



## Bouncing Back From Fear

1.23.22

Truths about Setbacks

1. You can't bounce back without a setback
2. Every setback is a setup for bouncing back.
3. A setback is intended not to punish me, but to prepare me for my next stage of responsibility.
4. Setbacks are the steppingstones to my future.

### Judges 6 (NLT)

## THE FEAR OF HOPELESSNESS

**The ANTIDOTE to this fear: Become constantly aware that God is with you!**

If God is for us, who can ever be against us? Romans 8:31

## THE FEAR OF INADEQUENCY

**The ANTIDOTE to this fear: Find you value and significance in who God says you are!**

## THE FEAR OF CHANGE

Judges 6:17 (NLT), Judges 6:36-37 (NLT)

**The ANTIDOTE to this fear: Base my hope on the unchanging God**

## THE FEAR OF LOSING CONTROL

The LORD will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring. Isaiah 58:11 (NLT)

**The ANTIDOTE to this fear: Be aware of what you can't control and trust the one who does**

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. Proverbs 3:5-6 (NLT)

## THE FEAR OF DISAPPROVAL

Judges 6: 25-27 (NLT)

**The ANTIDOTE to this fear: Learn to live for the 'audience of one' and only seek the approval of God**

Trust in the Lord and do good.

Then you will live safely in the land and prosper.

Take delight in the Lord,

and he will give you your heart's desires.

Commit everything you do to the Lord.

Trust him, and he will help you.

He will make your innocence radiate like the dawn,

and the justice of your cause will shine like the noonday sun. Psalm 37:3-6 (NLT)

### Talk it Over! For my thoughts and LifeGroup\*

Which fear(s) do you identify with most and why?

Read Judges 6 and discuss all the ways you see God's patience in dealing with Gideon. How does that encourage you in managing and overcoming your fears?

*"I know many friends who struggle with wanting to know what will happen after their obedience before they will obey." Scott Savage. Talk about the difficulty to obey by faith – it's challenge, it's reward.*

Talk about Psalm 37:3-6 and the simple beauty of Trust, Delight, Commit. How is that a challenge and comfort for you?

Discuss with your group your next steps to 'untangling' your fears. Perhaps therapy, accountability, spiritual habits of memorization or daily worship, etc.

Pray for each other.

\*A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at len@marinerscc.org