

## Dealing with Fear

Teri Balzer  
Soul Care Equipping Conference

---

---

---

---

*The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters, he restores my soul.  
He guides me along right paths for his name's sake.  
Even though I walk through the valley of the shadow of  
death, I will fear no evil, for you are with me;  
your rod and your staff, they comfort me.  
You prepare a table before me in the presence of my  
enemies. You anoint my head with oil; my cup overflows.  
Surely goodness and mercy will follow me all the days of  
my life, and I will dwell in the house of the Lord forever.*  
(Psalm 23)

---

---

---

---

### Dealing with Fear

Isaiah 41:10  
"So do not fear, for I am with you; do not be  
dismayed, for I am your God. I will strengthen  
you and help you; I will uphold you with my  
righteous right hand."

---

---

---

---

### Dealing with Fear

In fear we often sin

We can act on fear or we can act on faith. We  
cannot act on both at the same time

Our fears are often connected to wounds and lies

God often brings us face to face with our fears

---

---

---

---

### We Need to Identify Our Fears

Fear of Shame  
self worth based on past failures, appearance,  
bad habits, abuse.  
I am what I am. I cannot change or be helped

Fear of Failure  
Performance trap  
I must meet certain standards to be loved and  
accepted by others or myself

---

---

---

---

We Need to Identify Our Fears

Fear of Shame  
Fear of Failure  
Fear of Rejection  
    The approval addict  
    I must be approved by certain others to feel  
    good about myself  
    Conforming to the expectations of others

---

---

---

---

We Need to Identify Our Fears

Fear of Shame  
Fear of Failure  
Fear of Rejection  
Fear of Punishment / Punishing Others  
    The blame game  
    False belief: Those who fail (including myself)  
    are unworthy of love and deserve punishment

---

---

---

---

What are Your Root Fears? How do they Manifest?

Invite Holy Spirit to reveal them to you  
Fear indicators - fear not a primary emotion  
    Escape  
    Aggression  
    Emotional shields  
    Defensiveness  
    Control, manipulation  
    Anger

---

---

---

---

Overcoming Your Fears

Worship  
Choose a gentle response  
Pursue the Lord's presence - fix eyes on Jesus  
Overcoming fear involves redemptive suffering  
Overcoming fear involves surrender  
Overcoming fear always involves action

---

---

---

---