

## **HAUNTED BY FEAR**

### **Week 1: SHAME**

#### **INTRODUCTION:**

- A. Have you ever had a lapse in judgment where you ended up doing something that brought you a great deal of shame?
- B. ILLS ON SHAME: Tell about a time when you had a lapse in judgment that led to you feeling shame.
- C. For you it might be something that took place:
  - 1. Talking about something with a group of friends you know you shouldn't have talked about.
  - 2. Engaging in something your parents have repeatedly told you to avoid doing or being a part of.
  - 3. Participating in something you know is wrong in the eyes of God.
- D. Shame is real and something a lot of us have probably experienced.

#### **REASONS WE MIGHT EXPERIENCE SHAME**

- A. POOR DECISIONS ON OUR PART (2 Sam. 11:1-5).
  - 1. David went to great lengths to try and cover up his sin (vs. 6-13).
  - 2. Not only did David commit the sin of adultery, but when he was unable to cover it up, he went on to commit murder (vs. 14-15).
  - 3. Sometimes we bring shame into our lives because of the poor decisions we make.
  - 4. **QUESTION:** What poor decisions have brought you shame?
- B. SITUATIONS WE ENCOUNTER (Mark 5:21-34).
  - 1. This woman had a few different problems she was facing:
    - a. She's Sick – she has been bleeding for 12 yrs. and it wouldn't stop
    - b. She's Hopeless – she has been to countless doctors who couldn't help
    - c. She's Broke – she has spent all she had on the doctors to no avail
    - d. She's Worse – throughout all this she has grown even more sick
  - 2. This woman had some serious issues going on that she never asked for and which probably brought her much shame.
  - 3. **QUESTION:** Have you ever encountered situations in your life that you never asked for, and yet it brought about shame? What was it?

#### **OVERCOMING OUR SHAME**

- A. Jesus can handle our shame. There is no shame so big that Jesus can't handle it.
  - 1. David was an adulterous murderer and the woman was an outcast.

2. Matthew was a tax collector.
  3. Paul was a persecutor of Christians.
  4. Looking at them, Jesus said, "With people it is impossible, but not with God; for all things are possible with God." (MK. 10:27).
  5. I don't know what you're going through, but know Jesus has this.
- B. Jesus offers us forgiveness for our shame.
1. David was offered forgiveness - "David said to Nathan, "I have sinned against the Lord." And Nathan said to David, "The Lord also has put away your sin; you shall not die." (I Sam. 12:13; see Psa. 51)
  2. We can be offered forgiveness for our poor decisions that lead to our shame - "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (I Jn. 1:9)
- C. Jesus frees us of our shame. Why did Jesus call her out publicly?
1. All the woman wanted from Jesus was physical healing, but that's not all Jesus wanted to give her. He freed her of her social shame.
  2. Jesus wanted to restore her reputation before others.
  3. "He does not deal with us according to our sins, nor repay us according to our iniquities. <sup>11</sup>For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; <sup>12</sup>as far as the east is from the west, so far does he remove our transgression from us (Psa. 103:10-12).

**CONCLUSION:**

- A. We have all had our share of mistakes that have brought us to feel a sense of shame.
- B. No matter what amount of shame you are dealing with right now, know that God can handle your shame and offers you forgiveness.

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### WEEK 2: UNCERTAINTY

#### INTRODUCTION:

- A. What does it mean to be uncertain of something? Most of us don't like uncertainty.
- B. The fear of the unknown (uncertainty) can be a scary thing; something that keeps us away at night.
- C. We could wake up tomorrow and have our worlds turned completely upside down leaving us with a lot of questions that we have no certain answers for.
- D. If we could choose, we would always choose to be certain everything is going to turn out to be ok.

#### GOING TO AN UNKNOWN LAND (GEN. 12:1-9).

- A. God called Abram to go to a land that He would show him, away from his familiar surroundings.
  - 1. **QUESTION:** Have you ever had to move away from something familiar? It brings a level of uncertainty.
  - 2. He called Abram to leave his country, his friends and even his own family.
- B. Imagine being Abram and having to explain to your wife what God had called you to do.
- C. There was nothing Abram could really point his wife to, to show her that what God was calling them to made sense.
- D. The only thing Abram had to rely on was faith and trust in God (Heb. 11:8-9).

