

# Freedom from Fear



REFLECTION  
QUESTIONS

## **Introduction: God Wants You To Be Free From Fear**

**What are the three things you're most afraid of? Why?**

**Would you say these fears dominate your life? Explain why.**

**Have you given up hope of being set free from fear? Why?**

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**What would freedom from fear look like specifically for you?**

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## Chapter 1: I Am Your God

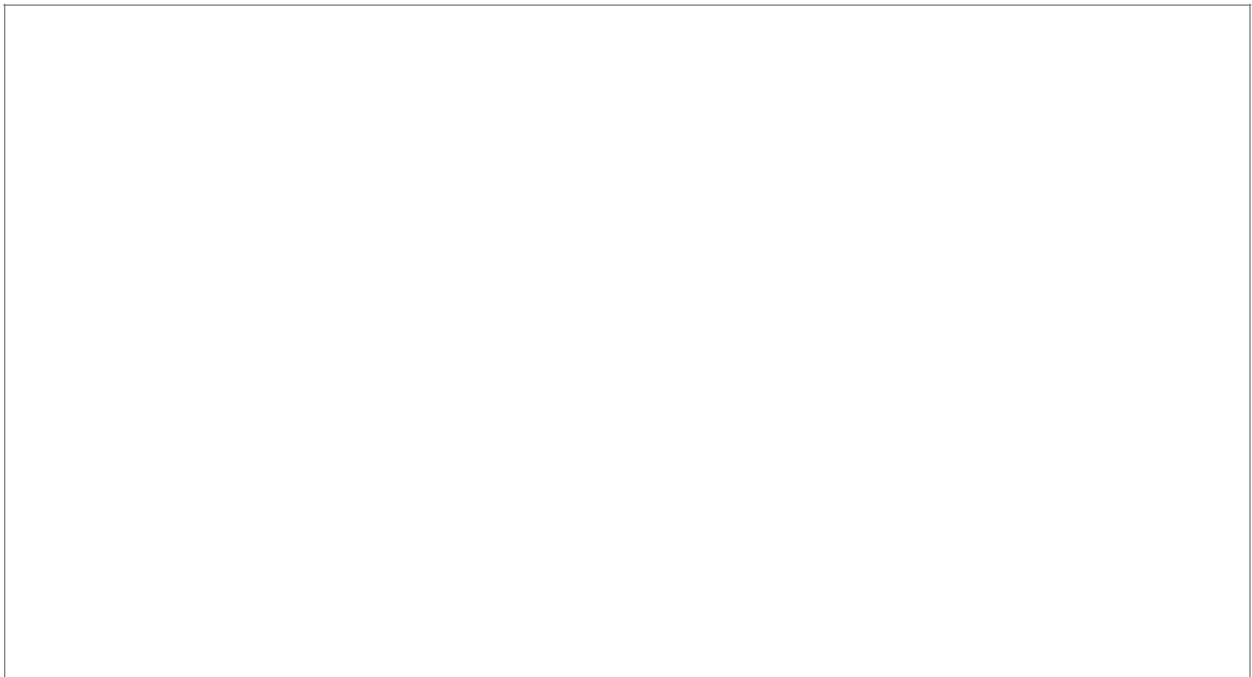
**Describe your relationship with God.**

**Have you thought about the relationship between knowing God's character and life change? Write down one thing you learned about this from this chapter.**

**Think back to the three things you are most afraid of. How does the knowledge of God's presence with you help you view these fears differently? Include Scripture.**



**Look at the larger context of today's verse. How do these realities apply to the things that bring you fear? Be specific.**

