

# Fear & The Believer Living Through Adversity

Lincoln Heights Missionary Baptist Church  
Wednesday Bible Study  
April 17 & 24, 2024

Ruth Naomi Granberry  
Facilitator/Teacher  
[lhmbcbiblestudy@gmail.com](mailto:lhmbcbiblestudy@gmail.com)

# Agenda



INTRODUCTION

HOUSEKEEPING

LESSON PURPOSE

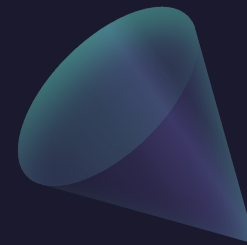
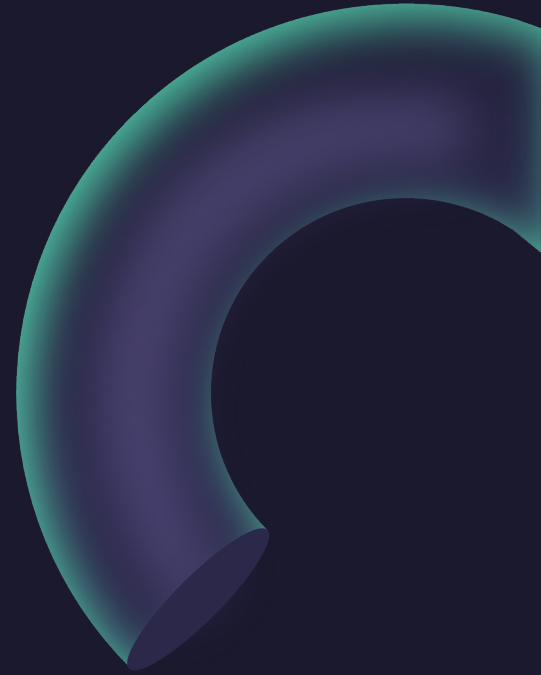
DEFINING FEAR

ADVERSITY—NAMING DEMON OF FEAR

PRACTICES & STRATEGIES FOR CONTROLLING FEAR IN FAITH

# WELCOME & INTRODUCTION

- **PART ONE—DEFINING FEAR**
- **PART TWO: ADVERSITY—NAMING THE DEMON OF FEAR**
- **PART THREE—THE GOAL OF LIVING EVERYDAY FEARLESSLY**
- **PART FOUR—PRACTICES & STRATEGIES FOR MANAGING FEAR IN FAITH**





# Defining Fear

Psalm 27:1-4 (NIV)





“Fear is the combination of defensive responses—psychological, behavioral, and for humans, the conscious experience and interpretations of these responses—stimulated by specific stimuli.”

## WORLD DEFINITIONS

- ❖ EMOTIONAL REACTION
- ❖ NAME FOR FEAR
- ❖ TOXIC FEAR
- ❖ DISTRESSING FEAR
- ❖ CONCERN
- ❖ FEELING OF REPENT

## BIBLICAL DEFINITIONS

- ❖ TO BE AWARE OF OR HAVE REVERENCE FOR GOD.
- ❖ TO BE AFRAID
- ❖ TO PAY ATTENTION
- ❖ THE NATURAL CONSEQUENCES OF SIN

A person in a dark suit stands in a dark, textured room. A bright light source from the left creates a vertical beam of light that illuminates the person's silhouette and the wall behind them. The rest of the room is in deep shadow.

# Adversity

## Naming The Demon of Fear

Webster says adversity “is a state of severe,  
continued instances of misfortunes,  
difficulties, hardships





? When adversity is challenging you, how does it make you feel?

? What emotions well up inside you?

❖ Genesis 37:1-50:26

*The Story of Joseph*





# Why Ask Why?

Why Is This Happening To Me?

