



Say
Goodbye
to
Fear and Worry!



*Companion Book
to DVD Series*



**Kimberly
Kirk**

INTRODUCTION

Do you struggle with fear? How about worry? Two things that can steal our joy and, at times, paralyze us. But what can we do about them? We need to stop believing the lie that it's just how we're wired. God continually tells us not to be anxious or afraid, and He never calls us to do something without equipping us to carry it out. Come join us as we dig deeply into the Scriptures to see how we can say goodbye to fear and worry!

Say Goodbye to Fear (Isaiah 43:1-3) (71 minutes)

Devotional: "We Will Not Fear" [Psalm 46:1-3]

Say Goodbye to Worry (Philippians 4:4-9) (53 minutes)

Devotional: "Don't Be Anxious!" [Matthew 6:25-33]



HOW TO USE THIS STUDY

*This study can be used by an individual, in a small group, or in a large group setting. There are two video sessions, and a devotional with each for deeper study. The **handouts** for this series are included in this book, along **with permission to copy and distribute** them. The notes will appear in the videos as they are in the handouts, making note taking simple. The "answers" or filled in blanks are also included in this booklet.*

Whether alone or with others, it is always a good idea to begin each session of any Bible study with a time of worship in song and prayer. If doing this study in a group, a time of discussion can follow the videos. If not, the questions at the end of each session can be used for personal reflection.

Are you ready to search the Scriptures to see how you can say goodbye to fear and worry? Then let's begin!

Message One in "Say Goodbye to Fear and Worry!" Series
SAY GOODBYE TO FEAR! Isaiah 43:1-3

WHAT (*Isaiah 43:1*)

Fear: A _____ of agitation or anxiety caused by the presence or _____ of a real or _____ threat.

Acronym: **F** _____ **E**vidence **A** _____ **R**real

Truth: *The fact that God _____ and intentionally formed each of us means that He knows what we can and cannot _____. Since He _____ never to give us more than we can bear, why would we ever _____?* (Ps 139:13-16; I Cor 10:13, II Cor 2:8-9, 3:5-6)

Believers: *God has _____ us (bought us back through payment of a ransom), called us by name and _____ us as His own, so there is nothing to fear.*

WHEN (*Isaiah 43:2*)

Proactive: *One way to overcome fear is to _____ that _____ things will come our way.* (James 1:2-3, Jn 16:33, I Peter 4:12-13)

Reality Check: *When something goes _____ in our lives, we tend to think it is a _____ in our path but since God is in control of all things, we can be assured that it _____ the path He has for us. This can bring great _____ and encouragement amidst our trials and difficulties.*

Promise: *No matter what we face, God's _____ allows us not to _____, and enables us to carry on and _____, overcome.* (Deut 31:6 & 8, I Cor 9:8, II Peter 1:3, II Tim 3:16-17, Phil 1:6)