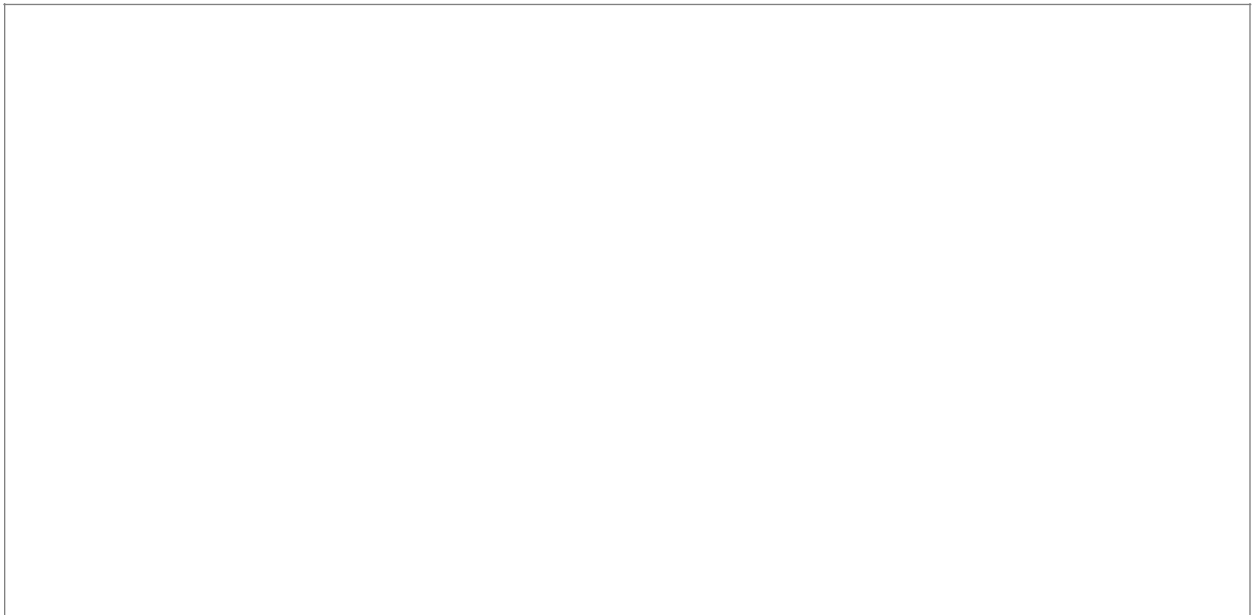


## Chapter 2: **My Peace I Give You**

**In some ways, today's verse parallels or expands upon yesterday's. Reflect on both passages. What similarities do you see? How do they inform or complement one another?**



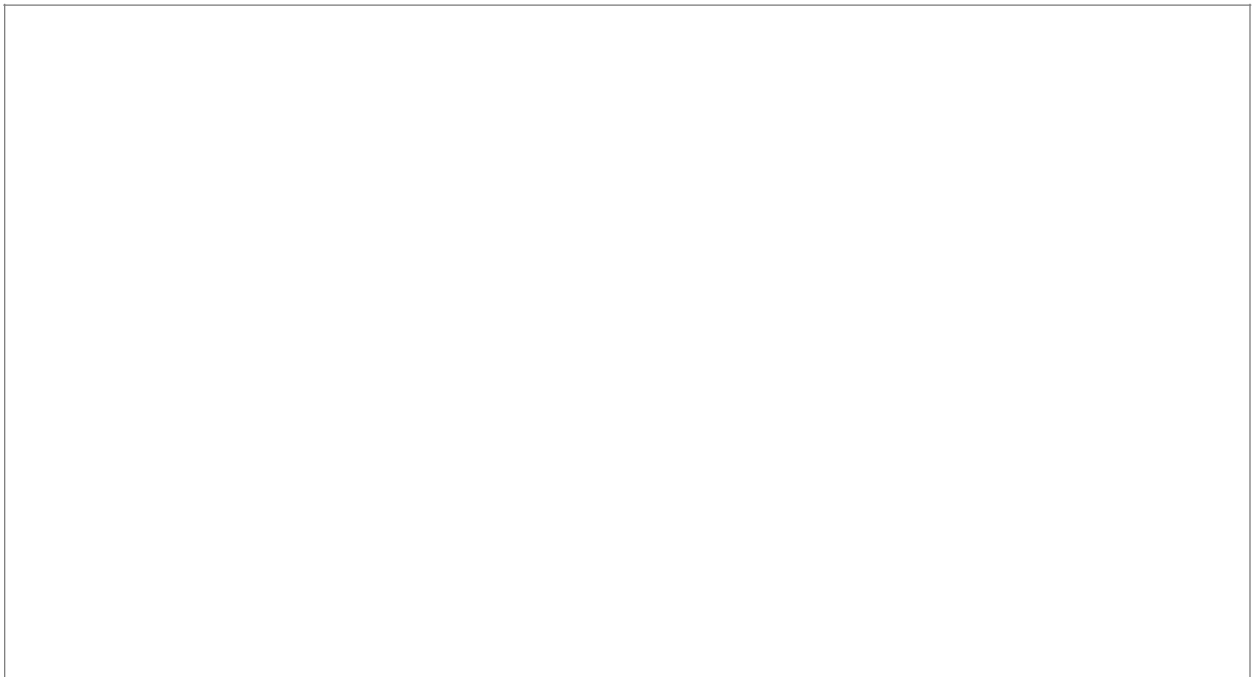
**How does being personally indwelt by Jesus through His Spirit help you overcome fear?**



