

## **Overcoming Fear**

### **Ready:**

"Just then, a man named Jairus came. He was a leader of the synagogue. He fell down at Jesus' feet and pleaded with Him to come to his house, because he had an only daughter about 12 years old, and she was at death's door." –Luke 8:41-42a

"While He was still speaking, someone came from the synagogue leader's house, saying, 'Your daughter is dead. Don't bother the Teacher anymore.' When Jesus heard it, He answered him, 'Don't be afraid. Only believe, and she will be made well.' After He came to the house, He let no one enter with Him except Peter, John, James, and the child's father and mother. Everyone was crying and mourning for her. But He said, 'Stop crying, for she is not dead but asleep.'" –Luke 8:49-52

### **Set**

As this young leader was about to lose his daughter, Jesus gave him three steps to overcome fear—a process that applies to us as well. (1) "Don't be afraid." This phrase is mentioned 365 times in Scripture. (2) "Only believe." Believe that Jesus is more than capable of handling any situation. (3) "She will be made well." When we obey His teaching not to be afraid and believe He is capable of handling any circumstance, we will come out just fine.

Whether you are facing a larger opponent, an opponent with a better record, or an opponent from a larger school, follow these steps and God will help you with your fear. Remember, God doesn't care about the scoreboard as much as He cares about the attitude of your heart.

### **Go**

1. How do you handle fear?
2. Does acting like you are tough really make you tougher?
3. What fear are you facing today that God wants you to overcome with His help?

### **Workout**

Romans 5:3-5; 8:37; Philippians 4:13; 2 Timothy 1:7

### **Overtime**

Lord, I know there are many things in life that cause me to fear. Help me rely on You and apply what You have taught me in Your Word. Amen.

### **Bible Reference:**

2 Timothy 1



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