

# FACILITATOR'S GUIDE

## KNOW HIS POWER OVER DOUBT AND FEAR



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**GOAL: To know the exceeding greatness of God's power over doubt and fear.**

**GUIDANCE: 2 Timothy 1:7; Isaiah 44:8; Isaiah 61:1-7; Romans 8:31-39; Mark 5:1-20**

**GEM: "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 TIMOTHY 1:7).**

### LEADER PREPARATION AND GUIDELINES

- (1) Each person needs a Bible, 3x5 cards, and a notebook for use as a journal.
- (2) Begin each lesson with prayer and ask for the Holy Spirit to guide you.
- (3) Familiarize yourself with the material for each study and answer all the questions.
- (4) Stress memorization of the Scriptures.
- (5) Lead with enthusiasm and excitement. Remember, you set the tone.
- (6) Use the ideas in the *WNAC Program and Plan Book: THAT YOU MAY KNOW*.
- (7) Encourage each lady in your church to attend the study. Give invitations.
- (8) Start and end your meetings on time. Value the participant's time.
- (9) Allow time for ladies to share their own thoughts, but keep personal experiences to a minimum. You want to stress what the Bible says.
- (10) Allow time for fellowship either at the beginning of class or the end.

### INTRODUCTION

It was a routine faculty meeting at a small university on a wintry Friday afternoon. Everyone was busy making schedules or plans for their department. Suddenly the silence was broken with a loud noise. When the chaos ended, three people lay dead and another three were hurt, two critically. One of the professors had brought a gun to the meeting and unexpectedly opened fire. What a terrifying experience for the men and women in that small room. Their lives were changed forever in an instant.

We may never be in a devastating situation like the true incidence above. Those killed and injured didn't have time to develop fear. However, the other professors in the room were panic stricken and will live with their fears for a long time to come. Circumstances and experiences in our lives all have a part in making us who we are. We can either let fear and doubt rule our life,



or we can rise above the feelings and rely on the grace and power of God. He is the security and safety that will ensure we live our life fully.

Often my fears are overwhelming and want to consume me. It's then I have to remember another fear so important it can calm the worst situations I've encountered. The Bible tells us in Proverbs 1:7 that the fear of the Lord is the beginning of knowledge, and that fools despise wisdom. This is a totally different kind of fear from what we normally think of. This fear is just knowing that God is Omnipotent (all powerful), Omniscient (having total knowledge), and Omnipresent (being everywhere). I have tried to let this healthy fear permeate my life. Knowing God is sovereign and can do all things has caused me to reverence Him and realize that He watches over me. I don't claim to possess much wisdom, but I want to keep asking Him to give me more for guidance, protection and direction. Sometimes I forget to fear God, and then the fears of the world creep in and start to drag me down again. I know it happens to everyone because we're not immune from our own minds. That's really where my fears take place. It's then I have to stop, grab my Bible and get my focus back on the God of the Universe. He can take care of either real or imagined fears and doubts. We just have to ask and believe His power is strong enough to handle anything. Trust me, it is.

## WEEK ONE: NO FEAR *(2 Timothy 1:7)*

- ⊗ Write the GEM on a 3x5 card to memorize this month. *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7).*
- ⊗ What is your definition of FEAR? *(The dictionary says "a feeling of agitation and anxiety caused by the presence or imminence of danger." One acrostic defines it as "False Evidence Appearing Real.")*
- ⊗ Are most of your fears realistic?
- ⊗ Does fear come from God? *(Our memory verse answers this. No, it's not from God but it is more than an emotion, it's a spirit.)*
- ⊗ Then where does fear come from? *(Satan—John 10:10)*
- ⊗ Go over all the questions and answers for Week One, pp. 12-13.
- ⊗ What does God give us according to 2 Timothy 1:7? *(a spirit of power, love and a sound mind or self control)*
- ⊗ Look at what James 1:5-8 says in regard to doubt. Why is a Christian considered "double-minded" when he doubts? *(Doubts and fears reveal hidden beliefs contrary to God's promises, even though part of your mind may believe that His promises of love and provision are real.)*
- ⊗ What should we ask for according to James 1:5? *(Wisdom)*
- ⊗ Have you ever allowed fear to keep you from following God's will?
- ⊗ Name someone from the Bible, after reading Matthew 14:25,28-31, who let fear keep him from doing something great. *(Peter could have continued to walk on the water, but he let fear overcome him.)*
- ⊗ What caused Peter to be afraid? *(He looked at his circumstances and didn't keep his eyes on Jesus.)*
- ⊗ What are you looking at that makes you afraid?
- ⊗ Would you like to replace fear with faith?



