



WHAT LIES

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BENEATH

If we are not emotionally  
healthy, we are not  
spiritually healthy.

Who I say I am affects  
how I think, how I feel,  
and what I do.

# FEAR

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an emotional reaction  
to perceived danger

# 3 Responses To Fear

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Fight, Flight, or Freeze

It's ok to have fear.  
It's not ok to let fear **have** you.



# When Fear Has You

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It slows your progress.

It damages your relationships.

It makes you lazy.

It makes you insecure.

It makes you weak.

# The Garden



**“You will not certainly die,” the serpent said to the woman.**

**Genesis 3:4 NIV**

“For God knows that when you eat from it your **eyes will be opened**, and you will **be like God**, knowing good and evil.”

**Genesis 3:5 NIV**

# Is God For Me?

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- Is God holding out on me?
  - Can God be trusted?
- Does God care about me?

He's **for** you.

# Elisha & The Aram Army

“Go, find out where he is,” the king ordered, “so I can send men and capture him.” The report came back: “He is in Dothan.”

**2 Kings 6:13 NIV**

Then he sent horses and chariots and a strong force there. They went by night and surrounded the city.

**2 Kings 6:14 NIV**



When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. “Oh, my lord! What shall we do?” the servant asked.

**2 Kings 6:15 NIV**

“Don’t be afraid,” the prophet answered. “Those who are **with us** are more than those who are with them.”

**2 Kings 6:16 NIV**

And Elisha prayed, “**Open his eyes**, Lord, so that he may see.”  
Then the Lord opened the  
servant’s eyes, and he looked  
and saw the hills full of horses  
and chariots of fire all around  
Elisha.

**2 Kings 6:17 NIV**

Faith sees what fear can't.

# Is God With Me?

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- Fear changes how you experience reality

...So the bands from Aram  
stopped raiding Israel's territory.

**2 Kings 6:23 NIV**

Fear prevented the  
servant from seeing that  
God was prepared to  
end the war.



He's **with** you.

Peter

Shortly before dawn Jesus  
went out to them, walking on  
the lake.

**Matthew 14:25 NIV**

When the disciples saw him walking on the lake, they were **terrified**. “It’s a ghost,” they said, and cried out in **fear**.

**Matthew 14:26 NIV**

But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

**Matthew 14:27 NIV**

“Lord, if it’s you,” Peter  
replied, “tell me to come to  
you on the water.”

**Matthew 14:28 NIV**

- What if I look stupid?

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- What if I fail?

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- What if the worst happens?



He's got you.

Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go.

**John 21:18 NIV**

Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, “Follow me!”

**John 21:19 NIV**

He's for me.  
He's with me.  
He's got me.

When you feel fear,  
fight for faith.