**Have you pondered the connection between Jesus' indwelling you and not being afraid? What has today's devotional illuminated for you in this respect?**



**What, if any, difference do you notice between the peace God gives and the peace that comes "from the world"? How might this difference impact your fearfulness?**



**Because of the relationship between peace and the Holy Spirit, you may want to personally invite Him to fill you. Ask Him to speak specifically to the things that make you fearful and thank Him for His promise of peace.**





## Chapter 3: **Trusting His Faithfulness**

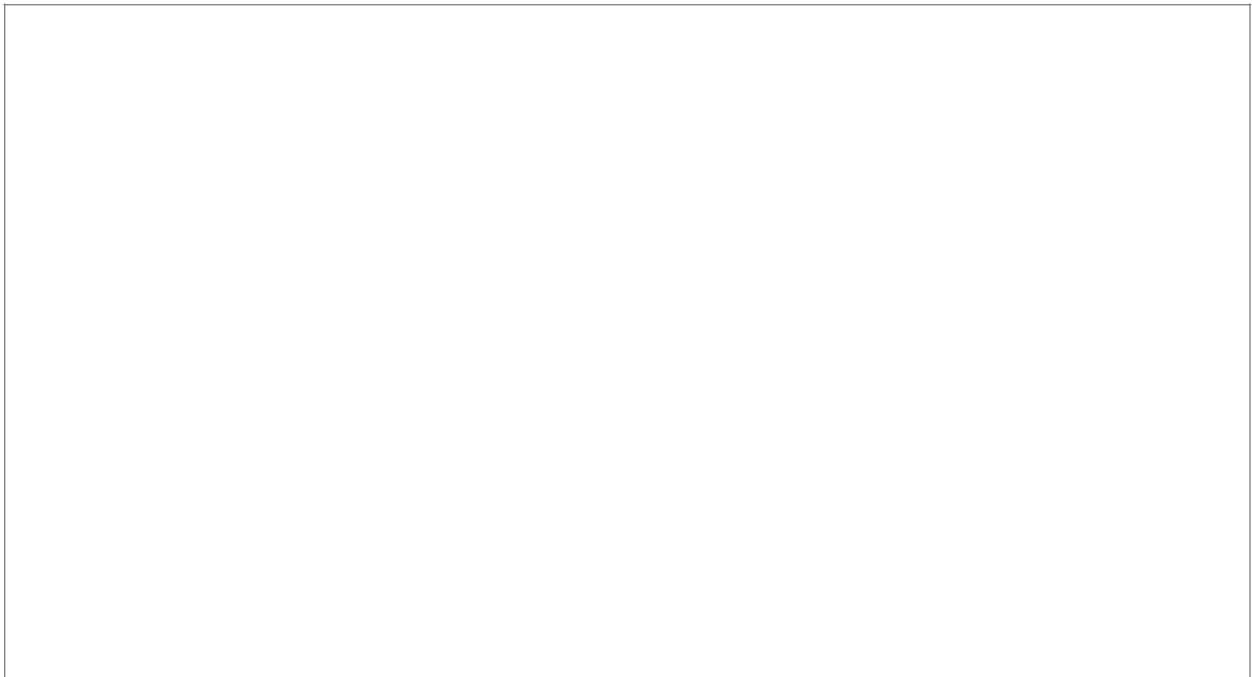
**Have you given much thought to the relationship between your concept of and intimacy with God and being free from fear? Why or why not?**

