



The Good

The Bad

The Ugly

Fear

# Fear

**WHAT DO YOU THINK OF WHEN YOU HEAR THE  
WORD 'FEAR'?**

**CHILDHOOD MEMORIES?**

**FEARS FROM THE PAST?**

**FEARS OF THE FUTURE?**

# Fear

**HOW HAVE YOU LEARNED TO COPE WITH YOUR WORST FEARS? THE BAD AND THE UGLY ONES!**

**WHAT ARE YOUR DISTRACTIONS?**

# Fear

**A DEFINITION OF FEAR**

**AN UNPLEASANT EMOTION CAUSED BY THE  
THREAT OF DANGER, PAIN, OR HARM.**

**WHAT IS TRAUMA?**

**WHAT DOES THE BIBLE SAY ABOUT FEAR?**

# Fear

## WHERE DID FEAR BEGIN?

**Genesis 3:8-10**

*Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was AFRAID because I was naked; so I hid."*

# Fear

## THE FEAR OF THE LORD

**Psalm 111:10**

*It is the beginning of wisdom and leads to good understanding*

**Proverbs 1:7**

*The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.*

# Fear

## THE FEAR OF THE LORD

### Proverbs 19:23

*The fear of the Lord leads to life; then one rests content, untouched by trouble.*

### Proverbs 14:26-27

*Whoever fears the Lord has a secure fortress, and for their children it will be a refuge. The fear of the Lord is a fountain of life, turning a person from the snares of death.*

# Fear

## **BAD & UGLY FEAR**

**2 Timothy 1:7**

*For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

**1 John 4:18**

*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.*



# Fear

**GOD TELLS US NOT TO FEAR**

**Isaiah 41:10**

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

# Fear

## GOD TELLS US NOT TO FEAR

### Isaiah 43:1-3

*But now, this is what the Lord says — he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.*

*When you pass through the waters, I will be with you;*

# Fear

**GOD TELLS US NOT TO FEAR**

**Isaiah 43:1-3**

*and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.*

*For I am the Lord your God, the Holy One of Israel, your Saviour;*

# Fear

**GOD TELLS US NOT TO FEAR**

**Jeremiah 1:4-8**

*The word of the Lord came to me, saying, “Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”*

# Fear

**GOD TELLS US NOT TO FEAR**

**Jeremiah 1:4-8**

*“Alas, Sovereign Lord,” I said, “I do not know how to speak; I am too young.” But the Lord said to me, “Do not say, ‘I am too young.’ You must go to everyone I send you to and say whatever I command you. Do not be afraid of them, for I am with you and will rescue you,” declares the Lord.*

# Fear

**WHAT DID JESUS SAY?**

**Matthew 10:31**

*So don't be afraid; you are worth more than many sparrows.*

# Fear

## MORE ENCOURAGEMENTS

**Psalm 56:11**

*In God I trust and am not afraid. What can man do to me?*

**Job 13:15**

*Though he slay me, yet will I hope in him;*

# Fear

## MORE ENCOURAGEMENTS

**Psalm 5:11**

*But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.*




# Fear

## PAUL'S EXAMPLE

**Philippians 4:11-12**

*I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*



I will fear **no evil**,  
for **YOU** are with me