



Stage Three: Renew Your Fearlessness

Fear and Our Biological Response

1. Fear is a part of our lives. It's embedded in our _____ and _____.
2. Most fear is _____. And fear is highly _____.
3. Our brains use _____ for everyday interactions.
4. The _____ nervous system enables lightning-quick responses to _____ situations.
5. The _____-**sympathetic** nervous system restores proper levels of hormones to _____ the body after a _____ situation.
6. _____ memories are memories of _____ events in your life.

The Problem with Constant Fear

1. _____ cortisol exposure reduces your body's normal _____ mechanisms.
2. Constant _____ is spiritually _____. Fear betrays a lack of _____ in the power or _____ of God.

Managing Fear

1. Pharmaceutical and Psychological techniques can be _____, have negative _____, and often give only _____.
2. In everything by _____ and supplication with _____ let your requests be made known to _____.
3. When a fearful _____ arises, we need our _____ to say, "Don't go there."
4. God offers Himself to be our _____ and _____ counselor.

Homework:

Your assignment last week was to make a list of the things you fear or are anxious about. Based on what we learned tonight, revisit that list. Pick one of those fearful things on your list and apply one of the techniques we discussed. This week, spend time with God discussing this fear. Let His Holy Spirit, your wise and caring Counselor, begin to heal and restore your mind to be fearless in that area.

Be ready to share next week what God has done.

Scripture References:

Ezekiel 18:21, 31

1 John 4:18

Romans 5:1

Acts 5:11

Philippians 4:6-9

Jeremiah 17:9, 10

Psalms 139:23

Hebrews 13:5,6