

Get Over It!

Getting Over Your Fears

Most of us grow out of our “monster under the bed” kind of fears by the time we hit adolescence. We learn that the only things under our beds are missing socks, yesterday’s toys, and a warren of dust bunnies. But that newfound knowledge doesn’t seem to translate into our adult lives when it comes to the fear of other monsters hiding in our subconscious minds. We’re afraid to speak up. We’re afraid to step out. We’re afraid that we might never be the person we always thought we’d be. Those kinds of fears seem to follow us, hiding in the dark recesses of our minds just waiting to jump out at us and send us hiding beneath our blankets with tears in our eyes. Wouldn’t it be nice to just get over it?

Matthew 25:14–30

1. There are many fears that are _____ and we ought not _____.
2. The top fear we all face is the fear of _____.
3. You were created to be _____ in the face of your _____.

How do you get over your fear?

- A. To get over worry: Ask if you can do anything about it. If so, _____
_____. If not, _____.
- B. To get over your fear: _____ by sheer willpower.

-or-

_____ with a _____.

My Count Me In! Commitment

- I’ll be here next Sunday
- I’ll invite a friend
- My biggest fear is: _____

I will conquer my fear by: Just doing it or Just doing it with a companion.

Digging Deeper

Get Over Your Fears

Scripture: Matthew 25:14–30

Introduction: The most often single repeated phrase in the Bible is “Fear Not!” AKA “Do Not Be Afraid” suggests that Christians aren’t meant to be fearful of anything. On one level, that’s probably very nearly true. As Jesus said, “Don’t be afraid of those who can kill the body” (Luke 12:4) because this body is gonna break down and life in this world will come to an end for all of us – it’s that eternity thing we need to focus on. And yet, fears continue to haunt us, to bind us, to keep us from reaching our full potential.

1. Read Matthew 25:14–30. The master of the household gave to each servant “each according to their ability.” Why do you think Jesus told a parable that suggests that people are not all treated identically?
2. Read verses 24–25. Why do you think the servant was really afraid?
3. Why do you think Dr. Bill said that the greatest disappointment in the story wasn’t being cast out to where there was weeping and gnashing of teeth, but in not reaching your God-given potential?
4. Read 2 Timothy 1:6–7. What gifts does the Spirit of God give to help us leave our fears and timidity behind?
5. Read Romans 8:14–15. Why does Paul say we have no need to fear?
6. Read Luke 12:4. In light of Paul’s words in Romans, do Christians have *anything* to fear? Why or why not?
7. What is your biggest fear? How are you planning on getting over it?

Next Week: Hurts, Habits, and Hang-ups. How Can We “Get Over Yourself”?