

F A I T H
O V E R
F E A R

PURSUING THE PROMISE KEEPER

1. Become a _____ . (Ex. 33:7-11)

2. Find _____ in God's _____ and in His _____. (Josh. 1:6-9)

3. Remember _____ . (Josh. 4:19-24)

4. _____ the God of _____ . (Josh. 5:13-15)

DAY 1

Pray: Psalm 34:4

Memorize: Psalm 46:1-3, 10-11 Please write out the verse where the mountains tremble.

Study: Please read and answer the question on pg. 75-76.

Pray: Please close in prayer, asking the Lord to open your eyes to His majesty and power.

DAY 2

Pray: Psalm 94:19

Memorize: Psalm 46:1-3, 10-11 Please write out the verse that says that God is the Lord of angels (hosts). _____

Study: Please read and answer the question on pg. 77-80.

Pray: Please close in prayer, asking the Lord to help you to be still and know that He is God.

DAY 3

Pray: Psalm 118:6

Memorize: Psalm 46:1-3, 10-11 Please write out the verse that says that God is very present with us.

Study: Please read and answer the questions on pg. 81-84.

DAY 4

Pray: Isaiah 35:4

Memorize: Psalm 46:1-3, 10-11 Please write out the verse that says we will not fear.

Study: Today we'll take a closer look at Psalm 46.

1. Please describe the 3 things vs. 1 declares about God.

- a. _____
- b. _____
- c. _____

2. In vs. 2, what is the therefore there for? _____

3. What fears threaten to keep you from trusting in God's power? _____

4. When you're afraid, do you run to God as your refuge and strength, or run from God? Why?

5. What do the following verses tell you about God's character?

- a. Vs. 5 _____
- b. Vs. 6 _____
- c. Vs. 7 _____
- d. Vs. 9 _____
- e. Vs. 10 _____
- f. Vs. 11 _____

6. What are the 2 commands given in this passage?

- a. Vs. 8 _____
- b. Vs. 10 _____

Pray: Please close today in prayer, telling the Lord what you've learned about Him, and what you're going to do about the 2 commands given in Psalm 46.

DAY 5

Pray: Isaiah 41:13

Memorize: Please quote or read out loud Psalm 46:1-3, 10-11. What hope do you find from this scripture? _____

Study: Today we'll walk through six steps given by Dr. David Powlison as a game plan for dealing with worry. For today's purpose, please think of one thing you worry about, big or small.

1. *Name the pressure. Anxieties feel endless and infinite - but they're finite and specific.* What is the specific pressure you're dealing with? _____
2. *Identify how you express anxiety. Spot the signs. How can those things become cues to you? What behaviors do you find yourself acting out when you're afraid or feel anxious? In what ways do you...*
 - a. Try to control people or circumstances? _____
 - b. Allow yourself to think hopeless thoughts? _____
 - c. Shut down? _____
 - d. Are there other behaviors? _____
3. *Ask yourself, why am I anxious? If I've forgotten God, who or what has edged Him out of my mind and started to rule in His place?*
 - a. Who has taken the place of God in your mind and thoughts? _____
 - b. What makes it hard for you to trust God? _____
4. *What better reason does Jesus give not to worry? What do the following verses say to help?*
 - a. Psalm 46:1 _____
 - b. Psalm 46:10-11 _____
 - c. Isaiah 43:1-3 _____
 - d. Jeremiah 32:17 _____
 - e. 2 Corinthians 12:9-10 _____

- f. Philippians 4:6-7 _____

- g. 1 Peter 5:6-11 _____

5. *Go to your Father. Talk to Him. It's not as though your Father doesn't care about the things you worry about. You'll have to leave your worries with Him. They are always outside of your control. Please take some time right now to write out a prayer of response to the Lord based on the scripture you just read.* _____

6. *Give. Do and say something constructive. Care for someone else. Who is someone you know that is struggling as well, maybe in the same situation you are in?* _____
- a. How can you be praying for that person? _____

- b. What is something you can do to help him/her? _____

7. Please look back over the last 7 weeks.
- a. What have you learned about God? _____

- b. What are some things you learned that you will put into practice going forward?

Pray: Please close this time in prayer, telling the Lord what you learned, and telling Him the name of one person with whom you'll share the things you're going to put into practice...so that you will put your Faith Over Fear. Please write the name of that person here. _____