

BIBLE STUDY ON SOCIAL ANXIETY – THE FEAR OF MAN

Session 3: Keys to Overcoming Fear: Loving God and Others

Key Verses: Romans 8:28-39; I John 4:16-19; I Corinthians 13:4-8

I. Review:

- We must define social anxiety Biblically II Tim 1:7; Prov 29:25
- We must address life's problems Biblically
- Social anxiety is rooted in the heart Luke 6:43-45
- The Word of God alone can expose the heart Hebrews 4:12-13
- Cleansing starts with recognizing heart idols I John 1:9

II. Likely “heart idol” candidates that produce the fear of man.

- Acceptance by others; fear of rejection by others vs. content in accepted by Christ
- Finding identity in others vs. identity in Christ
- Individuals or groups of people vs. Christ
- Dependence on self vs. dependence on Christ
- Pride that manifests in fear of humiliation vs. humility and transparency
- Fear of exposure vs confidence from integrity and openness

III. We must address core beliefs to overcome problems

IV. The source of our confidence and security is God Romans 8:28-39

- God chose you to be His child before the world began.
- That choice was based on His own good pleasure
- Based on that choice, God called you to Himself
- You are justified (declared righteous based solely on the work of Christ)
- You will ultimately be glorified.

Since the Father chose to save you, and offered the very life of His Son to provide this salvation, then it follows that He will keep and protect you from all harm. If you believe this and keep it before you, then what others think of you or what they do to you will lose significance.

V. We overcome fear of man by fulfilling responsibility

- Your attention needs to turn away from what others think about you, and re-directed toward pleasing God.
- God sets us free from our fears and insecurities in order to serve Him and others.
- The Scriptures assert that every believer has been gifted in a unique way to minister in the body of Christ. I Corinthians 12:7 ; Romans 12:4-6a ; I Peter 4:8-10

VI. We overcome the fear of man by loving God and others I John 4:16-19

- You can be confident and secure in life because God has set His love on you.
- Because you have been loved in this way, you are empowered and enabled to love others.
- To love another person deeply, you have to make yourself vulnerable.
- Agape love gives regardless of the response. I Corinthians 13:4-8.
- Such love is beyond our natural ability, and has its source in the grace of God.
- We need to choose to love others regardless of how it makes us feel.