



# Soul Care: **Overcoming Fears**

What are your root fears? How do they manifest themselves?

How are your fears affecting your relationship with God?

How are your fears affecting your relationship with others?

What is your fight or flight response?

**The number one question in the heart of God is, “Do you love me?” And the number one question in the heart of God for people is, “Will you trust me?”**

**In a moment of quiet reflection with the Holy Spirit ask:**

How are your fears connected to the lies you believe? What are the wounds beneath those fears?

Take time to pray for healing.

Is there an area of your life where you lack peace?

Does your lack of peace indicate a lack of trust or a lie you've believed?

What behaviours in your life are a result of you acting in fear?

**Show me the love that you have for me.**

As we stated last week, symbol is the language of the soul. God can give you a picture in your mind or a word that will show you His love for you. This is not just 'knowing' God loves you, but rather feeling and experiencing it. Allow His love to release you to trust Him.

The final victories of overcoming our root issues often are not administered until we act in courage.

## Six steps to overcoming fear

1. Begin with worship.

Examine your motivations for worship. How can you incorporate worship into your daily routine?

Write out a verse or verses regarding worship.

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2. Choose a gentle response.

How can you respond like Jesus to a situation in which you are acting in fear?

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3. Remember the Lord's presence and fix your eyes on Jesus.

Write out a promise of God's presence with us in trials:

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4. Overcoming fears will involve redemptive suffering.

Rather than escaping your trial or grief, how can you bring it to Jesus?

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5. Overcoming your fears will involve surrender.

Are you willing to fully trust God through your fears? What will you have to stop doing in order to give up control?

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6. Overcoming your fears involves action.

What steps will you take towards walking in freedom? What secrets will you expose? What truth will you walk in daily?

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Share these discoveries in a safe group you meet with to journey through this series.

**Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4-7)**

**When fear lurks in your heart unattended, it is bound to cost you immeasurably.**