



## Stop Letting Fear Run Your Life

**Theme Verse:** 2 Timothy 1:7 – “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

### Opening Prayer:

Lord, thank You for reminding me that fear doesn't come from You. Help me to walk in boldness and trust You fully. Fill me with courage and peace today. In Jesus' name, Amen.

### Fear Can't Have the Final Say

Isaiah 41:10 – 'Fear not, for I am with you; be not dismayed, for I am your God.'

What are some ways fear has influenced your decisions in the past?

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How has fear kept you from stepping into something God might be calling you to do?

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### What Are We So Afraid Of?

Psalm 56:3 – 'When I am afraid, I put my trust in you.'

Which fear do you struggle with the most: failure, rejection, the unknown, or people's opinions?

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## How to Stop Letting Fear Control You

Joshua 1:9 – 'Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'

What small step can you take today to move forward in faith?

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What does 'faith over fear' mean to you personally?

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## What to Do When Setbacks Happen

Romans 8:28 – 'And we know that in all things God works for the good of those who love him, who have been called according to his purpose.'

Think of a time when you faced a setback while trying something new. What did you learn from it?

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How can you use past setbacks to prepare you for future steps of faith?

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## A Real-Life Example

Proverbs 3:5-6 – 'Trust in the Lord with all your heart and lean not on your own understanding.'

Can you relate to the example of public speaking in the study? What would you do differently next time?

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What is your 'why' when it comes to overcoming fear? Write out your motivation to remind yourself.

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### **Closing Prayer Prompt:**

Lord, help me to recognize when fear is trying to lead me. Remind me that You are with me and that I can be strong and courageous through Your Spirit. Amen.