



**Into the Word:**

In *Growing Strong in the Seasons of Life*, Charles R. Swindoll wrote, “Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much deeper and much quieter. They are the inner tests, like remaining faithful when nobody’s looking, like enduring pain when the room is empty, like standing alone when you’re misunderstood.”

Eleanor Roosevelt once said, “You gain strength and confidence by every experience in which you really ... look fear in the face.”

So what do you think is the opposite of fear? How would you explain your answer?

Biblically, what is the opposite of fear?

Isaiah 12:2 says, “Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation.”

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

Trust in yourself is not the opposite of fear; trust in the Lord is. Trusting in humans proves to be a curse, but trusting in God is a blessing.

**Read Jeremiah 17:5–8.**

Give an example of when your trust in yourself or another human being was misplaced.

Jesus commands us to trust in God (John 14:1). David wrote in Psalm 20:7, “Some trust in chariots and some in horses, but we trust in the name of the Lord our God.” He also wrote in Psalm 22:9, “Yet you brought me out of the womb; you made me trust in you even at my mother’s breast.”

Why is trust in God safe in a way that trust in humans can never be?

Numbers 13 tells the story of the Israelite scouts that come back from the Promised Land with reports of a beautiful land but most were scared of the inhabitants and afraid to enter. Caleb says ““We must go up and take possession of the land because we can certainly conquer it!” (Numbers 13:30)

**Read Joshua 14:8.**

What does it mean to follow God wholeheartedly? Describe what you think such a life looks like.

Have you ever been following God wholeheartedly, yet still felt afraid? Why do you think that is? Is that okay?

**Apply the Word**

Strength that overcomes fear can only come from God. Read Isaiah 35. Jesus quoted part of this passage in Luke 4, and said, "Today this scripture is fulfilled in your hearing."

How can a relationship with Christ give you strength to overcome fear? Give a personal example, if you can.

**Prayer Time-**

Choose one or two verses from this study to memorize. Make sure they are ones that help you overcome your fear when circumstances are difficult.