**How has this chapter clarified your view of God?**

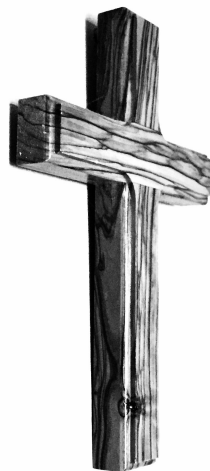
**Name three times in your past where you have seen God's deliverance and faithfulness. How does this speak to the things which presently make you fearful?**



**Using the verse and its context mentioned in this chapter, write out how God's faithfulness to you can help you overcome the things that make you afraid. Make the connections as direct as you can.**



**Choose a verse on God's faithfulness (either this one or another that is meaningful to you) and commit it to memory. Write the verse and its reference below to help you remember it.**



## **Chapter 4: Fighting Fear With Faith When You've Made Your Own Mess**

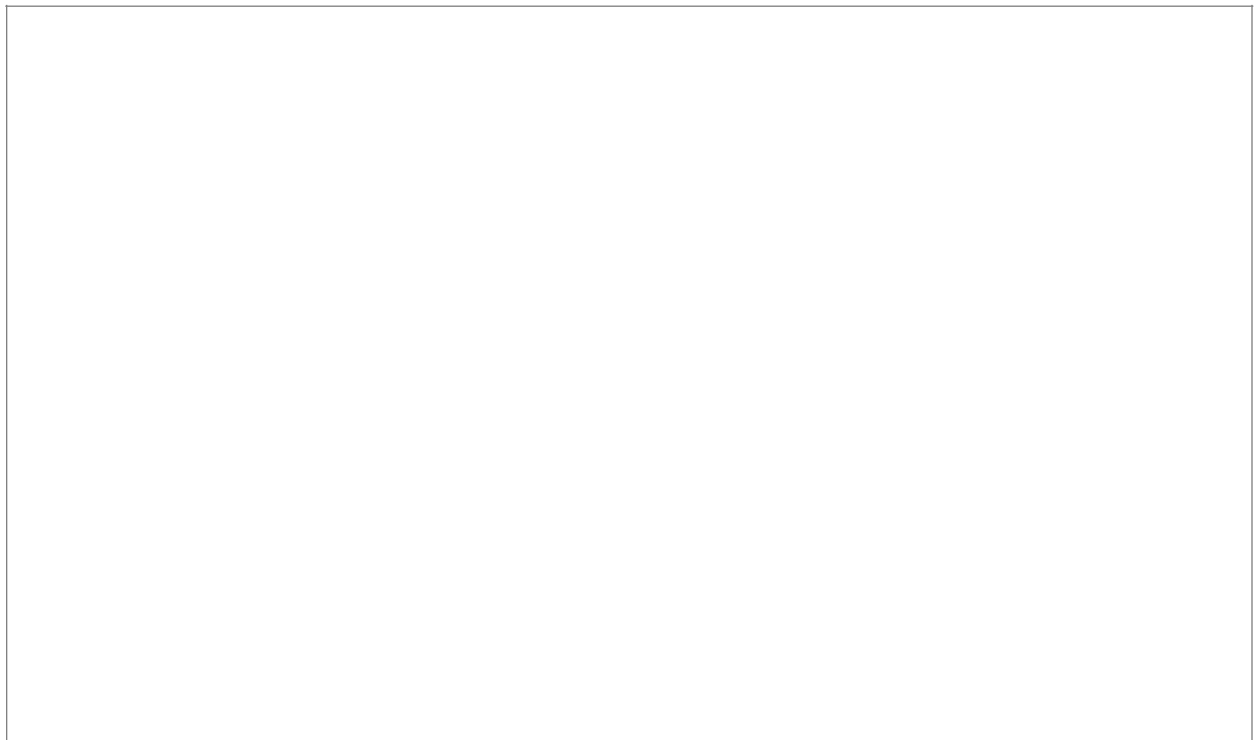
**Have your sinful or unwise choices contributed to your experience of fear?  
Briefly write them down below.**

**If these choices have contributed to your fear, do you secretly believe you  
deserve it or that God is punishing you?**