- ⊗ Write some of the faith verses you listed from question 2, page 12 or the examples below in your journal. Take each one and try to memorize it. (Examples: Romans 10:17; Hebrews 11:1; Hebrews 11:6; 2 Kings 6:16; Matthew 14:27)
- ⊗ Close by reading the GEM one more time. Then pray for each member of the study to have the spirit of power, love, and a sound mind.

## WEEK TWO: NO WORRY (Romans 8:31-39)

- ⊗ Read the memory verse together.
- ⊗ Go over all the questions and answers for Week Two, p. 13.
- ⊗ What is WORRY? (*an uneasiness of mind, an anxious apprehension concerning an anticipated situation, fretting about a misfortune or failure*)
- ⊗ What do you worry about the most?
- ⊗ Read Philippians 4:6. What should we do instead of worry? (*make our supplications and requests made known to God-in other words PRAY*)
- ⊗ What should be our attitude? (*thankfulness*)
- ⊗ Is it easy to be thankful when you are worried about something?
- ⊗ Scripture tells of a lady who was worried when Jesus came to visit. Look at Luke 10:38-42.
- ⊗ Are you a Martha, worrying over whether or not the house is clean, if there's enough food, or if your guests are totally comfortable?
- ⊗ Is there anything wrong with these details? (*No, not if it doesn't interfere with your worship.*)
- ⊗ What should be our main concern? (*Knowing God, serving Him, and trying to win others to Him*)
- ⊗ What are people usually worried or anxious about? (*the future, life and death, health, personal relationships, finances, jobs, children, etc.*)

**LEADERS NOTE:** The words worry and anxious are used as synonyms in the Bible. Anxiety is the abnormal, overwhelming apprehension, anguished uncertainty and self-doubt about one's ability to cope with a situation, to the point of becoming distressed, distraught or having panic. This is basically the same thing as worry and fear.

- ⊗ If you suffer from fear, worry, and anxiety, here are some suggestions taken from [www.ChristianAnswers.Net](http://www.ChristianAnswers.Net) that might help.
  - (1) PRAY,
  - (2) Get 8 to 9 hours sleep per day,
  - (3) Listen to relaxing, soothing music or a good Christian speaker,
  - (4) talk to someone and share your fears and concerns,
  - (5) Exercise-walk, run, swim, tennis, or something physical,
  - (6) Do something fun, something you enjoy,
  - (7) Be more realistic about events in your life and focus on today,
  - (8) Take action, don't put off doing something, if practical and safe, to stop the problem,
  - (9) Seek professional help from a physician or your pastor, and
  - (10) Reassess your walk with God and ask for forgiveness if your fear and anxiety are the result of sin and guilt.
- ⊗ What should be our attitude toward worry? (*Trust God to handle things-Psalm 37:1-7, Philipians 4:19*)



- ⊗ Are you ready for God to give you victory over your worried life?
- ⊗ Do you believe that God is bigger than any of your problems?
- ⊗ Make a list in your journal of your biggest worries. Leave a place beside them to write down your praises after you've given them to the Lord.
- ⊗ Pray and ask that each lady will have strength, wisdom and guidance in all their anxieties and worries they have.