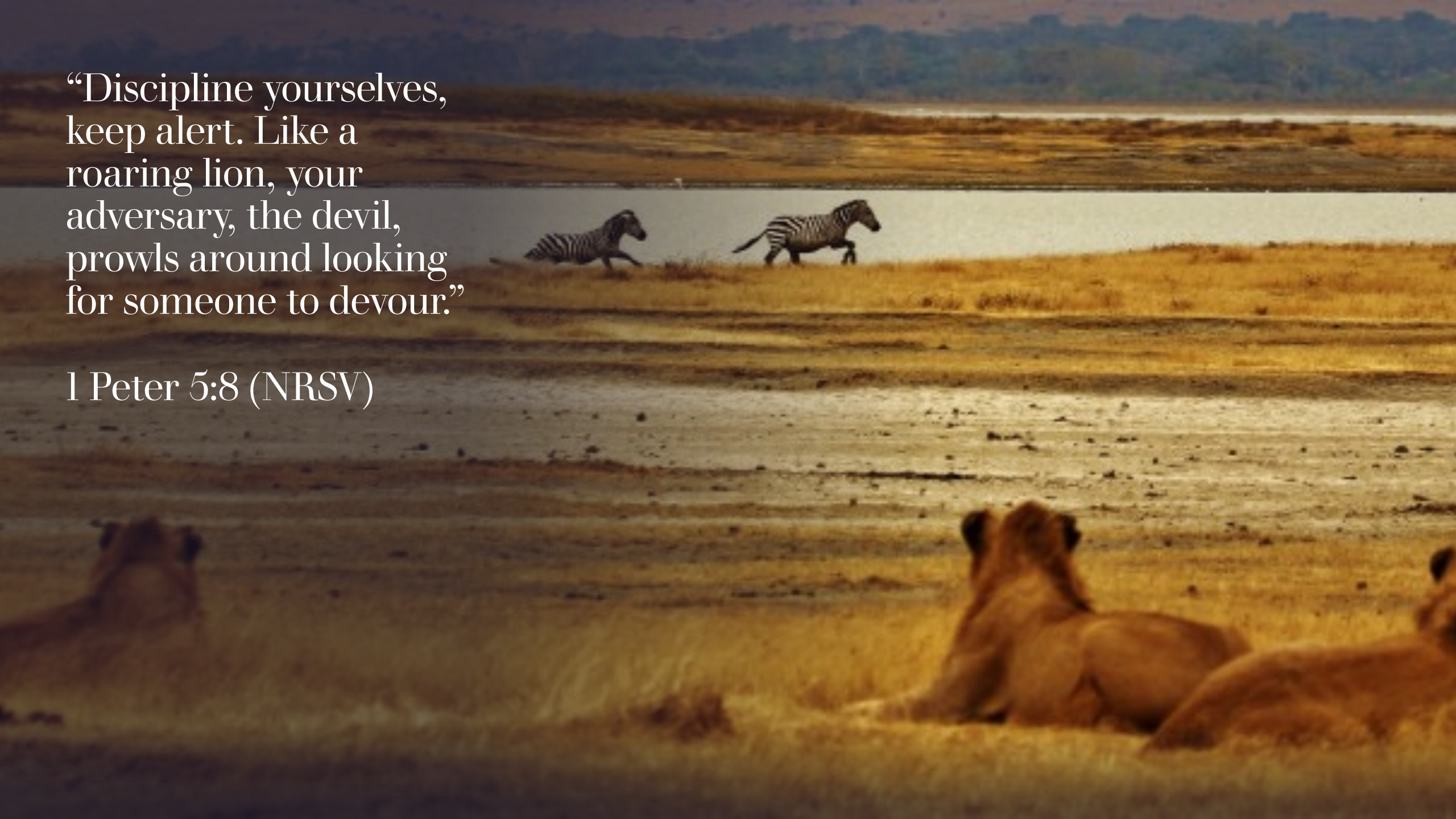
Who Caused This To Happen?

Are These Good Questions To Ask?



“Discipline yourselves,  
keep alert. Like a  
roaring lion, your  
adversary, the devil,  
prowls around looking  
for someone to devour.”

1 Peter 5:8 (NRSV)



A dark blue background with decorative geometric shapes: a sphere in the upper left, a cube in the middle left, and a large ring in the lower left. The text is centered on the right side.

Psalm 23:4  
A Psalm of  
David

“..Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.”



