challenge I face. I'll no longer run, I'll no longer hide, but I'll face fear head on and defeat it once and for all. FEAR, I give you notice. You no longer rule or control me. I'll no longer listen to your lies but only the truth of God's Word. I command you to leave right now.

Father, fill me with your boldness, your strength, your power and your faith. I declare I am victorious. I am a champion. I am triumphant in Jesus Christ.

Next Steps:

Invite Jesus Christ to be Lord and Savior of your life.

Read Psalm 27 every day for the next 30 days
as a part of your devotions.

Pray the prayer above every day for the next 30 days
as a part of your devotions.

Memorize 2 Timothy 1:7 in your favorite translation.