



Freedom from Fear

living by faith

Welcome to Stage Two: Live Free

Jesus said, “You will know the truth and the truth will set you free” (John 8:32 NIV). Paul says, “It is for freedom that Christ has set us free” (Galatians 5:1 NIV). In this second stage of Safar, we will learn to live in true freedom. In this step we’ll deal with one of the most common traps that hold us captive: fear.

Start Here

- What are some of the common fears we all face? Can you name at least seven?
- Which do you identify with the most? How does this fear affect your life?

Discuss

Fear cripples our lives. When we are fearful, it is very difficult to live by faith and follow God.

The challenge is that we all wrestle with fear. It creeps into our days, robbing us of strength and joy, keeping us from living fully.

- How has fear impacted you in the last two weeks?
- How have you made choices based on fear?
- How would the coming week be different if you were free of this fear?

Main Idea

Living in fear is not God’s plan for us. He offers us freedom. We believe in a God who is able to remove our fears through his power and love, and give us the strength to overcome them by faith.

God’s presence helps us overcome fear.

One of the names of Jesus is ‘Emmanuel’, that is, ‘God with us’. When God is with us, we have nothing to fear.

- If God is with us: then we are never alone. Everything we face, we face with God.
- If God is with us: then we have his strength and wisdom available in each moment.
- If God is with us: then our *Father* is in control of this moment. He has full authority and will work all things for our good.

Explore the Word

Reflect on the following passages. What does God say about fear?

- 2 Timothy 1:7
- Isaiah 41:10

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- Jeremiah 29:11
- John 14:27
- Romans 8:37-39
- Hebrews 13:5-6

Which of these passages is meaningful in light of the fear you mentioned above?

Practice Together Now

We do not have to give in to fear. When fear intrudes:

1. Ask the Holy Spirit to help you overcome your fear.
2. Redirect your heart to Emmanuel, God with you.
3. Select a passage of Scripture to pray aloud (to start, use the ones listed earlier).
4. Choose to believe that God is with you and enough for you in this moment.

Work through this pattern together, applying it to the fear you identified above.

1. Holy Spirit, I ask you to help me overcome the fear of _____.
2. Jesus, I thank you that you are Emmanuel. You are with me right now.
3. Father, I thank you that you have told me in Isaiah 41:10 not to fear. You have promised you are with me, that I do not need to be dismayed, for you are my God. You will strengthen me and help me. You will uphold me with your righteous right hand.
4. Father, I choose to believe you now. I reject fear and choose faith in you in this moment.

Pray this again using different verses listed above.

Review your Practice Daily

- Read Psalm 27 and reflect on every verse. Then answer the following three questions:
 - What fears have the writer of this Psalm experienced?
 - How has he managed to conquer these fears?
 - What does this Psalm teach us about God?
- Reflect on where fear is creeping in at the moment. Walk through the pattern you practised together each time you notice fear this week.