

WALKING TOWARD ETERNITY  
ENGAGING THE STRUGGLES OF YOUR HEART  
**BIBLE REFERENCES**  
**SESSION 6 - ENGAGING YOUR FEAR**

**SESSION 6 - DAY 1 - The Problem of Fear**

**Question 2**

**2a) 1 John 4:18**

There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.

**2b) Genesis 3:8-10**

8 When they heard the sound of the LORD God walking about in the garden at the breezy time of the day,\* the man and his wife hid themselves from the LORD God among the trees of the garden. 9 The LORD God then called to the man and asked him: Where are you? 10 He answered, "I heard you in the garden; but I was afraid, because I was naked, so I hid."

**2c) Hebrews 2:14-15**

14 Now since the children share in blood and flesh, he likewise shared in them, that through death he might destroy the one who has the power of death, that is, the devil, 15 and free those who through fear of death had been subject to slavery all their life.

**2d) 2 Timothy 1:7**

For God did not give us a spirit of cowardice but rather of power and love and self-control.

**Optional Further Reading**

**a) Mark 4:40**

Then he asked them, "Why are you terrified? Do you not yet have faith?"

**b) Romans 8:15**

For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba,\* Father!"

**c) Joshua 14:8**

My fellow scouts who went up with me made the people's confidence melt away, but I was completely loyal to the LORD, my God.

**SESSION 6 - DAY 2 - God's Answer to Fear**

**Question 2**

**2a) John 14:27**

Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.

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**2b) Romans 8:31, 35-39**

31 What then shall we say to this? If God is for us, who can be against us? 35 What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? 36 As it is written: "For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered." 37 No, in all these things we conquer overwhelmingly through him who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things,<sup>\*</sup> nor future things, nor powers, 39 nor height, nor depth,<sup>\*</sup> nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

**2c) Isaiah 41:10**

Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.

**2d) Proverbs 3:25-26**

25 Do not be afraid of sudden terror, of the ruin of the wicked when it comes; 26 For the LORD will be your confidence, and will keep your foot from the snare.

**Optional Further Reading**

**a) Luke 12:32-34**

32 Do not be afraid any longer, little flock, for your Father is pleased to give you the kingdom. 33 Sell your belongings and give alms. Provide money bags for yourselves that do not wear out, an inexhaustible treasure in heaven that no thief can reach nor moth destroy. 34 For where your treasure is, there also will your heart be.

**b) Hebrews 13:6**

Thus we may say with confidence: "The Lord is my helper, [and] I will not be afraid. What can anyone do to me?"

**c) Isaiah 54:14**

In justice shall you be established, far from oppression, you shall not fear, from destruction, it cannot come near.

**d) Psalms 91:10-11**

10 No evil shall befall you, no affliction come near your tent. 11 <sup>\*</sup>For he commands his angels with regard to you, to guard you wherever you go.

**SESSION 6 - DAY 3 - Engaging Your Fear**

**Question 1**

**1a) Psalms 56:3-4 (Psalms 56:4-5, NAB)**

4 when I am afraid, in you I place my trust. 5 I praise the word of God; I trust in God, I do not fear. What can mere flesh do to me?

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**1b) Ephesians 6:10-13**

10 Finally, draw your strength from the Lord and from his mighty power. 11 Put on the armor of God so that you may be able to stand firm against the tactics of the devil. 12 For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. 13 Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground.

**1c) James 4:7**

So submit yourselves to God. Resist the devil, and he will flee from you.

**1d) Philippians 4:6-7**

6 Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. 7 Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

**Question 2**

**Matthew 14:22-32.**

22 Then he made the disciples get into the boat and precede him to the other side, while he dismissed the crowds. 23 After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. 24 Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. 25 During the fourth watch of the night,\* he came toward them, walking on the sea. 26 When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. 27 At once [Jesus] spoke to them, "Take courage, it is I; do not be afraid." 28 Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." 29 He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. 30<sup>i</sup> But when he saw how [strong] the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" 31 Immediately Jesus stretched out his hand and caught him, and said to him, "O you of little faith,\* why did you doubt?" 32 After they got into the boat, the wind died down.

**Optional Further Reading**

**a) Joshua 1:9**

I command you: be strong and steadfast! Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go.

**b) Matthew 10:31**

So do not be afraid; you are worth more than many sparrows.

**c) Luke 12:25-28**

25 Can any of you by worrying add a moment to your life-span? 26 If even the smallest things are beyond your control, why are you anxious about the rest? 27 Notice how the flowers grow. They do not toil or spin. But I tell you, not even Solomon in all his splendor was dressed like one of them. 28 If God so clothes the grass in the field that grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith?