



## “What Are You Hiding Behind?”



Fear makes us hide behind something.

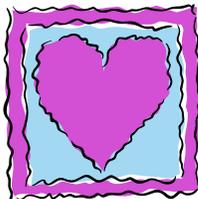
No form of fear comes from our Heavenly Father. All fear clutches at our heart when we think something bad is going to happen. Sometimes it is fear that something will happen to us that is out of our control and we feel helpless and afraid. Other times fear grips our very soul because we are afraid we will make a wrong decision and bad things will happen if we do.

Fear always involves other people. They are the ones who have the power to hurt us and make us afraid. So when we are really afraid, we avoid people so we won't get hurt. But, the person or thing we fear has power over us because we give them that power by being afraid of them! No one can make us feel bad about ourselves without our permission. We have to mentally agree with them in order for them to hurt us.



No one can make us feel afraid, or bitter, mad, guilty, unloved, or lonely without our mental agreement. We can't make ourselves feel any of these things either, without our mental agreement. If we allow people to wear us out mentally, physically or spiritually, we can't complain about them because we allowed it.

To love is our healing. It is the opposite of fear. People need the love we have to give.



Being in control of our thoughts – what we think and what we say – can drive out fear. The Bible says that: “*God will keep in perfect peace all those who trust in Him, whose thoughts are turned to the Lord.*” Isaiah 26:3 (LB). We can't control what other people say or think about us, but we can control what we say or think about others.

The past should just be a teacher. If we stay in the past in our thought life and our self-talk, it will immobilize us and drain our energies. God accepts us just as we are, and He knows all about us and loves us anyway. Until we decide to accept ourselves just as we are, knowing all about us, we won't be able to love ourselves and will live out our lives in fear.

When we allow our fears, based on our problems and shortcomings, to make us afraid to be with people, we put the burden of acceptance of ourselves on other people to prove they love us. We require constant reinforcement that they think we are O.K. in order for us to feel good about ourselves. This is actually a form of control that forces others to come to us and give us love, instead of us following God's Commandment to love Him and love others. If other people have to prove to us we are worthy of love, we are denying that God's love is enough to prove us worthy of love.

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It's hard for those who have never received the love of a father to be able to feel the love of God. Love is not something that can be proved – it is something that has to be accepted. When we have been forsaken by our mother and father, God takes us as His child, like an orphan, when we accept Jesus as our Savior and Lord (Psalm 27:10). Jesus has made us accepted in the family of the beloved. (Ephesians 1:6).



*“His love is perfect (complete), and perfect love casts out all fear”:  
“There is no fear in love, but perfect love casts out fear; because fear is torment. He that is in fear is not made perfect in love.” (1 John 4:18)*

There are different ways to hide when we are afraid. Some people hide their fears behind words. Some hide behind laughter. Some hide behind isolation. Some hide behind doors, afraid to go out into the public because of fear of rejection or insecurity within themselves. Bible promises are forever and every Bible promise is true. Jesus said: *“Heaven and earth shall pass away, but My Words will never pass away.”* (Matthew 24:35). So it's up to us to take His Word and be free from fear or leave it and live in torment.



Isaiah 54:4, *“Fear not; for you shall not be ashamed: neither be confounded (wounded, taunted, insulted, blush, put to confusion, hurt); for you shall not be put to shame: for you shall forget the shame of your youth, and shall not remember the reproach of your widowhood any more.  
(5) For your maker is your husband; the Lord of hosts is His name; and your Redeemer the Holy One of Israel; the God of the whole earth shall He be called.  
(6) For the Lord has called you as a woman forsaken and grieved in spirit, and a wife of youth, when you were refused, saith your God.”*

Isaiah 54:17, *“No weapon that is formed against you shall prosper; and every tongue that shall rise against you in judgement you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, says the Lord.”*

Trust in the Lord. He will not fail you. Fear is a form of pride that says, “I must be perfect, no one must know that I'm not.” What are you hiding behind? Come out and begin to live the life God planned for you. He has purpose for you that only imperfect you can do. There is nothing to fear but fear itself. Fear comes from us, not God. *“God did not give us a spirit of fear, but of power, love and a sound mind!”* (2 Timothy 1:7)

Love is letting go of fear!



## *“What Are You Hiding Behind?”*

1. Why does fear make us hide?

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2. Where does fear come from?

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3. Who is always involved in our fear thoughts?

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4. Why do the people and things we fear have power over us?

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5. What is the opposite of fear?

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6. If we can't control what other people say or think about us, what can we control?

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7. How can people prove they love us?

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8. How does God's love cast out our fears when we accept it?

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9. What choice do we have regarding promises in the Bible?

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10. What is the one thing that will never pass away? (Matthew 24:35)  
(The answer to this question will be your memory verse)

MEMORY VERSE \_\_\_\_\_

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## *“What Are You Hiding Behind?”*

1. Why does fear make us hide?

Because we are afraid something bad is going to happen.

2. Where does fear come from?

From our thoughts.

3. Who is always involved in our fear thoughts?

Other people.

4. Why do the people and things we fear have power over us?

Because we give them that power by being afraid of them.

5. What is the opposite of fear?

Love is the opposite of fear.

6. If we can't control what other people say or think about us, what can we control?

We can control what we say or think about others.

7. How can people prove they love us?

They can't. We just have to accept their love without proof.

8. How does God's love cast out our fears when we accept it?

Because His love is perfect (complete), and perfect love casts out fear.

9. What choice do we have regarding promises in the Bible?

We have to choose to either take them and be set free of fear, or leave them and live in torment.

10. What is the one thing that will never pass away? (Matthew 24:35)

MEMORY VERSE “Heaven and earth shall pass away, but My Words will never pass away.”