



# I Quit Living in Fear

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Dave Michel

Stepping Stones Community Church

## Introduction:

- Quitting can be good
- Fears grow through life

## Quit Living in Fear

### 1. Four common fears in life

- Fear of \_\_\_\_\_
- Fear of \_\_\_\_\_
- Fear of \_\_\_\_\_
- Fear of \_\_\_\_\_

*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

**2 Timothy 1:7 NLT**

### 2. Fear is \_\_\_\_\_ in the “\_\_\_\_\_”

*But Moses protested again, “What if they won’t believe me or listen to me? What if they say, ‘The LORD never appeared to you?’”*

**Exodus 4:1 NLT**

### 3. Why the “\_\_\_\_\_” matter

- What you fear reveals what you \_\_\_\_\_
- What you fear reveals where you \_\_\_\_\_

### 4. Facing the “\_\_\_\_\_” of \_\_\_\_\_

- \_\_\_\_\_ your fear and choose to \_\_\_\_\_
- \_\_\_\_\_ until he \_\_\_\_\_ your fears

*<sup>2</sup> I am constantly hounded by those who slander me, and many are boldly attacking me. <sup>3</sup> But when I am afraid, I will put my trust in you. <sup>4</sup> I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?*

**Psalms 56:2-4 NLT**

*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*

**Psalms 34:4 NLT**

## Next Steps:

- ☐ Memorize 2 Timothy 1:7
- ☐ I admit my fear of \_\_\_\_\_ and will seek God to overcome it
- ☐ I will face my fears by choosing to trust God: \_\_\_\_\_
- ☐ I will join a small group this semester
- ☐ Invite someone to Football Sunday
- ☐ \_\_\_\_\_