

## Single & Single-Again TUES NITES Meal, Message & Mixer

### **FAITH – Deliverance From Your Fears**

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at [www.christiansinglesindenver.com](http://www.christiansinglesindenver.com)

#### **Psalm 34:1-7**

*1 I will extol the Lord at all times; his praise will always be on my lips. 2 I will glory in the Lord; let the afflicted hear and rejoice. 3 Glorify the Lord with me; let us exalt his name together. 4 I sought the Lord, and he answered me; he delivered me from all my fears. 5 Those who look to him are radiant; their faces are never covered with shame. 6 This poor man called, and the Lord heard him; he saved him out of all his troubles. 7 The angel of the Lord encamps around those who fear him, and he delivers them.*

*"Unbelief puts our circumstance between us and God, but faith puts God between us and our circumstances." F.B. Meyer*

#### **Biblical guidelines in overcoming our fears**

- 1.** Praise helps us gain a new **P** \_\_\_\_\_.
- 2.** Allow the Lord to **D** \_\_\_\_\_ you from you fears by seeking Him as the solution for your cares.
- 3.** Allow the Lord to manifest His courage, confidence and articulative **W** \_\_\_\_\_ through you as His vessel.
- 4.** Do not **D** \_\_\_\_\_ your feelings of fear, but use it as a catalyst to take up the full armor of God
- 5.** **S** \_\_\_\_\_ out about His word, His will and His working in your life instead of being afraid of what others might think of you.
- 6.** **T** \_\_\_\_\_ the Lord to take you through whatever dark valley you may be passing through at this time.
- 7.** Learn to lovingly **A** \_\_\_\_\_ whatever scary circumstances the Lord allows to come into your life. He is able to work all things together for good.
- 8.** **R** \_\_\_\_\_ our hardships in the light of the difficulties Jesus faced and know that we can endure whatever fearful circumstances with His strength, love and courage.
- 9.** We can choose to be better or bitter from **E** \_\_\_\_\_ experience.

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#### **Discussion Questions:**

1. What have you been limited to because of your fears? Past or Present?
2. **Can you Praise God in the storms of life? What makes that successful for you or what do you think you can do different to help you Praise Him in all your situations/circumstances?**
3. Whenever we feel afraid we can trust Him to provide whatever we need. Do you believe God has provided you with whatever you need? Are you still waiting for Him to provide something? How does that or does that tend to cause you personal struggle? What about your singleness? Can you fully trust Him?
4. **Those who try to deny feelings of fear keep themselves out of touch with the experience of having to depend upon the Lord for all things. Why is depending on others so scary? Why would someone want to keep themselves out of touch with depending on the Lord? How about you personally?**
5. Too many people are carrying burdens that God did not intend them to bear. Are you carrying a burden that God doesn't intend for you to carry alone? What do you need right now? What would you like to say to someone who is carrying a heavy burden tonight? What kind of encouragement would you like to give them?
6. **The Spirit lives to make intercession for us. The Spirit is our comforter who empowers, enable and imbues us with His confidence to accomplish everything in His perfect will. Can you die to self and the desire to control all your situations? Why is this a struggle for so many of us?**
7. How long have you been stuck at your mountain? What do you want to do about it today?
8. **Pray for one another**