

# THE SUM OF ALL FEARS

## **“THE SUM OF ALL FEARS”**

### **EPISODE 1**

#### **INTRODUCTION**

Fear is a big part of the human condition. Some fears are healthy and right (the fear of heights protects us from getting too close to the edge of a dangerous cliff), and God commands us to fear Him. However, a lot of fear is unhealthy and dangerous. Fear is wrong anytime it keeps us from entering into the destiny God has for us. Fear is mentioned in the Bible 515 times. The good news is that more than 200 of the times fear is mentioned it is followed by the word “not”, as in, “fear not”. So God knows fear is a big part of human existence AND He wants us to avoid fear as a pitfall. In the first part of this series, we examine the tale of two giants, from Numbers 13 and 1 Samuel 17, to look at various responses to fear and to help us examine our own heart’s response to fear.

#### **DISCUSSION QUESTIONS**

1. Why does God repeatedly say “fear not” or “do not fear” in scripture?
2. What giants do I face today? Of what am I afraid? Common fears include the fear of rejection, failure, loneliness, change and the fear of man (or how others perceive us).
3. What is my response to fear? Freeze, flight, fight, fright or do I trust God?
4. Read Numbers 13:1-2, 32-33. In what areas of my life do I have a small view of God?
5. Read 1 Sam 17. David had the presence of God to give him courage. How does knowing you have God’s presence with you change the way you see your giants?

6. Read 1 Sam 17:34-37, David referred to a “secret history” when God had delivered him from the lion and the bear. What does your history with God tell you about God’s trustworthiness in your fearful circumstances?
  
7. Read 1 Sam 17. Do an inductive bible study (observations, interpretation and application). You can use the following as a guide:
  - i. Posture your heart. Spend some time in prayer and ask the Holy Spirit to be your teacher. Open your heart to the Lord to speak to you.
  
  - ii. Read the passage aloud
  
  - iii. Ask some context questions of the passage:
    - What sort of writing is this? (a letter, a poem, a narrative etc?)
    - Are there any clues about the circumstances under which it was written?
    - What has happened so far in this particular book of the Bible?
  
  - iv. Some observation questions of the passage:
    - Are there any major sub-sections or breaks in the passage?
    - What is the main point or points?
    - What surprises are there?
    - What are the key words? What words or ideas are repeated?
  
  - v. Some leading questions of the text:
    - How does this passage relate to other parts of the book?
    - How does the passage relate to Jesus?
    - What does this teach us about God?
    - How could we sum up the meaning of this passage in our own words?
  
  - vi. Some application questions of the passage:
    - How does this passage challenge (or confirm) your understanding?
    - Is there some attitude you need to change?
    - How does this passage call on me to change the way you live?

*Based on what you learned from this story, what are some key factors to conquering fear in your life?*

### **WHAT WOULD YOU DO?**

We can apply David’s example of trusting God in the face of a giant countless ways in our lives, but first we must identify our fears and understand how we typically respond. Only then can we correct the damage being done as we face fears.

### **CHANGE YOUR MINDSET**

*He said to His disciples, “Why are you so afraid? Do you still have no faith?” Mark 4:40*