**How does David's experience help you combat this false view of God?**



**Do you believe God can set you free from fear, from your sinful or foolish choices, and from their consequences, even though your circumstances may contradict that?**



**Write down one thing you learned about God from this chapter and how it can help you overcome fear.**

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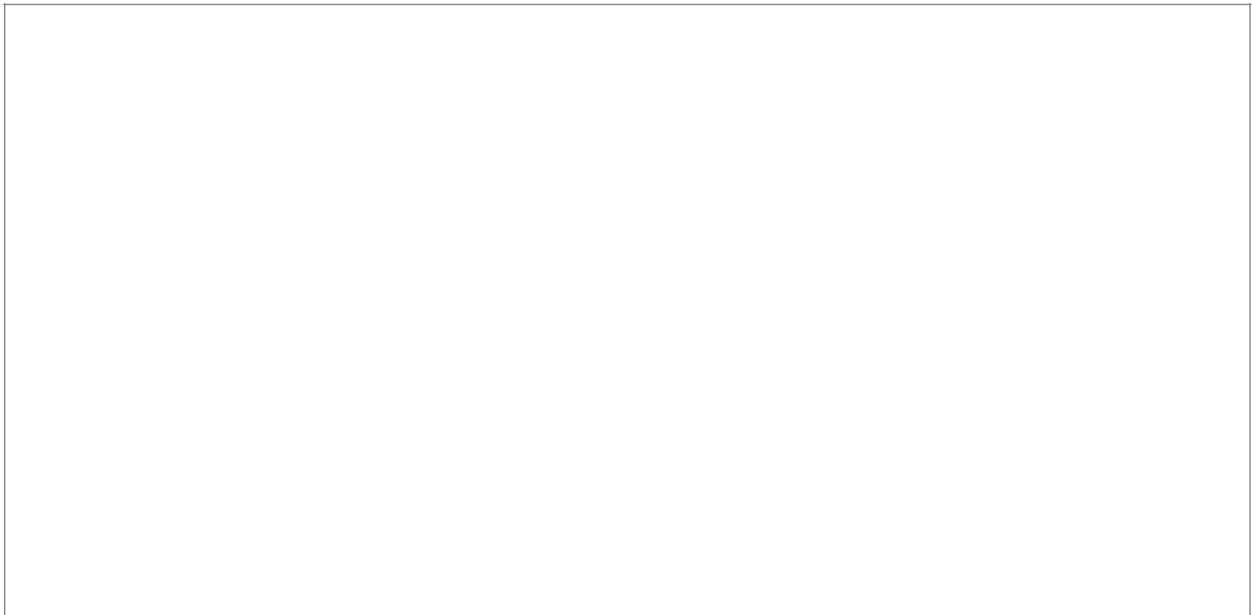


## Chapter 5: Receiving God's Work In You

**Have you ever felt fearful of what other people think of you? Why, and what made you feel that way?**



**Before reading this chapter, had you ever pondered the relationship between fear and how God has equipped you as a Christian? If so, how does what you thought then compare to now?**



**Look at each of the aspects of the disposition God has given you. Being as specific as you can, how can each of these attributes combat the fear you feel? What other new insights occur to you as you reflect on these things?**



**What is most encouraging to you about the fact that God has placed this disposition in you of His own doing and not yours?**





**Even while God is the one who put the disposition there, it is our responsibility to cultivate and live in light of it. Will you choose to do so? What are some specific ways you can remember or integrate these aspects into your daily life?**



## Chapter 6: **Being Perfected In Love**

**How important do you think love for God and others is to the daily Christian life? What, if anything, changed after reading this chapter?**

**Today's devotional talked a lot about the importance of love being "perfected," or brought to its intended goal in our lives. Apart from its relationship to fear, what are some areas the Lord brought to mind about how you still need to grow in love?**

**Now, let's consider the relationship between fear and love. Had you realized that being dominated by fear indicated a lack of love? Being as specific as possible, what do you think the relationship is between your specific fears and a possible lack of love?**



