



Session 4: Unpacking Fear

To view the video for this session, go to
<http://www.ariseministries.net/lightenup>

In this week's session, we discovered that fear imposes limitations on our ability to parent well and think straight. It causes us to cease living in the "real" world and live within the walls of our own mind. King David gave us a solution to minimize this tormentor. When we apply the acrostic for T.R.U.S.T., we can find God's help in taming this dreadful emotion.

*1. What continues to be an ongoing fear for you? How does it make you feel?

2. Circle the top 5 suspects in your "fear category."

children

car

health problems

being found out

facing God someday

growing old

not getting over "this"

finances

another person

custody issues

job

health issues

not having what I need

not being able to do the job alone

3. Fill in the blank that most often fits how you handle fear.

When I am afraid, I _____.

Fill in the blank with David's response in Psalm 56:3.

When I am afraid I _____.

*4. What action word in overcoming fear can be tied to the acrostic T.R.U.S.T.? When I am afraid I ... ?

T= _____ R= _____ U= _____ S= _____ T= _____

Which one of these have you done often? Which ones have you neglected?

5. On the letter R = Recall – what comes to your mind as you consider God’s faithfulness?

*6. Considering the letter U = Untie, if we don’t recognize the lies we believe, we’re not able to address them. What lies are tied to your biggest fears?

7. Concerning the letter S = Surrender. What did this action look like for David?

8. Read Isaiah 43:1-3. Write out what the Lord says He will do for you when you’re overtaken with fear.

*9. In the video you heard – “If your ‘what if’ becomes your ‘what is’, God can handle it.” Rewrite that statement replacing the ‘what if’s’ with your fears. How does it bring you comfort?

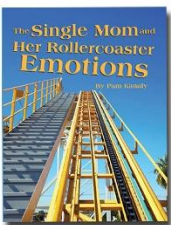
*10. What is God saying about your choice to lighten up and unpack fear?

Dear Heavenly Father, I know fear that leads me to fret and believe that I am on my own is not from you. Your Word says you have not given me a spirit of fear but of power and love and a sound mind. Would you help me to remember I will never be in a place where you will not see me through or provide for me? Calm my fears as I give them to you. Enable me to T.R.U.S.T. you in them. In Jesus' name. Amen.

Notes for Thrive Group Discussion:

1. Briefly express your thoughts on the video, Session 4: Unpacking Fear.
2. Talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Identify a choice you need to make this week, one that will honor God.
5. Review the meaning of T.R.U.S.T.

** If your ‘what if’ becomes your ‘what is’, God can handle it. - From *The Single Mom and Her Rollercoaster Emotions*, used by permission of Pelican Publishing Company, Inc., www.pelicanpub.com.



For a deeper study, take advantage of Pam Kanaly’s book – *The Single Mom and Her Rollercoaster Emotions*. Enjoy the material - the book, the MP3 version or the CD set. (www.ariseministries.net/store)

To connect with a **Thrive Group**, inquire at www.ariseministries.net/thrive.

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