

Emotions Part 3

Dealing with Fear

1. We need to embrace a healthy spiritual fear of God which produces peace.
 - a. Trusting in God is the starting point for the skillful life.
 - b. Trusting in God will grow a root of strong confidence in all aspects of life.
 - c. Trusting in God will deepen and widen our discernment in life.
 - c. Trusting in God will grant us a complete peace in the midst of turmoil.
2. We need to acknowledge that fleshly fear will yield a bumper crop of anxiety.
 - a. We will board the carousel of anxiety.
 - b. We will be consumed with trying to manipulate potential outcomes.
 - c. We will expose our lack of spiritual discipline.
3. We need to face fleshly fear using Jesus' model.
 - a. I will cultivate deep spiritual friendships so I can share my honest feelings of fear.
 - b. I will cultivate a deep spiritual dependence on God with prayer and gratitude.
 - c. I will cultivate a deep spiritual discernment to speak truth to fear that I am feeling.