

## Fear, Alarm, Anxiety, Nightmares or Phobias

### Questions to explore the heart:

Does God give you a spirit of fear?

What would God want you to do in this fearful situation (*circumstances, condition or state*)?

### Comment(s) or Correction:

When you are living in fear you are not trusting (*believing, relying on, depending on or counting on*) God.

### Scriptures to memorize:

For God has not given us a spirit of fear but of power and love and a strong mind. 2 Timothy 1:7

But He said to them, "Why are you fearful, O you of little faith?" Then He arose and rebuked (*reprimanded / reprovved*) the winds and the sea, and there was a great calm (*quiet, peace, or relaxed*). Matthew 8:26

...God has said, "I will never leave you; I will never abandon (*desert, walk out on, or give up*) you." Hebrews 13:5

Be strong and brave. Don't be afraid of them and don't be frightened (*scared, terrified, anxious*), because the LORD your God will go with you. He will not leave you or forget you." Deuteronomy 31:6

The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold (*iron grip / vice-like grip*) of my life— of whom shall I be afraid? Psalm 27:1

Fear of man will prove to be a snare (*trap, ambush, trick, or deception*), but whoever trusts in the LORD is kept safe. Proverbs 29:25

### Words of Encouragement:

God has said, "He would never leave you and He will never abandon you"

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