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 _________________.

• The opposite of fear is _________________.

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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 ________________________________.

Major sources for today’s teaching come from What Was I Scared of? by Dr. Seuss, The Gospel According to Dr. Seuss by James W. Kemp, and Stop Running Scared by Rick Warren.