

BIBLE STUDY ON SOCIAL ANXIETY – THE FEAR OF MAN

Session 2: Getting to the Heart of the Matter

Key Verses: Luke 6:43-45; Hebrews 4:12-13; Luke 12:4-5; Exodus 20:3

I. Review of Last Week:

II. A change of heart produces a changed life.

- Luke 6:43-45
- Bad fruit comes from a bad root
- Root = heart = beliefs, attitudes, motives
- Fruit = actions, words, emotions
- Fear and anxiety are matters of the heart; they are rooted in certain ungodly beliefs, desires, attitudes, or motives

III. To change, we need to have our heart uncovered.

- The Word of God has the power to uncover the thoughts and intents of the heart (Hebrews 4:12-13)
- To be cleansed, we must confess, and to confess, we must recognize (I John 1:9)
- The word “confess” means to “agree with” We must agree with God concerning our sins.
- Because we are fully accepted by God in Christ, we are free to face our shortcomings and weaknesses without fear of condemnation.
- Once I confess my sins, I must respond in obedience. James 1:22-25

IV. Fear of man has its root in an “idol of the heart”

- What is an idol? It is a false god.
- What is idolatry? It is the worship of a false god.
- Worship = trust, allegiance, affection, desire, homage, praise, fear
- Fear of man is misplaced worship Luke 12:4-5
- God deserves all of our fear, reverence, and worship

V. We must recognize the fear of man and understand the false beliefs, motives and desires behind it.

- Keeping a journal of upsets to help identify heart idols.
- Thoughts and desires during an episode can reveal the heart.
- List of X-ray questions
- Exodus 20:3 – God is to be our only god.

Suggested Homework:

1. Consider these “X-ray questions” and ask God to reveal what “idols of the heart” may be causing the fear of man and anxiety in your life. Confess these idols before the Lord and ask Him to help you remove them from your life.

2. Continue in your memorization and meditation on Proverbs 29:25 and II Timothy 1:7. Add Exodus 20:3 to the list.

3. Next week we are going consider how to overcome the fear of man through exercising love for God and others. Read I Corinthians 13 and consider what true love is.

X-ray Questions: Drawing Out the Whys and Wherefores of Human Behavior
(Adapted from an article by Dave Powlison)

1. What do you think that you need from other people?
2. What do you want, desire, crave, and wish for?
3. What are your goals, pursuits, and expectations?
4. What do you fear? Worry about? Don't want?
5. What would you like to accomplish in life?
6. What makes you tick? What do you delight in? What really matters to you? What do you dream about?
7. What brings you safety, security, refuge, comfort, pleasure, escape?
8. What or who do you trust?
9. Whose performance matters to you? Who do you desire to see do well in life? Who influences your world and life?
10. Who must you please? Whose opinion matters to you? Who do you desire approval and acceptance from and fear rejection?
11. Who would you like to be like? Who are your heroes?
12. What gives your life meaning?
13. What is your measure of success and failure?
14. What would make you joyful and happy in life? What would bring you the greatest sadness and unhappiness?
15. What do you pray for and ask God for?
16. What bothers you and irritates you? Who or what gets under your skin?
17. What occupies your mind and thoughts, especially at "down times"?
18. What do you like to talk about?
19. Where do you place your hope and trust? Where do you take refuge when threatened or harmed? Who is the protector, judge, controller, provider in your world?
20. What controls you? What are you addicted to?
21. Complete this sentence: If only I could have _____, or be _____, then I would be happy.
22. How do you define yourself? Where do you find your identity?