

# Dealing with Fear: *Called to Live in Fullness*

By: Hillary McBride

## Introduction

Fear is often times seen as something negative, something that brings shame, something we desire to keep hidden and want to ignore. Undealt fear can show up through physical manifestations (stress, insomnia, cold sweats). The phrase “Do not fear” in the bible is only used when it gets in the way of the fullness (the good things) that God has for us. However, do know that *it is okay to fear*, it is part of being human and wired into our nervous system. Hillary McBride (speaker this past Sunday) challenges us to view fear as a *guide* that allows us realize areas of needed growth and healing in our lives.

### 1 John 4:18 (NIV)

<sup>18</sup>There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

### 2 Timothy 1:7 (NIV)

<sup>7</sup>For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

## DISCUSSION QUESTIONS

1. What was your understanding of fear growing up?
2. Often times there are traumatic experiences or family history that causes our body to react in a defensive/protective way without us realizing. *What you fear is not your fault or your choice*, but what is your choice is how you choose to RESPOND. Spend some time reflecting on the fears you have. Are there any current (reoccurring) fears in your life?
3. How do you deal/respond to that fear (what is the bodily response that happens)? We want to invite you to start viewing fear as a guide to show us areas of growth and healing that are necessary to live in the freedom that God desires for us. Hillary McBride gave an illustration: Imagine if YOU, FEAR and GOD were at a table together having a conversation. How do you think that conversation would go? What would FEAR say? What would GOD say? (read through verses above)

Hillary McBride provides us 4 practical steps to respond to (or prepare for future waves of) FEAR:

- A. FEEL IT (it will grow louder when you ignore it)
- B. DIALOGUE WITH FEAR
- C. SLOW DOWN (practice mindfulness through intention, attention, attitude)
- D. FIND CONNECTION (Connecting with others and God - but ultimate dependency should be on God)

4. We are called to live a full and courageous life. *Being courageous is not about being fearless, it is about acknowledging fear and moving forward with it (by Hillary McBride)*. What are some thoughts you have on this statement? What are some steps you can take this week to acknowledge the fear move towards healing with God?