

# 3

## SESSION THREE

# Defeating **FEAR**



**(Why Are We Afraid?)**

Unless otherwise noted, all Scripture quotations are taken from *The Holy Bible, New International Version*®. NIV®. Copyright © 1973, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright © 1996. Used by permission of Tyndale House Publisher, Inc., Wheaton, Illinois 60189. All rights reserved.

S E S S I O N **3** T H R E E



## Defeating FEAR

### Why Are We Afraid?

Phobia (fō -bē- ə) *n.* A persistent, abnormal or illogical fear of a specific thing or situation.

---



---



---

*“If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of him when he comes in his Father's glory with the holy angels.”*

*Mark 8:38*

## How to Overcome Your Fear of Witnessing

**1** Understand that \_\_\_\_\_ is normal.

---



---

- Abraham (Genesis 12 and 20)
  - Moses (Exodus 2:14)
  - Elijah (1 Kings 19:3)
  - Esther (Esther 4)
  - Peter (Matthew 26:69-74)
  - Paul (1 Corinthians 2:1-3 and 2 Corinthians 7:5)
- 
- 
-



S E S S I O N   T H R E E

**2** Ask \_\_\_\_\_ to pray for you.

*“Pray also for me . . . that I will fearlessly make known the mystery of the gospel . . . Pray that I may declare it fearlessly as I should.”*

*Ephesians 6:19-20*

---

---

---

---

---

---

---

---

**3** Expect to \_\_\_\_\_ opposition.

*“Do you remember what I told you? A servant is not greater than a master. Since they persecuted me, naturally they will persecute you.”*

*John 15:20 (NLT)*

---

---

---

---

---

---

---

---

*“...brothers, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you.”*  
*2 Thessalonians 3:1*

*“On that day a great persecution broke out against the church at Jerusalem, and all except the apostles were scattered throughout Judea and Samaria...”*  
*Acts 8:1*



S E S S I O N   T H R E E

**4** \_\_\_\_\_ on your rewards.

*“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven...”*  
Matthew 5:11-12

• ETERNAL  
*“The man who plants and the man who waters have one purpose, and each will be rewarded according to his own labor.”*  
1 Corinthians 3:8

• EARTHLY  
*“I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ.”*  
Philemon 6

*“No one can come to me unless the Father who sent me draws him...”*  
John 6:44

*“It is the condition of the soil, not the skill of the sower.”*  
See Matthew 13

**5** \_\_\_\_\_ the “win-them” mentality.

*“What, after all, is Apollos? And what is Paul? Only servants, through whom you came to believe—as the Lord has assigned to each his task. <sup>6</sup>I planted the seed, Apollos watered it, but God made it grow. <sup>7</sup>So neither he who plants nor he who waters is anything, but only God, who makes things grow.”*  
1 Corinthians 3:5-7



S E S S I O N   T H R E E

**6** Don't \_\_\_\_\_ that you have good news.

"Gospel"=Good News

*"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. <sup>10</sup>But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. <sup>11</sup>Today in the town of David a Savior has been born to you; he is Christ the Lord."*  
Luke 2:8-11

---

---

---

---

---

**7** \_\_\_\_\_, remember-it is an obedience issue.

*"For the Son of Man came to seek and to save what was lost."* Luke 19:10

*"Again Jesus said, 'Peace be with you! As the Father has sent me, I am sending you.' "* John 20:21

---

---

---

---

*"After this, Jesus traveled about from one town and village to another, proclaiming the good news of the kingdom of God."  
Luke 8:1*

*"If you love me, you will obey what I command."*

*Jesus in  
John 14:15*



S E S S I O N   T H R E E

**What Now?**

**Based on what we have just seen in God’s Word,  
what should you do today?**

*“Do not merely listen to the Word, and so deceive yourselves. Do what it says.”* James 1:22

*“For God has not given us a spirit of fear and timidity, but of power, love and self-discipline. So you must never be ashamed to tell others about our Lord”*