### WEEK THREE: IN LOVE *(Romans 8:38-39)*

- ⊗ Say the GEM together.
- ⊗ Go over the questions and answers for Week Three, p. 14 together.
- ⊗ Valentine's Day was last month. It's supposed to be the "love" day. Is that what you think of when you hear "perfect love"?
- ⊗ Is the world's ideal of love the same as yours? *(Did you go to a store in February? All you could see was red and pink hearts on balloons, candy, underwear, plates, napkins-EVERYWHERE. Now there's not anything wrong with purchasing any of these, but that's not love.)*
- ⊗ Do you believe that Jesus loves you? *(He loves you with an everlasting unconditional love because you are precious to Him. 2 Thessalonians 2:16-17; Ephesians 3:17-19; John 15:9; Galatians 2:20.)*
- ⊗ Do you ever forget that He loves you?
- ⊗ Name some people you love.
- ⊗ Can anyone of these people give you love, joy, peace, and understanding every second of your life? *(No, only God can do that—Ephesians 2:4; Jeremiah 31:3; John 14:23; John 16:27; Romans 5:8.)*
- ⊗ Do you love others as you should? *(When you love Christ more, you'll start loving others more—John 15:13; I John 3:16.)*
- ⊗ What does faith have to do with love? *(If we have faith in God, then we'll walk in love because of what He did for us—Ephesians 3:17; I John 4:16; Galatians 5:6.)*
- ⊗ Does knowing how much Christ loves you help you put aside your fears and doubts?
- ⊗ Make an entry in your journal and describe your love for Christ.
- ⊗ Close in prayer. Tell Jesus that you love Him and thank Him for loving you

### WEEK FOUR: IN FAITH *(Psalm 56)*

- ⊗ Have two or three people say the GEM for this week. Then repeat it together as a group.
- ⊗ Go over the questions and answers together for Week Four, p. 15.
- ⊗ How do you grow your faith? *(Root your life in prayer—I Chronicles 16:11; Matthew 7:7; John 16:24; Luke 18:1; Ephesians 6:18; Psalm 91:15.)*
- ⊗ Look up Scriptures in which the prayers of the faithful prevailed. *(Elijah—1 Kings 18:36-38; Hannah—1 Samuel 1:20,27; Moses—Exodus 15:24-25; Zacharias—Luke 1:13; Gideon—Judges 6:39-40)*
- ⊗ How can we live a life of faith in our world today with all its troubles and trials? *(One day at a time, trusting God for help and guidance—Matthew 6:25-34; 2 Corinthians 5:7; Galatians 2:20.)*

- ⊗ As a Christian, should your perspective and response be different to situations than those of the world? *(Yes, the world needs to see our faith and the peace that we have—Philippians 4:7; Colossians 3:15; Psalm 55:22; Psalm 62:8.)*
- ⊗ What does Romans 14:23 tell us? *(that whatever is not from faith is sin)*
- ⊗ Do you feel more secure and hopeful after completing Bible studies?
- ⊗ What do you attribute that to? *(God’s Word being more firmly established in your mind and heart)*
- ⊗ Read Hebrews 11, “The Faith Chapter,” List some names and what caused them to be considered “Heroes of the Faith” in your journal. (For example: Moses—Left Egypt by faith; Sarah—By faith conceived and had a son in her old age.) This can be something you do at home after your class study is completed.
- ⊗ Close in prayer. Thank God for His instructions on overcoming fear and giving you faith to live by.



### IN CLOSING...

The incident I described in the Introduction happened about two miles from where we used to live. It’s been an awful time for our community and especially for the families of those involved. There have been lots of prayer meetings, counseling sessions, memorial services, and talking together just to try to calm nerves and assimilate some normalcy back into everyday life. Yes, fear does occur and it occurs often. In everything, though, we can know God is faithful. He won’t allow any more on us than we can bear. The measure of our faith is how we live each day and how we stand in the midst of trials. Ladies, put your trust in God and let Him be your calm strength and strong armor in this battle we call *life*.