

04 Discipleship: Fear and Identity

Anxiety =

Fear =

Triumphing Over Sinful Fear by John Flavel (Chapter 4, What Causes Fear?):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Four R's to help fight against fear:

1. **R**
2. **R**
3. **R**
4. **R**

Who I Am in Christ

ACCEPTED

John 1:12 I am God's Child.

John 15:15 I am Christ's friend.

Romans 5:1 I have been justified.

1 Cor. 6:17 I am united with the Lord and one with Him in spirit.

1 Cor. 6:20 I have been bought with a price; I belong to God.

1 Cor. 12:27 I am a member of Christ's Body.

Ephesians 1:1 I am a saint.

Ephesians 1:5 I have been adopted as God's child.

Ephesians 2:18 I have direct access to God through the Holy Spirit.

Colossians 1:14 I have been redeemed and forgiven of all my sins.

Colossians 2:10 I am complete in Christ.

Romans 8:1-2 I am free forever from condemnation.

Romans 8:28 I am assured that all things work together for good.

Romans 8:33-34 I am free from any condemning charges against me.

Romans 8:35 I cannot be separated from the love of God.

2 Cor. 1:21 I have been established, anointed, and sealed by God.

Colossians 3:3 I am hidden with Christ in God.

Philippians 1:6 I am confident that the good work God has begun in me will be perfected.

Philippians 3:20 I am a citizen of heaven.

2 Timothy 1:7 I haven't been given a spirit of fear, but of power, love and a sound mind.

Hebrews 4:16 I can find grace and mercy in time of need.

1 John 5:18 I am born of God and the evil one cannot touch me.

SECURE

Matthew 5:13-14 I am the salt and light of the earth.

John 15:1,5 I am a branch of the true vine, a channel of His life.

John 15:16 I have been chosen and appointed to bear fruit.

Acts 1:8 I am a personal witness of Christ's.

1 Cor. 3:16 I am God's temple.

2 Cor. 5:17-20 I am a minister of reconciliation.

2 Cor. 6:1 I am God's co-worker.

Ephesians 2:6 I am seated with Christ in the heavenly realm.

Ephesians 2:10 I am God's workmanship.

Ephesians 3:12 I may approach God with freedom and confidence.

Philippians 4:13 I can do all things through Christ who strengthens me.

SIGNIFICANT

Deuteronomy 1:30–33

The Lord your God who goes before you will himself fight for you,

just as he did for you in Egypt before your eyes,

and in the wilderness,

where you have seen how the Lord your God carried you,

as a man carries his son,

all the way that you went until you came to this place.

Yet in spite of this word you did not believe the Lord your God,

who went before you in the way to seek you out a place to pitch your tents,

in fire by night and in the cloud by day,

to show you by what way you should go.

DISCUSS SESSION 04

1. If you are comfortable, share a time where you feared and how you overcame it.
2. What category/verse from *Who I am in Christ* encourages you and why?
3. Of the 6 causes of fear, which one connects with you the most?
4. What have the Israelites taught you about fear?
5. Share a sweet verse that's been a help to you when fear strikes your heart.

Notes:

Blessed assurance, Jesus is mine
O what a foretaste of glory divine
Heir of salvation, purchase of God
Born of his Spirit, washed in his blood

This is my story, this is my song
Praising my Savior all the day long
This is my story, this is my song
Praising my Savior all the day long

Perfect submission, perfect delight
Visions of rapture now burst on my sight
Angels descending bring from above
Echoes of mercy, whispers of love

This is my story, this is my song
Praising my Savior all the day long
This is my story, this is my song
Praising my Savior all the day long

Perfect submission, all is at rest
I in my Savior am happy and blessed
Watching and waiting, looking above
Filled with His goodness, lost in his love

This is my story, this is my song
Praising my Savior all the day long
This is my story, this is my song
Praising my Savior all the day long