

# BECOMING FEARLESS

*October 9-15, 2019*

## Day One: Devotional

1. As you begin, find a comfortable place to spend some time with the Lord. Spend some time repeating, "Lord, I long to hear from you." Bring yourself before Him and open yourself to what He wants to teach you. If you have worries or cares on your mind speak them to God and then put them aside. Pray for this week and what He wants to speak to you through your time with Him. As we focus our minds around becoming fearless, focus on the attributes of God that help you to not fear.

2. Read the passages listed here.

**Isaiah 35:3-4** "Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, 'Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.'"

**Isaiah 43:1** "But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: 'Do not fear, for I have redeemed you; I have summoned you by name; you are mine.'"

**Psalms 118:6** "The Lord is with me; I will not be afraid. What can mere mortals do to me?"

**Deuteronomy 31:8** "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

**2 Timothy 1:7** "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

3. Which one sticks out to you today? What verse did you need to hear today and why?
4. Memorize the verse. Write out the verse that stuck out to you on something, and stick it somewhere you will see it. Try to commit it to memory this week, and whenever you find

yourself afraid, repeat the words of that verse. Pray that God would give you the strength you need.

**Day Two:** Observation & Color Code

Psalm 46:

<sup>1</sup> God is our refuge and strength, an ever-present help in trouble. <sup>2</sup> Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging. <sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells. <sup>5</sup> God is within her, she will not fall; God will help her at break of day. <sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. <sup>7</sup> The Lord Almighty is with us; the God of Jacob is our fortress. <sup>8</sup> Come and see what the Lord has done, the desolations he has brought on the earth. <sup>9</sup> He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. <sup>10</sup> He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." <sup>11</sup> The Lord Almighty is with us; the God of Jacob is our fortress.

**Observations:**

**Day Three:** Method: Verse by Verse

1. Paraphrase: Read each verse and write it in your own words:

Verse 1: God is our refuge and strength, an ever-present help in trouble.

Verse 2: Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

Verse 3: though its waters roar and foam and the mountains quake with their surging.

Verse 4: There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

Verse 5: God is within her, she will not fall; God will help her at break of day.

Verse 6: Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

Verse 7: The Lord Almighty is with us; the God of Jacob is our fortress.

Verse 8: Come and see what the Lord has done, the desolations he has brought on the earth.

Verse 9: He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

Verse 10: He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Verse 11: The Lord Almighty is with us; the God of Jacob is our fortress.

2. Questions, Answers, Observations: Looking back on day two, do you have any questions about this passage? Are there any words, phrases, or doctrines that you do not understand? Record those questions here, and if you can find any answers using your resources, record them here as well.

**Day Four:** Verse by Verse Continued

3. Cross References: Using a Study Bible, find some cross references for the verses in this passage. Cross references are verses listed alongside a Biblical text that will point you to find either the same concept/passage or something similar in another part of Scripture. They can be helpful in understanding a text and in using Scripture to better interpret Scripture (see pg. 5. **How to do Exegesis** for a more complete explanation). In a Study Bible, cross references are often found in the margins next to the text. Record any here that are helpful with understanding this passage better.

4. Record any insights you get from each verse. Now that you are very familiar with this passage, record any insights you might have from it. What are new things you discovered, or new connections you were able to make?

**Day Five:** Application

1. Go back through your week of study and highlight any important insights or things that stuck out to you this week. Read through Psalm 46 one more time. Is there a personal application for this passage that you feel God is putting on your heart? How can you live out this passage this week? How can this help you to become fearless?
2. What things cause you to fear, and how does this passage speak to that?
3. Finally, end your week in prayer. Thank God for new things you learned, and ask Him to empower you to apply the passage from this week to your daily life.