



Overcoming Your Fears
with illustrations from *What Was I Scared Of?*
by Dr. Seuss

I prayed to the Lord, and he answered me.

He freed me from all my fears.

Psalm 34:4 (NLT)

“Fear adds up your shortcomings, subtracts from your strengths, multiplies your worries and divides your mind . . . Fear is a bottomless pit where all things noble go to die, and all things beautiful are made ugly.”

—David Foster, *Accept No Mediocre Life*

What Kind of Damage Does Fear Do?

1. FEAR _____.

The disciples were afraid of the Jewish leaders, and on the evening of that same Sunday they locked themselves in a room. John 20:19 (CEV)

2. FEAR _____.

I heard you in the garden, and I was afraid . . . so I hid. Genesis 3:10 (NIV)

3. FEAR _____.

Worry can rob you of happiness. Proverbs 12:25 (TEV)

I am worn out by my worries. Psalm 55:2 (TEV)

- The opposite of fear is _____.

Antidotes to Fear

1. _____

You will know the truth, and the truth will set you free.

John 8:32 (GW)

F. E. A. R.

F: _____

E: _____

A: _____

R: _____

2. _____

Love contains no fear—indeed fully-developed love expels every particle of fear . . .

1 John 4:18 (Phillips)

• **RECEIVE** _____.

• **OFFER** _____.