

Soul Detox: Clean Living in a Contaminated World
Chapter 8-Scare Pollution-Unlocking the Chokehold of Fear
“Weekly Takeaways”

“I have never known more than fifteen minutes of anxiety or fear. When I feel fearful emotions overtaking me, I just close my eyes and thank God that He is still on the throne, reigning over everything and I take comfort in His control over the affairs of my life.”-John Wesley

Evening Scriptures

2 Timothy 1:7- (Holman Christian Standard Bible) For God has not given us the Spirit of fear but of power and of love and of a sound mind/ sound judgment

2 Corinthians 10:3-5 (New King James Version) For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Deuteronomy 31:8 (New King James Version) And the Lord, He is the One who goes before you. He will be with you; he will not leave you nor forsake you. Do not fear, do not be dismayed.

1 Peter 5:7 (English Standard Version) Casting all your anxieties on him, because he cares for you.

Psalms 18:2 (New Revised Standard Version) The LORD is my rock, my fortress and my deliverer. My God, my rock in whom I take refuge. My shield and the horn of my salvation, my stronghold.

Evening Discussions: (Personal/Communal-If you choose to share)

1. Is it hard for you to “let go,” totally relinquish your control and trust God for your future?
(If not, explain why)
2. How have you handled fear in the past and how do you currently handle your fear?
3. Describe a time when you overcame fear by coming into the opposite spirit (Spirit of Christ). Was this easy or difficult? What advice would you give to people wanting to put this key into action?

Effective Coping Strategies

- Acknowledge your emotion of fear
- You control your fear and not allow it to control you
- Engage in positive self-talk with self (self-encourager)
- Address the “root” of your fear

“We have to face our greatest fears in order to reach our greatest potential”-Pastor Greg Groeschel