



## Session V: Facing down our fears

*Name three things you're afraid of: situations, relationships, other...*

From last time: Two ways **guilt** tends to hit us hard

- As parents
- “Achieved” self vs. “potential” self (Luke 12:48)
- Approaching the “throne of grace” (Heb. 4:11-16)

Practical advice: Feelings of guilt need to be brought into \_\_\_\_\_.

- Step one: \_\_\_\_\_ your feelings
- Step two: Determine your \_\_\_\_\_
- Step three (if necessary): Accept the \_\_\_\_\_ and seek \_\_\_\_\_

But what if...

Like guilt, fear is not just a *bad* thing

- A basic \_\_\_\_\_ system!
- A powerful \_\_\_\_\_ force

But it can be debilitating—why?

- Short-term
- Long-term

Two high-octane fuels for fear among seniors

- Uncertainty
- Insecurity

*Thou prepares a table before me...* Acknowledge and name your fear

*The Lord is my rock...* Trusting in the protection and power of God

Divine Rx for fearful spirits (Ps. 3:3; 9:9; 18:1-2; 27:1)