A. It’s easy for _________ people to see _________ where they don’t exist.
B. Fears of all kinds have filled a thousand ____________.
C. What is fear? Fear is an __________ induced by perceived __________ or threat,
which causes physiological changes and ultimately behavioral changes.
D. Scientists and psychologists categorize fear into three types:
   1. ____________ fear.
   2. ____________ fear.
   3. ____________ fear.
E. Someone has said that fear can be boiled down to two fears: #1 - fear of ________
and #2 - fear of ____________.
F. God created us with the capacity to have the emotional __________ of fear.
G. Fear is part of God’s __________ ______________ for us.
H. So, how does a proper response to fear help us? It keeps us away from ________.
I. Most importantly, the ability to fear is important in our __________ with ________.
   (Ecc. 12:13b; Prov. 1:7; Matthew 10:28)
J. First, when we are afraid, I want to encourage us to think: “I am afraid, and it’s ________ and _________ to experience the emotion of fear.”
   1. I want to encourage us to not be __________ of being __________.
K. I think this cognitive step is so important with all emotions—when the emotion
comes our first response needs to be “________, it’s _______ again.”
L. It starts with acknowledging that experiencing fear is nothing ______ - We’ve
experienced it ________, and we will experience it ________.
M. Second, when we are afraid, I want to encourage us to think: “This is ________,
but ________ is with ________.” (Heb. 13:5-6; Psalm 56:3-4, 9b-11)
N. I want to point our attention to 2 ________, 2 __________, and one __________.
O. What keys to managing our fears can we learn from these two stories?
   1. We must acknowledge that storms are ________ and result in feelings of fear.
   2. We learn that God is always ________ and is ________ us in the storm.
   3. We learn that ________ in God can provide what we need when we are afraid.
P. Third, when we are afraid, I want to encourage us to think: “This is scary, but God
   is always ____________.”
Q. Don’t you think it should have helped the Israelites to remember God’s ________
_________________________?
R. How helpful it is to cling to God as our __________ and ____________ (Ps.
34:4; 46:1-3).

God.  J. okay, normal.  J.1. afraid, afraid.  K. hello, you.  L. new, before, again.  M. scary, God,
me.  N. boats, storms, Savior.  O.1. scary.  O.2. near, with.  O.3. faith.  P. faithful.  Q. track,
record.  R. refuge, strength.