

# **I Quit!**

**Week 4:  
I Quit Living in Fear**



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# I Quit Living in Fear

## Life's Most Common Fears

- \_\_\_\_\_ The Fear of Loss
- \_\_\_\_\_ The Fear of Failure
- \_\_\_\_\_ The Fear of Rejection
- \_\_\_\_\_ The Fear of the Unknown

"For God has not given us a spirit of fear, but of power and of love and of self-control." (2 Timothy 1:7)

**Fear is placing faith in the "\_\_\_\_\_?"**

Moses answered, "What if they do not believe me? What if they do not listen to me? What if they say, 'The Lord did not appear to you?'" (Exodus 4:1)

## Why Do Your “What Ifs” Matter?

1. What you fear reveals \_\_\_\_\_

2. What you fear reveals \_\_\_\_\_

I’m not trusting God with: \_\_\_\_\_

## Facing the “What Ifs”

1. Acknowledge your fear and \_\_\_\_\_

“When I am afraid, I will trust in You. In God, whose Word I praise, in God I trust; I will not be afraid.” (Psalm 56:2-4)

2. Seek God until \_\_\_\_\_

“I sought the Lord, and He answered me; He delivered me from all my fears.” (Psalm 34:4)

“You will keep in perfect peace all who trust in You, whose thoughts are fixed on You.” (Isaiah 26:3)

"I have never known more than fifteen minutes of anxiety or fear. Whenever I feel fearful emotions overtaking me, I just close my eyes and thank God that He is still on the throne, reigning over everything, and I take comfort in His control over all the affairs of my life." -- John Wesley

Whenever you start to feel anxiety or fear, close your eyes and focus on God. You will find that suddenly God comes between you and your fear. If not, your fear comes between you and God.

Final thought: Do what you can do to effectively minimize the risk. Then trust God to do what you cannot do.