

SERIES: FREE INDEED

**FREE
FROM
FEAR**

DAVID **SMITH**

“Free From Fear”

Series: Free Indeed — Week 1

Text: Psalm 46:1–4, 10

Opening Thought

Fear is one of the greatest enemies of faith. It sneaks into our thoughts, shapes our decisions, and steals our peace. But God never intended His children to live bound by fear. In Psalm 46, we discover that freedom from fear is not found in control, but in Christ; our Refuge, our River, and our Revelation.

Main Idea

We don't have to live in fear because:

1. We have a Refuge — God is our safe place.
2. We have a River — the Holy Spirit lives within us.
3. We have a Revelation — God's Word reminds us to “be still and know” He is God.

Scripture Reading

“God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth be removed, and though the mountains be carried into the midst of the sea... There is a river whose streams shall make glad the city of God.” — Psalm 46:1–4 (KJV)

“Be still, and know that I am God.” — Psalm 46:10 (KJV)

Icebreaker Question

- What's something you were afraid of as a child that makes you laugh now?
- What's something that still causes you to feel anxious or fearful today?

1. We Have a Refuge (Psalm 46:1–3)

When life shakes and everything changes, God remains unshakable. Jobs change, health changes, relationships change; but God never changes.

Discussion Questions:

1. What does it mean to you that God is your “refuge”?
2. What are some “false refuges” we tend to run to when we’re afraid?
3. How can trusting God as your refuge help you handle uncertainty?

Application Challenge: Whenever fear or worry comes, pause and say out loud: “God is my refuge and strength — my very present help in trouble.”

2. We Have a River (Psalm 46:4)

The “river” represents the Holy Spirit, who fills and refreshes believers. Even when life feels dry, God’s presence brings peace and power within.

Discussion Questions:

1. How does the Holy Spirit help you when you feel anxious or overwhelmed?
2. What’s one way you can stay connected to the “river” this week?
3. Read John 7:37–39. What do “rivers of living water” mean for us today?

Application Challenge: Ask God to fill you afresh with His Spirit each morning this week. Pray: “Holy Spirit, flow in me today. Wash out fear and fill me with faith.”

3. We Have a Revelation (Psalm 46:10)

Fear often grows louder when we forget who’s in control. God says, “Be still, and know that I am God.” Stillness is not inactivity — it’s trust in motion.

Discussion Questions:

1. What makes it hard for you to “be still” and trust God?
2. How have you seen fear shape your decisions in the past?
3. Job 3:25 says, “The thing I greatly feared has come upon me.” How can fear become self-fulfilling if we don’t confront it?

Application Challenge: Unplug for 10 minutes each day this week. Be still before God. Ask Him to speak peace to your fear and faith to your heart.

Key Verse to Memorize

“There is no fear in love; but perfect love casts out fear.” — 1 John 4:18

Prayer Focus

- Lord, thank You for being my refuge when I’m afraid.
- Holy Spirit, flow through me like a river and calm my anxious heart.
- God, help me be still and know that You are in control.
- Cast out my fear with Your perfect love.

Final Challenge

Don't let fear keep you from freedom. This week, step toward what you've been avoiding in faith. Because when love moves in, fear moves out.