

Godly Respect
Proverbs 31 Finishing School

Session Two: FEAR

What are some of your fears and worries currently?

Sometimes we think that the great Godly people in the Bible lived without fear, especially since they had Jesus with them. That couldn't be further from the truth. Here are a couple of examples:

In **1 Corinthians 2:3**, when Peter came to the Christ followers just after Jesus' death he explains how he felt during that time.

“ I was with you in weakness, in **fear**, and in **much trembling**”

AND

In **Mark 5:33** a woman in a crowd of people had touched Jesus' coat as he passed by, and was healed. Jesus stopped and asked “Who touched me?” and this is what it tells about how she felt.

“But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told Him the whole truth”.

Ms Becker will talk about the 3 kinds of fear that we experience in our lives and how and why God has given them to us.

Watch Session 2: Fear

Ms Becker explained that Fear quite often is due to us experiencing Change and Loss in our lives.

Have you ever experienced fear from change and loss?

What was the outcome? _____

Did you rely on God's help or your own? _____

We are reminded that believing that God can handle any of the changes and losses in our lives, and that He loves us as His child, can overcome ALL fear.

Explain any time you have had fear that caused or promoted the following:

doubt, _____

Feelings of inadequacy- _____

Failure, (real or perceived). _____

In God's Word, (Phil 4:6)

⁶“Don't be anxious about things; instead, Pray about everything. *He longs to hear your requests*, so talk to God about your needs and be thankful *for what has come.*”

Since there are 365 passages in the Bible that tell us to “fear not”, as Proverbs 31 women, we can be assured He will walk us through any difficulty that comes our way.

***A healthy Fear of the Lord is our strength through the stress of life.
Relying on the Holy Spirit to guide us in the ways of Christ will allow us to
“Fear Not” in all times of trouble.***