

**Bulletproof – “The Making of an Invincible Mind”
Lesson # 3: Overcoming the Spirit of Fear**

Mt. 10:26-33

Four Impelling Motives

There are four great impelling motives that move men to action: Fear, Hope, Faith, and Love—these four, but the greatest of these is Fear. Fear is first in order, first in force, first in fruit. Indeed, fear is “the beginning of wisdom.” Scripture summarizes the chief cause of sin and crime: “There is no fear of God before their eyes.”

—*Prairie Overcomer*

Reflect on the above statement and respond to the *Prairie Overcomer's* quote.

- *Is this an accurate statement in our modern day culture?*
- *What do we do with 1 Corinthians 13:13 in light of this statement?*
 - **1 Corn. 13;13** – And now these three remain: faith, hope and love. But the greatest of these is love.

We once again are faced with two opposing views as to what drive mankind. We can easily see that one view is worldly driven while the other view is driven by a mindset focused on God.

- *Why is our society so wrapped up in a mindset of Fear?*
- *What are the pro's and con's of a life focused on Fear? On God?*

“I recently did an internet search on the phrase “may be killing you.” You’d be amazed at the number of things that you could possibly die from. ***As it turns out, life is deadly.*** Here is a partial list of what may be killing you: Vitamins, filtered water, what you eat, talc, snoring, job stress, electronic waves, your computer, what you don’t know, and what your doctor doesn’t know.” (*Bulletproof, p. 69*)

No wonder *Fear* drives us in our culture today! We are surrounded by knowledge, technology, and media that emphasizes that everything and anything is killing us softly and slowly. What we do know and what we don’t know is killing us. The fact is that death is certain in our lives and we will all have to face it some day but not everyone chooses to live.

- *How does fear paralyze you from living life?*

Today, we want to look at two particular passages of God’s Word and study the subject of Fear. Let us begin by looking at 2 Timothy.

The Spirit of Fear

Read the following passage and respond.

2 Timothy 1:7 – For God did not give us a spirit of *fear*, but a spirit of *power*, of *love* and of *self-discipline*.

- *What does this passage say about fear?*
- *Does this have any impact or bearing on our Christian lives?*
- *Is the passage a promise? If so what does that mean?*
- *Describe the Spirit of Fear? Power? Love? Self-Discipline?*

As Christians we know that God has given us a great mediator that acts as our guide and conscience while on this earth. This mediator inspires us to move above and beyond the normal lives that we may be living and to overcome any obstacles that stand in our way of serving God, especially the obstacle of FEAR.

- *Who is this mediator?*
- *How does this relate to the information described in 2 Timothy 1:7?*
 - **Galatians 5:22-23a** – But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

We have not been given a Spirit of Fear because we have the Holy Spirit which is one with God. We know that when the Holy Spirit is for us then God is for us and if God is for us then no one can be against us (Rom. 8:31)

- *What practical application do we find from 2 Timothy 1:7?*

All Surpassing Peace

We have taken the time to reflect on what God states about the Spirit of Fear so that we could observe what exactly we are to overcome. We will now look at the product or result of overcoming the Spirit of Fear. Read Philippians 4:4-7 and respond.

Philippians 4:4-9 – ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- *What are the promises listed in this passage?*
- *What are the commands found in this passage?*
- *How are the promises and commands related in obtaining the “peace that surpasses all understanding?”*

It is a fact that fear and peace cannot exist at the same time, at the same moment, in the same breath, in the life of one person. They are contradictory to one another and they would ultimately cancel one another out. We can conclude from the Word of God that if you are filled with the Holy Spirit and are experiencing the "Peace of God" then you have overcome the Spirit of Fear at that moment in time.

- *Is the battle between fear and peace and ongoing battle in the life of a Christian? Explain*
- *If you answered "Yes" to the previous question then how do you prepare yourself for battle and ultimately victory in this great battle?*
- **Read Philippians 4:8-9**

Philippians 4:8-9 – ⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- *What does this passage tell us about how we can insure victory?*

Application

- Continue reading the "30 Days with Jesus" Bible reading plan and memorize Philippians 4:8 this week.