*2 Timothy 1:7-8 (NLT)*

**Make the \_\_\_\_\_ to defeat your fears.**

**Knowing it is God’s will, and with God’s help, starting \_\_\_\_\_ I will not let fear keep me from witnessing.**

NAME

DATE

**I will share my story of receiving Jesus as my Savior with at least \_\_\_\_\_ tomorrow.**

NAME

DATE

© 2007;2014 by Dennis Nunn, Every Believer a Witness Ministries. This material may only be taught by an approved Every Believer a Witness Ministries teacher. These Notes may not be reproduced in any form without written permission. All rights reserved.

## A P P E N D I X B

## The Man in the White CRAVAT

I often struggle with fear. It isn't a run of the mill fear. It's a fear of the man in the white cravat. A man who smokes a pipe and wears a smoking jacket often wears a cravat (sometimes called an "ascot"). It is a type of silk handkerchief that sits like a small puffy pillow in place of a tie. When Charles Spurgeon spoke of the preacher who sees one of these upper class folks in his congregation, he said, "A preacher is all on a quiver because a person (is wearing) a white cravat. . ."

I often see the man with the white cravat. . .

When I am about to witness one-on-one, he usually whispers in my ear that I should keep my faith to myself, or at least have the decency to wait until people ask me about it.

The Great Commission isn't "Wait until people come to you." It is "Go into all the world and preach the Gospel to every creature." So when I see someone who I suspect is unsaved, I make the first move . . . no matter how much it scares me.

When Mr. Cravat intimidates me I think, "If this person dies in his sins, he will go to hell for eternity. Do I care about him or about myself? Am I ashamed of Jesus Christ? If I am, I am a shame to Him."

Think for a moment about late President Kennedy. One moment he was sitting in his limo with his wife, smiling and waving to adoring crowds. The next moment he was in eternity. A small piece of fast-moving metal sent him there in a split second of time. Imagine you were taken back in time to the moment before he got into the limo. You can't stop the assassination but you can talk to him for a few moments about eternity. Are you intimidated by his status to a point of silence? Of course you aren't. You look into his eyes. You see the frailty of his humanity, and think how in a moment of time he will be blasted into death.

All around us, people are smiling and waving at each other. They aren't thinking about eternity. They don't see the invisible. They have no concept of the eternal. You do. You know what awaits them. Death is snatching them every minute of every day. Please don't be intimidated into silence. Don't doodle while they sink into hell. Take the initiative. Seize the moment for eternity.

Ray Comfort

# Briarwood

## WEEKLY

### Along the Way

*I have heard it stated on many occasions that to overcome a fear in your life you must first acknowledge the fear. With that in mind, I would like to take this opportunity to acknowledge one of my most frustrating fears: I am afraid to share the Gospel. Can you believe it?*

*I was first taught how to share the Gospel when I was in the fourth grade and since that time I have always had a goal for the year or the summer or the month or even the weekend related to how often I wanted to share the Gospel with someone. I have no idea how many times I have shared the gospel with people in one form or another – too many to count, but certainly not as frequently as I should. I am constantly amazed at how many times I neglect to share the greatest news that I could ever imagine, and instead I share something meaningless that amounts to nothing.*

*The really frustrating part of my fear is that after years of*

*sharing the Gospel, I still can't tell you what I am afraid of. I have never been beaten or even threatened and I can't remember ever being ridiculed in public. I've never lost a friend or been shunned by a family member. I have had people call me names on occasion, but I have been called worse by other Christians.*

*The reality is that I am being deceived and experiencing a "spirit of fear." You see, each time I consider sharing the Gospel, Satan is always there to instill in me a fear of the unknown and to keep me from focusing on the known. The truth is God has called me to share the Good News of the gospel and has promised that He will be with me ALWAYS! I don't know if I will ever be able to completely remove the fear, but I do know this, "Greater is He that is in me than he that is in the world."*

Thoughts from  
**Bruce Stallings**  
 Executive Pastor