#### FINDING YOURSELF IN AN UNKNOWN LAND

- A. None of us are secure in this world, because nothing in this world is certain except the Bible.
- B. Some of you find yourself dwelling in the land of uncertainty right now.
  - 1. You may be graduating soon but unsure about the next chapter in your life.
  - 2. Maybe you are new to this area and you do not know anyone here at church or in school.
  - 3. Maybe your situation at home is rough and you are not sure what is going to happen.
- C. We will all find ourselves walking in an unknown land that causes us a great deal of uncertainty.
  - 1. You or someone you love may become very sick even to the point of death.
  - 2. You may make a career choice that impacts your life and the lives of those you love.
  - 3. You may have relationship choices you must make.

#### ENDURING AN UNKNOWN LAND

- A. Trust that God knows what He is doing.
  - 1. Abram didn't question God on what He was doing, he simply trusted Him enough to obey Him.

2. We don't like uncertainty because we don't like not knowing what will happen (Prov. 3:5-6).
  3. God will be with us every step of the way (Isa. 43:1-2).
- B. Continue to be faithful in obedience to God and His will.
1. The tempting thing to do when life is uncertain is to stop trusting and obeying God.
  2. Matt. 6:31-33 – In all things we must always seek first the Kingdom of God.
  3. Psa. 37:25 – I have not seen the righteous forsaken or his children begging for bread.
- C. Rejoice because God has given you an opportunity for your faith in Him to grow (Phil. 4:4).
1. James 1:2-4
  2. Times of uncertainty will hopefully draw us closer to God in ways we may have never known.

**CONCLUSION:**

- A. Throughout your lives, you are going to find yourself amid uncertainty.
- B. When we find ourselves in the midst of uncertainty, always remember, we serve a God of certainty who has promised to never leave us or forsake us (Heb. 13:5-6).

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### WEEK 3: MY PAST

#### Introduction:

- A. We have all said and done things in the past that have brought about a great deal of regret. For some of us, we may struggle to get passed our past.
- B. **QUESTION:** Why does our past have such an impact on our present lives?
- C. If we can't get beyond our past, we will never live with the joy Christ came to bring us (Rom. 15:13).

#### Satan Tries to Use Our Past Against Us.

- A. Satan wants to destroy us and our relationship with God.
  - 1. *John 10:10* – “The thief comes to steal, to kill and to destroy.”
  - 2. *1 Peter 5:8* – “Be sober, vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”
- B. **QUESTION:** How does Satan use our past against us?
  - 1. He causes us to feel we are too bad to be forgiven for what we have done.
  - 2. He causes us to feel we are not good enough to be used by God for His glory.
  - 3. He causes us to feel we will never be able to overcome our past mistakes.
  - 4. He causes us to feel we will continue to repeat our same failures and mistakes.
- C. If we are not careful, Satan will use our past to convince us that we have no hope.
- D. *Psalms 38:4* – “My guilt has overwhelmed me like a burden too heavy to bear.”

#### Living Despite Our Past.

- A. Remember, every saint has things in their past they are not proud of and want to forget.
  - 1. David was an adulterous murderer (2 Sam. 11).
  - 2. Paul was a persecutor of Christians (Acts 7-9).
  - 3. Matthew was a hated tax collector (Matt. 9:9-13).
  - 4. Rahab was a prostitute (Jos. 2; Matt. 1).
- B. Nothing in our past is too big for the grace of God.
  - 1. God is faithful and just to forgive us of all of our sins” (1 Jn. 1:9).
  - 2. God doesn't just forgive our sins, He forgets them as well (Jer. 31:34).
- C. We can't erase our past, but we can embrace our future.
  - 1. Paul said he forgets what lies behind and strains forward to what lies ahead (Phil. 3:13-14).
  - 2. If anyone is in Christ, he is a new creation” (2 Cor. 5:17).

**Conclusion:**

- A. We can either allow Satan to use our past against us, or we can allow God to use our past for Him and His glory.
- B. It all depends whether we choose to live in our past or live despite our past.
- C. The choice is ours to make.