

## HEALING AND RESTORATION | FEAR NOT, THERE'S NOTHING TO FEAR

### LESSON NOTES

1. We all have \_\_\_\_\_.
2. \_\_\_\_\_ are the most common mental illnesses among women in all age groups.
3. Fear has stopped more people from their \_\_\_\_\_ than anything else. It is a dream thief.
4. Fear not, there is \_\_\_\_\_ to fear. \_\_\_\_\_ is with you.
5. Satan works through fear the same way God works through \_\_\_\_\_.
6. Fear means " \_\_\_\_\_ ", or "to run away from". What is it that you could be \_\_\_\_\_ from in your life?
7. The number one fear was people feared their lives would be \_\_\_\_\_ and that they would live and die with their potential \_\_\_\_\_.
8. Look fear in the face and say, "The days of you intimidating me are \_\_\_\_\_!"
9. When you're afraid, you fight fear with a \_\_\_\_\_.
10. Plan Number 1—Build your \_\_\_\_\_ in God's love for you.
11. The more \_\_\_\_\_ spend time with God, the more you \_\_\_\_\_ Him.
12. Plan Number 2—You have to deal with your \_\_x\_\_\_\_.
13. If you're afraid in some area of your life, then that reveals whose \_\_\_\_\_ is the loudest—Satan's lies or God's truth.
14. You have to feed what you want to \_\_\_\_\_, and you have to starve what you want \_\_\_\_\_.
15. When you feed your faith, it's going to \_\_\_\_\_ all those fears.
16. Plan Number 3—You've got to build your \_\_\_\_\_ of the Word.
17. Plan Number 4—You have to build yourself up in the \_\_\_\_\_.
18. Plan Number 5—You have to build up your \_\_\_\_\_.
19. Plan Number 6—You have to do it no matter how you \_\_\_\_\_.
20. Sometimes you just need a little push.

KEY: 1. fears 2. Phobias 3. divine destiny 4. nothing, God 5. faith 6. flight, running 7. meaningless, untapped 8. over 9. plan 10. confidence 11. you, trust 12. faith 13. voice 14. live, die 15. overcome 16. knowledge 17. Holy Spirit 18. courage 19. feel 20. push

SCRIPTURE REFERENCES: 2 Tim 1:7, Is 41:10, Phil 1:28, 1 Jn 4:18, Rom 12:2, Jude 20, Ps 34:4

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### **ACTION STEPS**

1. Identify your fears. What is it you are afraid of? What is keeping you from your divine destiny?  
Write down your fears in your journal. This is the first step in eliminating the fears in your life.
2. Memorize your fear-fighting plans:
  - I will build my confidence in God's love for me.
  - I will deal with my faith.
  - I will build my knowledge of the Word.
  - I will build myself up in the Holy Spirit.
  - I will build up my courage.
  - I will do these no matter how I feel.
3. In your journal, write one or two specific action steps for each plan.
4. For the next 30 days, do your action steps consistently.