

HOW OUR FEARS RUIN RELATIONSHIPS

Instagrace Grace

1. FEAR OF EXPOSURE MAKES ME DISTANT

“God called to Adam, ‘Why are you hiding?’ Adam said, ‘I was afraid because I was naked; so I hid.’” Gen. 3:9-10 (LB/TEV)

“... they suddenly felt shame at their nakedness” vs. 7a (NLT)

“So they sewed fig leaves to cover up themselves.” vs. 7b

“Then they hid from God among the trees.” vs. 8

2. FEAR OF DISAPPROVAL MAKES ME DEFENSIVE

“God asked, ‘Did you eat ... what I told you not to eat?’ Adam answered, ‘YOU gave me this woman and SHE gave me the fruit!’” Gen. 3:12

“Then Eve said, ‘The SNAKE tricked me into eating!’” Gen. 3:13 (TEV)

3. FEAR OF LOSING CONTROL MAKES ME DEMANDING

“... You’ll have yearning for your husband, but he will lord it over you...” vs.16 (NJB)

“... he will dominate you ...” (Ber)

THE ANTIDOTE: GOD’S LOVE

“Wherever God’s love is, there is no fear, because God’s perfect love drives out all fear.” 1 John 4:18a (NCV)

“It is the thought of punishment (negative consequences) that makes a person fearful.” John 4:18b (NCV)

1. EVERYDAY SURRENDER MY HEART TO GOD

“Surrender your heart to God, turn to Him in prayer, and give up your sins— even those you do in secret. Then you won’t be ashamed; you will be confident and fearless. Your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon.

Then you’ll rest safe and secure, filled with hope and emptied of worry!” Job 11:13-18

(CEV)

2. EVERYDAY REMEMBER THE WAY GOD LOVES ME

I'M COMPLETELY ACCEPTED

“Jesus made us acceptable to God.” Titus 3:7 (CEV)

I'M UNCONDITIONALLY LOVED

“My love for you will never end says the Lord.” Isaiah 54:10

I'M TOTALLY FORGIVEN

“There is NO condemnation for those in Christ Jesus!” Rom. 8:1

I'M CONSIDERED EXTREMELY VALUABLE

“You’ve been bought and paid for by Christ’s death.” 1 Cor. 7:23

3. EVERYDAY OFFER THE SAME LOVE TO OTHERS

“Accept one another just as Christ accepted you.” Rom. 15:7

*“Love never stops being patient,
Love never stops believing,
Love never stops hoping,
Love never gives up!” 1 Cor. 13:7 (GW)*