

# RUNNING SCARED

## Part 1

“ I prayed to the Lord, and he answered me. He freed me from all my fears.” *Psalm 34:4 (NLT)*

**FEAR paralyzes** \_\_\_\_\_

“That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders...” *John 20:19 (NLT)*

**FEAR is** \_\_\_\_\_

“Hear my prayer, O God; don’t turn away from my plea! Listen to me and answer me; I am worn out by my worries.” *Psalm 55:1-2 (GNT)*

**FEAR ruins** \_\_\_\_\_

“That evening they heard the Lord God walking in the garden, and they hid from him among the trees. But the Lord God called out to the man, ‘Where are you?’ He answered, ‘I heard you in the garden; I was afraid and hid from you, because I was naked.’” *Genesis 3:8-10 (GNT)*

## 3 WAYS TO FIGHT FEAR!

**1) With** \_\_\_\_\_

“In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.” *Ephesians 6:16 (NLT)*

**2) With** \_\_\_\_\_

“Jesus said to the people who believed in him, ‘You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.’” *John 8:31-32 (NLT)*

**F**alse

**E**vidence

**A**ppearing

**R**eal

“Your word is a lamp to guide my feet and a light for my path.” *Psalm 119:105 (NLT)*

**3) With** \_\_\_\_\_

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment...”  
*1 John 4:18 (NIV)*

“I praise God for what he has promised. I trust in God, so why should I be afraid?...” *Psalm 56:4 (NLT)*

**Coach Brock Bible Challenge:**

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