

## Getting Unstuck From Fear

### READ: Genesis 3:6-10

<sup>6</sup> When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She

also gave some to her husband, who was with her, and he ate it. <sup>7</sup> Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

<sup>8</sup> Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. <sup>9</sup> But the Lord God called to the man, “Where are you?”

<sup>10</sup> He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

### Acts 15:36-42

<sup>36</sup> Some time later Paul said to Barnabas, “Let us go back and visit the believers in all the towns where we preached the word of the Lord and see how they are doing.” <sup>37</sup> Barnabas wanted to take John, also called Mark, with them, <sup>38</sup> but Paul did not think it wise to take him, because he had deserted them in Pamphylia and had not continued with them in the work. <sup>39</sup> They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus, <sup>40</sup> but Paul chose Silas and left, commended by the believers to the grace of the Lord. <sup>41</sup> He went through Syria and Cilicia, strengthening the churches.

### 2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.



-----

*“Misunderstanding must be nakedly exposed before true understanding can begin to flourish.”*

Philip Yancey, The Bible Jesus Read

**REFLECT:** We have learned that the external problem is rarely the real problem. We all seem to wrestle with some core fear. If you haven’t taken the time to identify your core fear(s) they will bring about suffering for you AND your relationships with others. Discovering WHY and HOW your react when this core fear button gets pushed, will help you to improve ALL relationships!

Q: The following list from the National Institute of Marriage identifies the top most common fears of men and women. Are there any from this list that really hit home for you?

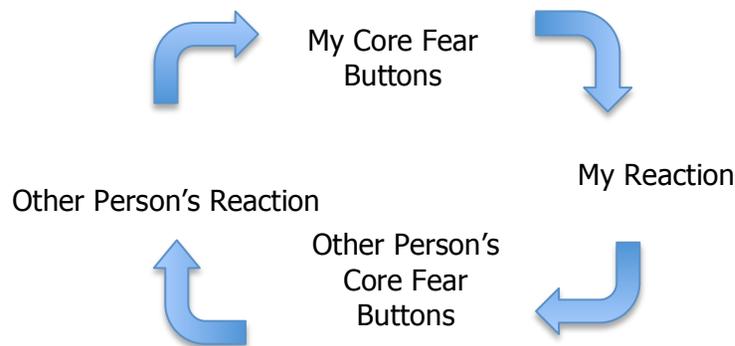
### MY CORE FEAR IS THAT I FEEL...

1. Helpless, powerless, impotent, controlled
2. Rejected, as if people are closing me out of their lives
3. Abandoned or left behind (as in divorce)
4. Disconnected from others or alone
5. Like a failure
6. Unloved, as if no one could love me
7. Defective, as if something is wrong with me, as if I’m the problem
8. Inadequate, as if I just don’t measure up to others like I should
9. Pained both emotionally and physically
10. Hypocritical or like a phony
11. Inferior, as if I’m being placed below everyone else in value (belittled)
12. Cheated or ripped off or taken advantage of
13. Invalidated, as if my words and actions are being ignored or devalued
14. Unfulfilled, as if what is happening to me will lead to a dissatisfied life
15. Humiliated, as if I have no dignity or self-respect
16. Isolated, as if others are planning to ignore me.

The most common core fears are summed up as:

- a. The fear of being controlled (losing power)
- b. The fear of being disconnected (separation from people and being alone)

### Describe the “Fear Dance” and how that impacts you...



**Q: What was Adam & Eve's greatest fears? How did they react out of their fear?**

**Q: What is the usual way you act when your core fears are ignited?**

It's helpful to analyze our feelings and what is behind them. These FEELINGS are not right or wrong within themselves, but it's helpful to know why those FEARS come to the surface when triggered by certain situations.



One way to do this is to ask yourself how you contributed to getting your BUTTONS pushed. ***"Was there anything I did that caused these feelings to surface?"***

- Did I get myself all worked up over nothing or something small?
- Do I dwell on negative beliefs and thoughts in this area often?
- Am I mind reading—do I really know what the other person is thinking or feeling?
- Did I misunderstand him/her?
- Did I draw the wrong conclusion?
- Do I have unrealistic expectations?
- Am I judging myself—do I see in other people what I dislike in myself?

**Q: What was Paul's greatest fear in Acts 15:36-42? What was the outcome of that fear?**

## **RESPONDING THIS WEEK**

Last week overview... What changes will you need to undertake to make HEALTHY relationships your highest priority in life?

- People who have close, lasting friends have learned to ***cultivate transparency***
- People who have healthy relationships look for ***tangible ways to show their concern and love*** to those they care about.
- One of the greatest gifts people with healthy relationships give others is the ability to ***listen with understanding***.

What can I do this week to redirect my fears into positive emotional change?

- I can rely on the God's Spirit to remind me that... (Eph. 3:16-20)
- God is able to help me control my thoughts, my tongue, my whole self that determine my emotions. I will humbly accept his... (James 4:5-6)
- Before I respond to others, I will run my thoughts through the grid of Philippians 4:8-9...
- Because I have experience the mercy and forgiveness of Jesus, I look for ways to offer that to others. Colossians 3:13

-----

NewDay Fall Series

### **The DNA of Healthy Relationships**

9/17/17 *Creating An Environment of Love and Acceptance*

9/24/17 *Keeping Your Battery Charged*

10/1/17 *Bringing Out the Best In Others*

#### Healthy Relationship Resources

"The DNA of Relationships" by Gary Smalley

"Love as a Way of Life: Seven Keys to Transforming Every Aspect of Your Life" by Gary Chapman

"The Blessing" by John Trent & Gary Smalley

"Secrets of Your Family Tree: Healing for adult children of dysfunctional families" (various authors)

"Healing Is A Choice" by Stephen Arterburn

"Stuck & Healing the Hurts of Your Past" by Remy Diederich

"The Friendship Factor & Bringing Out the Best in Others" by Alan McGinnis