

WOMEN OF THE WAY (W.O.W.)

Meeting Date: 4/29/20

Facilitator: Kawana Hart

Lesson Plan: Overcoming Fear

- A. **SUMMARY** - Today, we are facing unprecedented times. Most of us are fearful of what is to come next. The world is showing us that we really have no control. Fortunately for us, we do have an ARMOR from God that will help us during these difficult times. True and lasting peace can only come from God. If you are looking to fight this battle and to live peacefully then I hope today's lesson will help you. Remember, we are not alone and we need to be ready for the battles to come.
- B. **SCRIPTURE REFERENCES**
- 1) What is the first step to conquering our fear? (**Proverbs 1:7**)
 - a. Sometimes people think of God as a punisher and will fear Him in that sense. Fear of the Lord is a different type of fear. Fear of the Lord is total respect, it is because of who HE is. Therefore, we should start with God. The first step to learning is bowing down to God. Fearing the Lord means to be in awe of his holiness, to give Him complete reverence and to honor Him as the great God of glory. All of this is accompanied by knowledge, humility, obedience and blessing. The beginning of fearing the Lord is what must come first, the prerequisite in order to fully understand Him.
 - b. It is okay to fear but remember it is not okay to stay in that place of fear. There is nothing to be ashamed about when you are going through this type of emotion. Once you recognize it is temporary, only God can you get out of it.
 - 2) In what ways has fear crippled you in your life?
 - a. All of us have experienced fear one way or another. Fear will cause us to buckle and settle for less than God's best. Unfortunately, it will cause us to disobey after putting our trust in Him, and even when we try to stay strong, it will rob us of our peace and joy. (**Deuteronomy 31:8**) God tells us in different ways in the Bible to "fear not", do not be afraid" or "do not fear". Collectively, all of these are the most repeated commands in the Bible. When you're fearing a situation or an emotional challenge, really envision God saying these scriptures, just to you. (**Isaiah 41:10, Deuteronomy 1:21**)

3) Overcoming Fear

- a. No matter where you go, God promises that he will be there. **(Joshua 1:9)**
Don't look to solve it on your own, but look to God instead. He is always on your side, but only if you seek Him. Time with God in prayer and quiet worship will build a relationship with Him and open your heart to Him. David, a psalmist in the Bible, experienced fear and gave us great instructions on how to cast out fear with faith. **(Psalm 56:3-4)**. Do you know there is a bible verse for every kind of fear? When we face anxiety about the future **(Psalm 32:8)**, or face financial trouble **(Philippians 4:19)**, or even when we face illnesses, sickness or hardships **(Romans 5:3-5)**. All of these are promises from God. Let us all hold onto them.

4) Additional reading(s): Psalm 27:1, Matthew 6: 25-27, Proverbs 3: 5-6, Psalms 46:1

C. PERSONAL REFLECTIONS - Kawana

D. FOR GROUP DISCUSSION

- a. What are you afraid of?
- b. Based on what we are going through today, can you conquer your fears on your own or will you rely on God?
- c. What fears are you facing in your life today that are hindering you from having a relationship with God?
- d. Do you think having fear is all negative? Or positive?

E. Head to Heart Message - (John 16:33, Romans 8: 31-39)

Throughout Scripture, God promises to be with His people, to care for us, guide us, and never abandon us—whether in life or death. Even when you find yourself in difficult places, God is with you. Going forward, will you try to rely on God whenever you are faced with fear? Based on what you've learned today, what steps will you take to conquer your fears?

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