

Fear Fighters

1. What things do people fear? _____
2. What do you fear? _____
3. Why do people fear things? What causes fear? _____

Isaiah 41.10 - So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

NOTES – Being a Fear Fighter

GOD is our Healer – Bible Verses

Exodus 15.36 | Isaiah 53.4-5 and 55.11 | Psalm 10.3.1-4 | Psalm 107.20 | Matthew 9.22
Mark 11.22-24 | 1 Peter 2.24 | Acts 10.38 | Ephesians 2.8 | Hebrews 13.8

Fear Fighter Tips

1. Speak to the fear. Say, 'No, I'm not going to worry'. Say 'I submit to God and his Word and I resist the lies and attack of the enemy.'
2. Speak the Word of God. Say, 'God hasn't given me fear. He's told me not to fear. God is with me and he is bigger than my problems.'
3. Pray to God. 'Lord I can ask whatever I want and it will be done. So Lord I ask you take away my fear and the thing that bugs me. I receive your answer and believe you'
4. Don't speak about or think on your fears. Keep believing God and speaking his word. Ask God for a special Bible verse, anything you need to do. Get others to pray too
5. If you need to take any practical action, do that. You can feel fear and do things anyway. With God's help and support of others, you can do it.
6. Worship and praise is also a weapon! So even when it feels hard, keep on praising God and thanking him, worshipping him. Thank God for who he is.