



HELPING HEARTS THAT ARE AFRAID

LUKE 2:41-52

Introduction:

Fear is real. Fear may even be a necessary motivation for action. Sometimes fear may sneak up on us and into our lives. Helping hearts that are afraid is a challenging task; especially when the heart that is afraid is mine. I may be afraid help can't be found.

- Why do I/you/we fear?
- Can I do anything with someone's fearful heart?
- Isn't fear just a lack of faith on their part and they need to deal with it themselves?

I. The Origin of Fear

- A) Where did the ability to fear come from? _____
- B) It's first appearance was in the _____ (Genesis 3:6-10).
- C) In this we also see the first result of fear? _____ - _____
- D) Fear comes even with...
- My perception of what "confident faith" looks like.
 - Whether other believers are afraid or not.
 - The real fear of other believers I may not know about.

II. What a Fearful Heart Brings

- A) Why are we fearful or afraid?
- _____
 - Practical
 - Personality trait (instilled or learned)
 - _____ reality flooding my life
- B) Hearts are afraid and it makes life more challenging.

III. Helping My Fearful Heart

What does God often command when it comes to fear?
(Deuteronomy 31:6-13; Joshua 1:6-9; 10:25; 11:6)

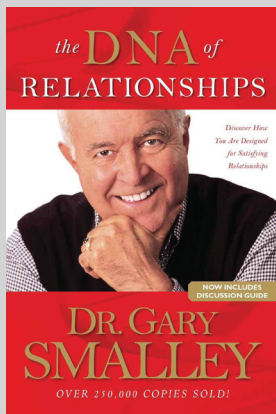
- A) What helps myself?
- _____ fear and be _____ about it.
 - Remember...
 1. Faith can exist in the _____ of fear.
 2. Fear may be the opportunity to _____ faith.
 3. Fear may be the beginning of _____ faith.

Luke 2:41-52 (ESV)

"Now his parents went to Jerusalem every year at the Feast of the Passover. (42) And when he was twelve years old, they went up according to custom. (43) And when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, (44) but supposing him to be in the group they went a day's journey, but then they began to search for him among their relatives and acquaintances, (45) and when they did not find him, they returned to Jerusalem, searching for him. (46) After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions."

IV. How Is Fear Overcome?

- A) Through the work of the _____ (John 14:25-26; 1 Cor. 2:10-12).
- B) Claiming the _____ of Jesus Christ (John 14:27; 16:33).
 - 1. It is a _____ "peace I leave with you."
 - 2. It is a _____ "My peace I give to you."
 - 3. It is not the power of _____ thinking.
 - 4. Jesus' definition of peace is not the same as the world's - _____ circumstances. Rather it is an inner calm in the midst of the tempestuous outer storms.
- C) Accepting the plan of the _____ from the One who holds it in His hand (John 14:28-29).
- D) Following the pattern of _____ (John 14:30-31).



The DNA of Relationships (Gary Smalley) (2004 Tyndale House Publishers)

Why are relationships so hard?
The Core Problem: FEAR (Genesis 3:6-10)

Most women have a core fear related to DISCONNECTION — fear not being heard or valued, somehow losing the love of another.

Most men have a core fear of HELPLESSNESS or feeling CONTROLLED — they fear failure or getting stepped on.



Your Fear Dance

1. You _____.
2. You _____. When you hurt, you want a solution.
3. You fear.
4. You _____. You'll do anything to soothe your hurt.

Conclusion: Though the winds and the waves obey the sound of His voice Christ may not calm the outer storms in your life. But He can take your fearful heart and transform it into a calm, inner eye of faith in the midst of those storms. First, however, you must learn to trust Him.

"The steadfast of mind Thou wilt keep in perfect peace, Because he trusts in Thee."
(Isaiah 26:3)