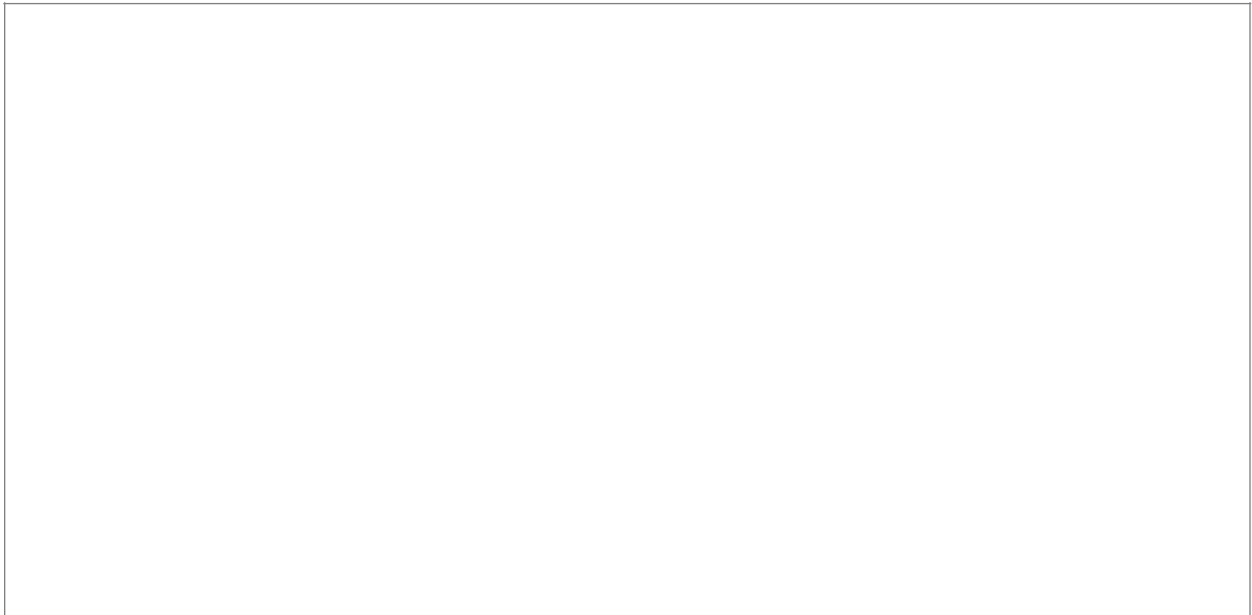
**What is the relationship between love and faith? Be specific.**



**If you have determined that your fears are in part related to a lack of love, ask the Lord to show you how increasing in love can help you overcome them. Write down any insights He gives you below.**



**How does your love for God address what others might see as His lack of faithfulness, compassion, concern, or willingness to help you? How could these love-borne insights into His character help you give an answer for the hope that is in you (1 Peter 3:15) to people who might question His goodness?**

