

## Family Talk–Fear

### READ TOGETHER

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#### Isaiah 41:10 NLT

*Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

1. What were some of your fears as a child? Have you overcome those fears? If so, how? If not, what is standing in your way?
2. How do we defeat the enemy? How do we get to a place where we know God loves us and is in control?

### LIVE IT

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Fears can hold us back from God's purpose for our lives. Having a relationship with Christ and knowing Christ loves us can be a path for growth. Trade in your fears for trust in Christ's love. Understand that you cannot do it better than God.

As children we had to rely on God and others, as adults we tend to become self-reliant and independent, forgetting our child-like faith. The enemy can use this to separate us and get us to think we're in control. It's times like these that it's good to humble ourselves and come back to the realization that everything we have and everything we are is a gift from God.

The three biggest ways we can defeat fear is with courage:

1. Courage to focus on talking to God (prayer) and not the problem.
2. Courage to tell someone the lies you're believing (confessing).
3. Courage to find help in the Bible, a mentor or counseling.

### LEAN ON GOD

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Dear God,

Please help us be child-like and work through our fears with You and the courage You provide us. Help us see Your hands holding us up as we become more confident in You and less reliant on ourselves.

In Jesus Name,

Amen.

