



WHAT'S YOUR MOUNTAIN LION?  
PASTOR CODY JOHNSON

Fear

“What are you afraid of?”

**Fear:** an unpleasant emotion caused by the \_\_\_\_\_  
of pain, danger, or a threat.

“Something bad is going to happen.”

What are we afraid of?

Why is fear a problem?

Most of our fears come to \_\_\_\_\_.

*“There are more things likely to frighten us than there are to crush us; we suffer more often in imagination than in reality.” – Seneca*

Fear \_\_\_\_\_ us from God and shifts our

\_\_\_\_\_ to \_\_\_\_\_.

*“God is in control of every day of my life. I choose to surrender my fears to God.” – Jennie Allen*

How can we overcome fear?

Remember his \_\_\_\_\_.

But Jesus spoke to them at once. “Don’t be afraid,” he said. “Take courage. I am here!” *Matthew 14:27*

But when he saw the strong wind and the waves, he was terrified and began to sink. “Save me, Lord!” he shouted. Jesus immediately reached out and grabbed him. “You have so little faith,” Jesus said. “Why did you doubt me?” *Matthew 14:30-31*

Rely on his \_\_\_\_\_.

The Lord is my light and my salvation – so why should I be afraid?  
The Lord is my fortress, protecting me from danger, so why should I tremble? *Psalms 27:1*

If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home. For he will order his angels to protect you wherever you go. *Psalms 91:9-11*

Increase your \_\_\_\_\_.

\_\_\_\_\_

- Psalm 23
- Psalm 27
- Psalm 46
- Psalm 91

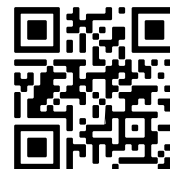
\_\_\_\_\_

The father instantly cried out, “I do believe, but help me overcome my unbelief!” *Mark 9:24*

\_\_\_\_\_

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. *2 Timothy 1:7*

Will you overcome your fear?



CONNECT WITH US!

To further explore and apply this message with your small group, visit [eclife.org/groups](http://eclife.org/groups) to access this week’s group discussion questions.

anticipation  
nothing  
distracts, focus, control  
presence  
protection  
RPM's  
Read  
Pray  
Memorize