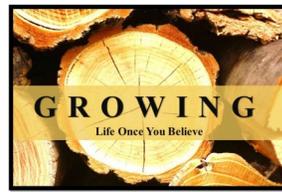


TRANSFORMING OUR FEARS

PSALM 121; PHI. 1:27-28; 2:12-13; 4:4-7



Understanding Our Fears

Definition: Fear is a whole-person response to vulnerability in the face of a threatening situation.

Examining Our Fears

“Search me Oh God, and know my heart; test me and know my anxious thoughts.” ~ King David

The Roots of Fear: Exposure. Rejection. Harm.

Looking under our fights—What are you fighting for?

Looking under our flights—What are you running from?

“Unrecognized fear prevents you from becoming more like Jesus.”
~ Rob Reimer

Transforming Our Fears

Step 1: Worship God in the Splendor of His Majesty (Phi. 4:4, 5b, 6d)

“Earth is crammed with heaven, And every bush afire with God; But only he who sees takes off his shoes, The rest sit around it and pluck blackberries.”
~ Elizabeth Barrett Browning

Step 2: Turn Your Face to God in Intimacy of Conversation (Phil. 4:6)

Step 3: In the stillness of His peace discern God’s desire (Phi. 4:7)

Step 4: In the security of your salvation respond in trust and act in love
(Phi. 4:5,7d)

“None of the things that happen to you, none of the troubles you encounter, have any power to get between you and God, dilute his grace in you, divert his will from you.” ~ Eugene Peterson

Going Deeper

(For individual or small groups to go deeper with the passage)

- Read Phi. 1:27-28 What is Paul’s controlling thought for the Philippians?
- Read Phi. 4:4-7 What are the commands? What are the facts?
- In the context of Paul’s writing and the recipients reading, why would knowing the facts in vv.4-7 be so important to obeying the commands?
- How might fears (or anxieties) threaten Paul’s desire in Phil. 1:27?
- How do worship and prayer work to alleviate our fears?
- Spiritual Exercise: Set aside time to pray, asking the Holy Spirit: “Where is fear rather than faith controlling me?” Write a short prayer including affirmations of God’s greatness and goodness, acknowledgment of your fear, and request for God’s help to act in humble courageous love. When next faced with this fear, stop and pray this prayer, then act in faith.