KEY VERSE: 2 Timothy 1:7 – "*For God did not give us a spirit of fearfulness, but one of power, love, and sound judgment.*" (HCSB)

Everyone can relate to what it is like to experience fear in one way or another. Fear is something that is instinctive to our human nature. After all, we don't wake up each day saying, "*I really need to feel afraid today.*" Fear just happens. Think about all the things people are afraid of:

We fear losing people or relationships.
We fear losing possessions.
We fear losing a position.
We fear pain – physical and emotional.
We fear failure.

All of these natural fears will many times cause us to limit the way we approach our daily life activities or even reach out to achieve the growth goals we have for ourselves. They become "lids" in our life – the kind of lids that hold us back from hitting our potentials in life. But that is not how we were intended to live.

There are so many great reminders that the Bible encourages us with to remind us that we were made to achieve greater things that our fear allows us to.

"*For you did not receive a spirit of slavery to fall back into fear.*" (Romans 8:15)
"*The Lord is my helper; I will not fear; what can man do to me.*" (Hebrews 13:5-6)
"*For God did not give us a spirit of fearfulness, but one of power, love, and sound judgment.*" (2 Timothy 1:7)
"We are more than conquerors…" (Romans 8:37)

We are given a spirit of power and love and good judgment, not fear. The only thing that can hold us back is just us. There will be tough matches, losses, pain, and even failure. But ultimately, you are the one with the power to determine how it will affect you. To learn or to lid… that is the question.

REMINDER: MY PERSONAL GOAL

Write out the goals you set for yourself in your first assignment.

Personal:_____

Physical:_____

Intellectual:_____

Spiritual:_____

Social:_____

Emotional:_____

MY FEARS

List a few of the fears that you have. Think about how they impact your ability to reach your goals. Write a sentence beside that fear that will reminder you that you have power over it in your life. How will you conquer your fear?

1. _____ - _____

2. _____ - _____

3. _____ - _____

4. _____ - _____

5. _____ - _____