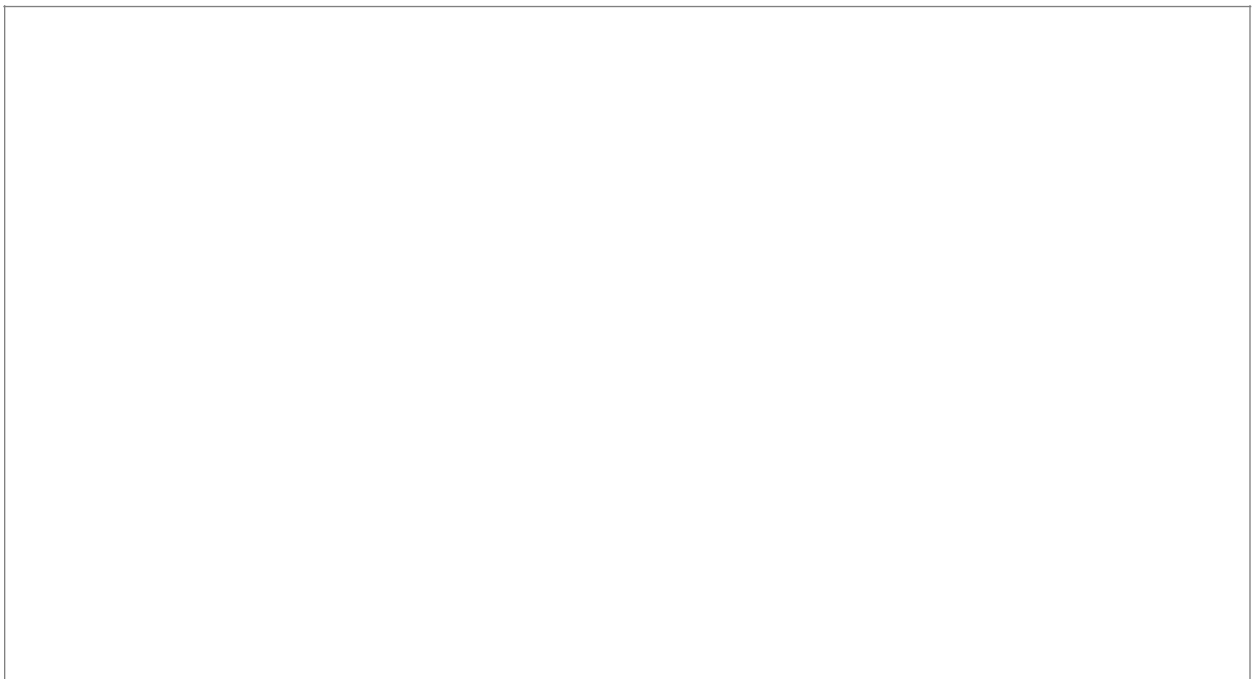


## Chapter 7: Resting In His Presence


**Do you really believe that God's presence logically eliminates the "need" to be afraid? Why or why not?**



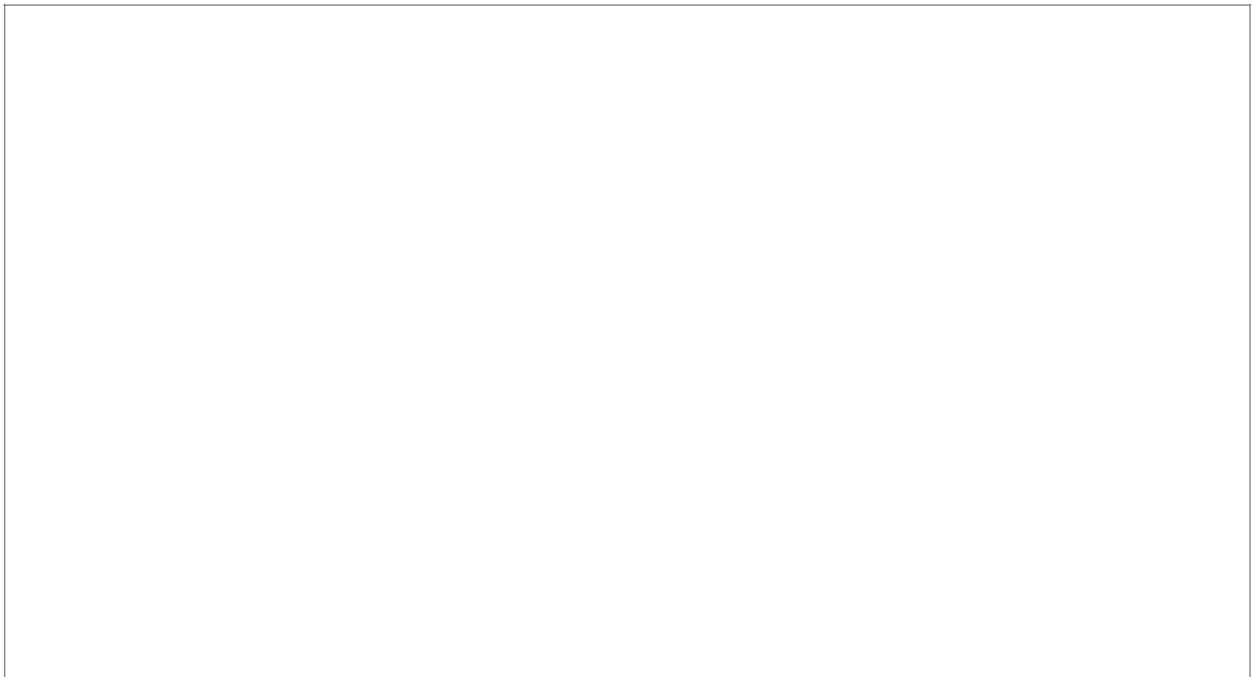
**How does the fact that the psalmist focuses entirely on God's character and presence change the amount of attention and focus we should give to our fears?**



