

BIBLE STUDY ON SOCIAL ANXIETY– THE FEAR OF MAN

Session 4 - Keys to Overcoming Fear of Man: Thinking Biblically

Key Verses: II Corinthians 10:1-5; Romans 12:1-2; Philippians 4:4-9

REVIEW:

- THE BIBLICAL DEFINITION OF SOCIAL ANXIETY
- SOCIAL ANXIETY IS ROOTED IN THE HEART
- THE WORD OF GOD ALONE CAN EXPOSE THE HEART
- CLEANSING STARTS BY RECOGNIZING AND CONFESSING HEART IDOLS
- THE FEAR OF MAN IS OVERCOME FEAR BY PLACING CONFIDENCE IN AND SEEKING SECURITY IN GOD ALONE
- THE FEAR OF MAN IS OVERCOME BY FULFILLING RESPONSIBILITY
- THE FEAR OF MAN IS OVERCOME BY LOVING GOD AND OTHERS

THE FEAR OF MAN IS OVERCOME BY THINKING BIBLICALLY

- We are in a _____.
- The battleground is the _____. II Cor 10:1-5
- The fight is not against people, but against false _____, _____, and heresies.
- Our weapon is the Word of God used by the Spirit of God.
- We need to expose false thinking and beliefs by submitting our minds to the Word of God.
- Satan binds and controls people by controlling their minds and thinking.
- It is through the renewal of our thinking that we are transformed into the image of Christ and set free to serve Him and love others.

Ephesians 4:20-24

Colossians 3:1-2 (NIV)

Romans 12:1-2 (NIV)

Philippians 4:4-9

The thoughts that we allow in our minds should have these characteristics: Decent, honest, of good reputation, respectable, true, noble, righteous, just, pure, chaste, modest, free from fault, clean, pleasing, lovely, speak well of others, a good report, virtuous, morally excellent, praiseworthy.

Proverbs 4:20-23

Our mind is the door to our heart, and what is in our heart determines who we are. There is a battle raging for the control of our minds.

Thoughts to challenge and overcome:

- I must be accepted by others to be safe and secure.
- I can only be confident if people appreciate and accept me
- I can't get involved with people because I they might hurt me.
- If people don't like me, I just should stay away from them.

Psalm 27:1-3 (NIV)

Isaiah 51:7-8 (NIV)

Psalm 56: 1-4; 10-11 (NIV)

Hebrews 13:6 (NIV)

- I have nothing to contribute of worth to others.
- God hasn't called me to be involved in other people's lives
- I don't need other people.
- Other people don't need me.

Ephesians 4:7-8 (NIV)

1 Peter 4:7-11 (NIV)

- The Lord would not want me to be uncomfortable or suffer; It is too painful for me to be around others, or, I can't witness or talk about my faith to others because they may not like it and try to harm me.

1 Peter 2:20-23 (NIV)

1 Peter 3:14 (NIV)