

## TOOLS AND TECHNIQUES:

## Dismantling Fear of Man

Employ the following tactics to gain victory over Fear of Man in your life:

### A. Putting People in the Proper Place

- God call us to trust Him for ourselves without depending on any human being: Gal 6:2 -- For each one shall bear his own load.
- God does raise up people to offer support. We should view them as extensions of God: Col 2:19 -- The Body, nourished and knit together by joints and ligaments, grows with the increase that is from God
- It is healthy to please people as long as we do it for Jesus' sake:
  - 1 Cor 9:22-23 -- I have become all things to all men that I might by all means save some. Now this I do for the gospel's sake
  - Ps 23:3 -- He leads me in the paths of righteousness For His name's sake.
- Unless we must maintain a singular focus of fixing our eyes on Jesus, our Audience of One, we risk developing false hope, fear of man and codependency: Pr 1:33 TM -- First pay attention to me, and then relax. Now you can take it easy - you're in good hands

### B. Putting the Past to Rest

- Fear of Man (FOM) can gain a foothold in our lives through these origins from the past (or present):
  - Comparison with siblings and peers
  - Exposure to critical and judgmental attitudes
  - Legalistic or highly controlled environments
  - Fear-based relating and decision-making by authority figures
  - Words and events that sent a message of rejection
  - Fear of shame because of our own sinful actions
  - Other
- Take a look at these possible access points for FOM in your life. List any that you can identify, being as specific as possible:

- Seek the Lord in prayer for healing in the places you've named so that you can gain freedom to move forward with Him:
  - Phil 3:13-14 -- One thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus

### C. Treading On Solid Ground

The stronghold of fear cannot stand on the ground of God's Word. Stepping out in obedience strengthens our faith and diminishes fear:

- Ps 31:19-20 NLT -- Your goodness is so great! You have stored up great blessings for those who honor you. You have done so much for those who come to you for protection, blessing them before the watching world. You hide them in the shelter of your presence, safe from those who conspire against them. You shelter them in your presence, far from accusing tongues.
- Pr 2:6-12 NIV -- For the Lord gives wisdom, and from His mouth come knowledge and understanding. He holds victory in store for the upright, He is a shield to those whose walk is blameless, for He guards the course of the just and protects the way of his faithful ones...Discretion will protect you, and understanding will guard you. Wisdom will save you from the ways of wicked men, from men whose words are perverse

### D. Observing the Specific Boundaries of God's Will

- Meditate on Ps 119:133 AMP -- Establish my steps and direct them by [means of] Your word; let not any iniquity have dominion over me.
- God gives specific guidelines for what He calls us to do including:
  - Time
  - Energy
  - Finances
  - Physical Assets
  - Emotional Investment
  - Use of Gifts/Talents
  - Relationships
- Seek guidance for a particular issue you are facing. Pray for and expect specific answers, recording how events & emotions unfold. Use the handout "Tools & Techniques: Living by Vision" for more help:

### E. Awareness of Our Enemy

- Satan is the source of FOM so we must direct our prayers against him:
  - 2 Tim 1:7 -- For God has not given us a spirit of fear, but of power and of love and of a sound mind
  - Eph 6:12 NIV -- For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
- We have the authority to defeat our opponent, Satan:
  - 1 Jn 4:4 -- Greater is He who is in you than he who is in the world.
  - Jm 4:7 -- Submit to God. Resist the devil and he will flee from you.

### F. Cause for Courage

The presence of God brings courage because it assures us of His favor and the certainty that we indeed have no need to fear man:

- Ps 118:6 -- The Lord is on my side; I will not fear. What can man do to me?
- Josh 1:9 NLT -- I command you – be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go