

God's Original Design



Facing Our Fears

"How To Build Strong & Healthy Relationships" "God's Original Design ... Four Things To Let Go"

Strong & healthy marriages are marked by honesty & openness and the freedom to share our feelings and accept responsibility for our actions. The problem is we have a huge roadblock called "fear".

"When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made coverings for themselves. Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. But the LORD God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." And he said, "Who told you that you were naked? Have you eaten from the tree from which I commanded you not to eat?" The man said, "The woman you put here with me--she gave me some fruit from the tree, and I ate it." Genesis 3:6-12 (NIV)

Three Ways Fear Wrecks Our Relationships

1. When We Fear Our Faults We Become _____

"Who can say, 'I have kept my heart pure; I am clean and without sin'? Differing weights and differing measures--the LORD detests them both." Proverbs 20:9-10 (NIV)

"Who told you that you were naked? Have you eaten from the tree from which I commanded you not to eat? The man said, 'The woman you put here with me--she gave me some fruit from the tree...'" Genesis 3:11 (NIV)

*"Then the LORD God said to the woman, 'What is this you have done?'
The woman said, 'The serpent deceived me, and I ate.'" Genesis 3:13 (NIV)*

**Fear Not Only _____ Problems
It _____ Our Problems**

2. When We Fear Our Feelings We Become _____

*"...the man and woman heard the LORD God walking in the garden.
They were frightened and hid behind some trees." Genesis 3:8 (CEV)*

Three Kinds Of Feelings Frighten Us

_____ Feelings
_____ Feelings
_____ Feelings

Hiding A Hurt Always _____ It

"Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made coverings for themselves." Genesis 3:7 (NIV)

"The man and his wife were both naked, and they felt no shame." Genesis 2:25 (NIV)

3. When We Fear Our Freedom We Become _____

*"To the woman (God) said ... 'your desire [dependency] will be for
you husband, and he will rule over you.'" Genesis 3:16b (NIV)*

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant ... he humbled himself.” Philippians 2:3-8 (NIV)

Facing Our Fears Starts With _____

I Must Be Honest With _____

“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy ... Pride leads to disgrace.” Proverbs 28:13 (NIV) & Proverbs 11:2 (NLT)

“If we pretend we are perfect we are living in the world of illusion.” 1 John 1:8 (Ph)

“I sought the Lord and he heard me and delivered me from all my fears.” Psalms 34:4 (NIV)

I Must Be Honest With _____

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9 (NIV)

I Must Be Honest With _____

“Confess your sins to each other and pray for each other so that you may be healed.” James 5:16 (NIV)

Personal Study - Growth Homework

For The Week of July 23, 2006

Getting Started

When you were younger what fears seemed to hinder and paralyze you the most growing up? What fears today do you think are keeping you from experiencing real joy & freedom in your life?

In this message Chris talked about the fears we face in our marriage and relationship with others. With 1 being weak and 10 being strong, rate yourself on how weak or strong you think each of these fears are in your life, relationships and marriage. Then ask your spouse (or if you're not married someone who really knows you) to rate you in each of these.

The Fear Of Expressing My Faults How Defensive Am I?

1 2 3 4 5 6 7 8 9 10

The Fear Of Expressing My Feelings How Distant Am I?

1 2 3 4 5 6 7 8 9 10

The Fear Of Losing My Freedoms How Demanding & Controlling Am I?

1 2 3 4 5 6 7 8 9 10

Concerning fear ... how have you seen defensiveness, distance and demanding/controlling behavior impact your life, relationships and or/ marriage? How has it damaged openness, cooperation, trust, intimacy, and partnership in your life, relationships and/or marriage?

In Ephesians 4:22- 5:2 Paul talks about “putting off” what’s old and “putting on” what’s new. What does that involve and how is “renewing the mind” involved in this - what does that mean to renew our mind?

Without rationalizing, if you were painfully honest, what old attitudes and actions do you personally need to “put off” or lose and what new attitudes do you need to “put on”? How would your life, relationships and/or marriage be better if you did this?

Digging Deeper

Fear not only paralyzes us in our marriage it also effects other areas of our lives. In your experience and observation of others, how else does fear impact our lives? How does fear impact our relationship with God, trust and risk levels? What do the following verses say about FEAR? What are the implications and applications for our personal life in light of this study?

Proverbs 28:13

Psalms 23

Joshua 1:6-9

Luke 12:4-5

Proverbs 3:7

Proverbs 1:33

Leviticus 25:17

Psalms 56:11; 118:6

Proverbs 19:23

1 John 4:18

Proverbs 28:14

Proverbs 22:4

For you personally, which is harder ... being honest with yourself, with God, with your spouse or with others? How and why is being truly honest with ourselves the starting point and key to being honest with God and others?

James 5:16

Proverbs 20:9-10

Proverbs 28:13

Proverbs 11:2

What Is One Thing God Is Specifically Saying To You That You Need To Do ... What Is The Action Step You Need To Take?