**Think deeply about what it means for God to be your refuge. How does this apply to the things that make you afraid? Be as specific as possible.**

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**Notice how the entire psalm flows out of the fact of God's presence. How does knowing that God is not passively present but active help you overcome fear?**

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**Will you choose to trust God's presence and ability and not be swayed by fear?  
Write out a prayer of intention below, as the Lord directs you.**



## Conclusion

**You've now spent a week reflecting on God's desire for you to be free from fear. How has your relationship with God improved after this week?**

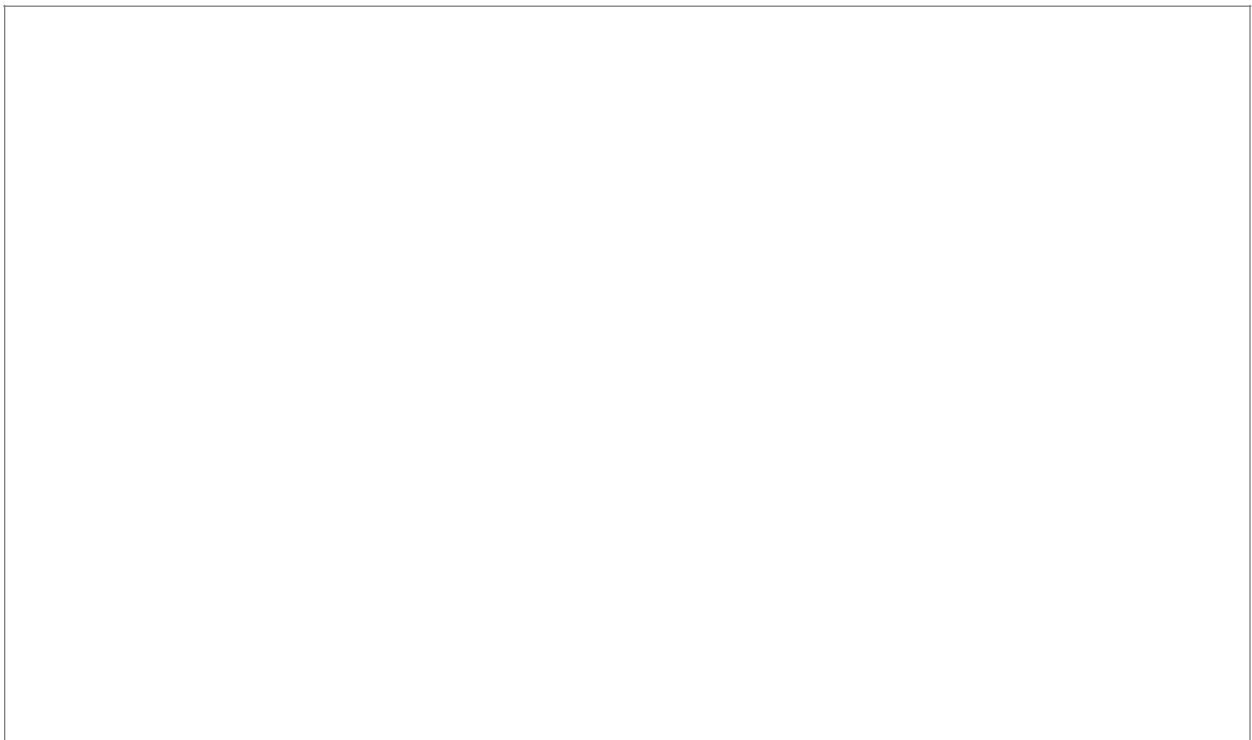
**Are there areas where you still question His goodness or desire to help you? Be specific.**



**What is the most important or most helpful thing you've learned from this devotional?**



**How, if at all, have your fears lessened after this deep dive into God's desire for you to be free from fear?**



**Do you have real hope that God can set you free from fear? What is the one thing that most inspired this hope in you?**

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