# SATAN'S ROLE

Ephesians 6:10-18  
Putting On God's Armor



**BAPTISTS**

**St** catholic lutheran

community  
presbyterian

first

christian

**JUST AS GOD HAS A KINGDOM AGENDA!**

united

god

methodist

new fellowship

center assembly

grace

pentecostal chapel

**SATAN HAS A KINGDOM AGENDA!**

christ

seventh-day  
fellowship  
gospel  
worship  
life  
center

nazarene

bible

temple  
chapel  
peter  
east  
word  
heights  
ame

congregation

greater calvary  
bethel trinity

tabernacle

incorporated  
parish  
mary  
apostolic  
hill  
family  
city  
mark

union  
free  
king  
praise  
southern  
hills  
wesleyan  
prayer  
reformed

street  
james  
creek

orthodox  
outreach  
valley  
house  
victory  
covenant  
cornerstone  
peter  
east  
word  
heights  
ame

congregation

greater calvary  
bethel trinity

tabernacle

# SATAN'S AGENDA

- ✓ THE INDIVIDUAL—1 Peter 5:8: If Satan can trap and destroy an individual, he is much further along, crippling families, churches, and societies.
- ✓ THE FAMILY—Genesis 3:15: Why is the family important to satan?
- ✓ THE CHURCH—Ephesians 4:2-6: Satan wants to split the family of God because this will significantly reduce the work of the Lord in a context of disunity.
- ✓ THE SOCIETY—Daniel 10-11: Satan is behind the rulers of the nations to provoke, empower, and enable them to destroy entire nations and groups of people.



# CONTRIBUTING TO OUR FEARS

“Yet you don’t even know what tomorrow will bring. What is your life? For you are a mist that appears for a little while and then vanishes.” –James 4:14 (NRSV)

Let not your heart be troubled, neither let it be afraid.”  
James 14:27 (NRSV)



A lion with a thick, golden-brown mane is shown in profile, looking towards the right. The background is a soft-focus savanna landscape with tall grasses under a warm, golden light, suggesting a sunset or sunrise. The overall mood is contemplative and majestic.

- Pay Closer Attention To Your Worries

What is it about the future or the unknown that causes fear?

Do you dread conflict because you know it's coming?

Are you caught in a bad situation that you fear will never change?

Has toxic fear consumed you?

“Don’t be bluffed into silence by the threats of bullies. There’s nothing they can do to your soul, your core being. Save your fear for God, who holds your entire life—body and soul—in His hands.”

Matthew 10:28  
(MSG)

What are you exposing yourself to that helps create this fearful atmosphere?

What are you digesting from television?

What do you subscribe to on social media?

What movies do you watch that warn you that fear is one of the main elements?

- What music are you listening to? Are you listening to entertainment, reality shows, and the like?
- What evil or sin are you exposing yourself to while trying to convince yourself that you are not looking or that it doesn’t bother you?



# MEDIA LOGIC

Sensationalistic  
Content

The Politics of Fear

Coverage of Donald  
Trump





# Practices & Strategies For Managing Fear In Faith

**A Call to Persevere In Faith**

**“Do not, therefore, fling away your [fearless] confidence, for it has a glorious and great reward.”**

**–Hebrews 10:35 (AMP)**



# CLEAR CHOICES

A silhouette of a person stands on a path that splits into two contrasting landscapes. To the left is a dry, cracked desert floor, and to the right is a lush, green field. The sky is blue with scattered white clouds. The person is positioned in the center, facing away from the viewer, symbolizing a choice between two paths.

\* *Throw Away Your Faith in Christ.*

OR

\* *Patiently Persevere with Christ to the End.*



# ❖ PRACTICES & RESOURCES

Trust God

Looking Beyond What You Can See to What God Sees

Grow Your Faith by:

Learning to Know God Better

Perseverance Under Trial

Doing God's Will

Genuinely Loving Others

Fight Fear Through Reading God's Word





# ❖ PRACTICES & RESOURCES

Keep Your Head to the Sky and Your Eyes On Jesus

Put On The Full Armor Of God

When You Worry, Pray

Take Time to Listen to God Speaking to You

Understand Satan's Agenda For You





# ❖ PRACTICES & RESOURCES

The More You Fear God, the Less You Fear Man

Do Not Stand Alone in Adversity, Stand With Like-Minded Christians

Pray Your (chosen) Scriptures Daily

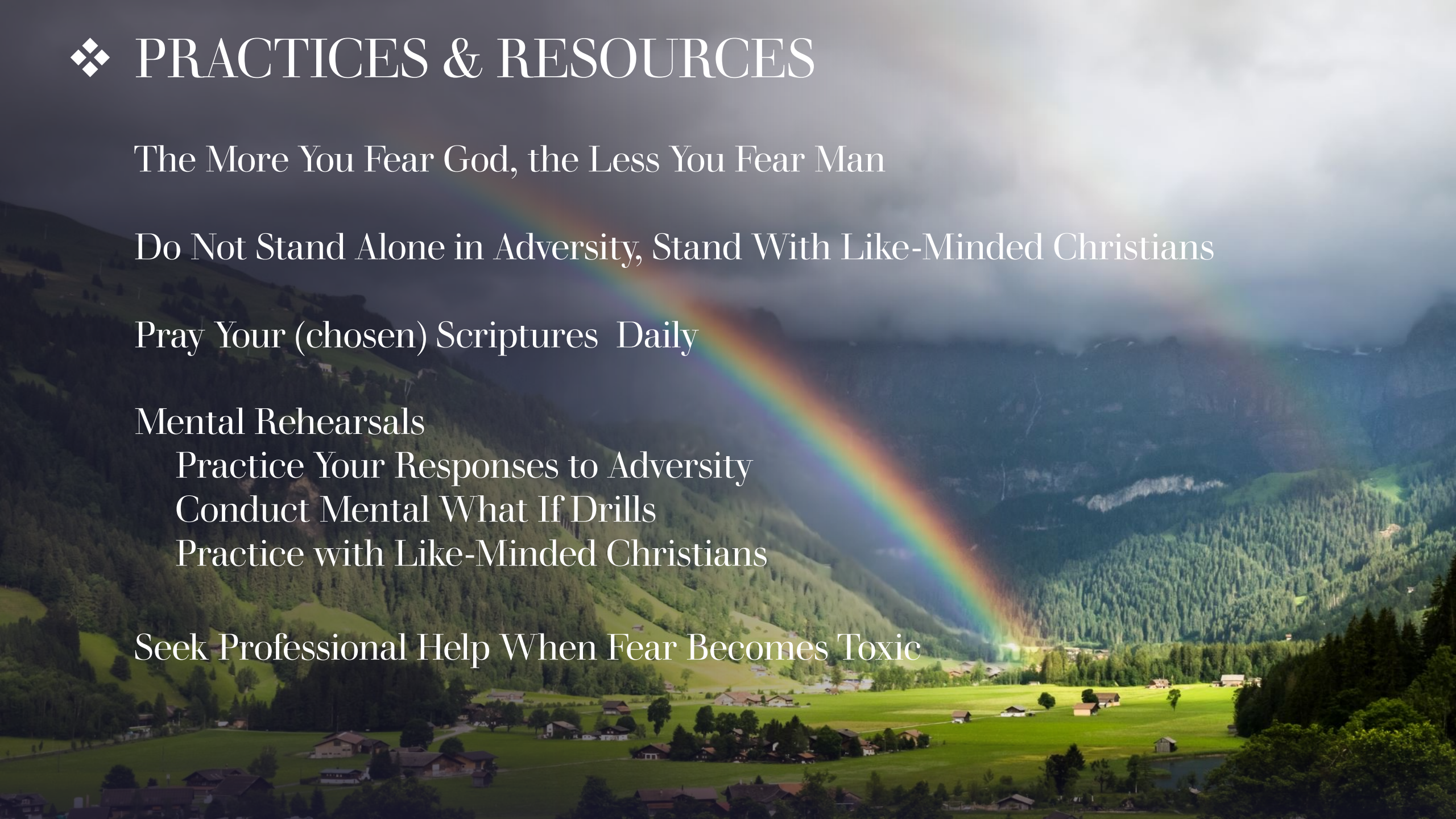
Mental Rehearsals

Practice Your Responses to Adversity

Conduct Mental What If Drills

Practice with Like-Minded Christians

Seek Professional Help When Fear Becomes Toxic





A close-up photograph of a bouquet of flowers. The bouquet is dominated by several large, vibrant red roses with tightly packed petals. Interspersed among the roses are several smaller, bright yellow flowers, possibly baby's breath, which add a pop of contrasting color. The background is a soft, out-of-focus blue and purple gradient. The text "Thank You" is written in a white, elegant, cursive font across the middle of the image, positioned over the roses and yellow flowers.

*Thank You*