

LET GO OF THE FEAR

Based on the message by Lee Grady

OVERVIEW

What fears are keeping you from fully following and obeying Jesus?

Using Paul and Timothy's relationship as the discipleship context, Lee Grady teaches that fear, insecurity, and timidity do not excuse believers from God's calling. Although Timothy was young and apparently struggled with fear, Paul reminded him that God had not given him a spirit of fear, but of power, love, and a sound mind.

The Holy Spirit does not come into our lives so we can remain hidden, silent, or controlled by fear. He heals broken places, restores confidence, and gives us the boldness we need to serve Jesus. God often chooses weak, reluctant, and unlikely people so His power can be revealed through their lives.

Lee offers five practical exhortations for confronting fear: stop overthinking, don't isolate, limit social media, share your heart, and find peace in prayer. Each one addresses an area where fear, anxiety, shame, or insecurity can keep us trapped.

In a personal vision, Lee saw the Holy Spirit's flow through his life represented by oil moving through a large pipeline. Tightly closed valves represented his fears and the times he had said no to God. He realized that fear was restricting the Holy Spirit's flow because it kept him from doing what God asked him to do.

Freedom from fear is not simply about feeling better. It enables us to become bold, make decisions, speak when God asks us to speak, accept His assignments, and freely say yes to His calling.

"When I have fear in my life, it limits the flow of the Holy Spirit because I'm saying I'm not going to do what God is asking me to do." — Lee Grady

HOW TO USE THIS STUDY GUIDE

Read → Respond → Reflect

Read each passage carefully before answering the Respond questions. Look directly at the Scripture to discover what it says and how it addresses fear.

Then use the Reflect questions to consider how the biblical truth and Lee's teaching apply to your thoughts, relationships, decisions, and obedience.

The goal is not simply to recognize fear but to surrender it to Jesus, receive His peace, and move forward in the power of the Holy Spirit.

This guide is designed for individual study, family discipleship, and Roads Groups.

SECTION 1 — STOP OVERTHINKING

Focus

Fear can trap us in worry, second-guessing, perfectionism, and mental paralysis. Instead of allowing fear to control our thoughts and decisions, we can receive the power, love, sound mind, and peace God provides.

Read

2 Timothy 1:7–8, John 14:27

Respond

1. According to 2 Timothy 1:7, what has God not given us?
2. What three things has God given us instead?
3. According to verse 8, what does Paul tell Timothy not to be ashamed of?
4. What does Paul instruct Timothy to do through the power of God?
5. According to John 14:27, what does Jesus leave with His followers?
6. How is the peace Jesus gives different from the peace the world gives?
7. What two instructions does Jesus give concerning our hearts?

Reflect

- Where am I caught in a cycle of worry, overthinking, or second-guessing?
- Am I afraid of failing, making a mistake, or disappointing other people?
- Is fear causing me to remain silent or ashamed of my faith?
- Is there a decision or act of obedience I have delayed because I want everything to be perfect?
- What would it look like to receive the peace of Jesus and take the next step?

Further Scripture Reading

1 Timothy 4:12

SECTION 2 — DON'T ISOLATE

Focus

God created us with a need for human connection. Fear and anxiety may tempt us to withdraw, but God places us in relationships and within His family so we can receive and give encouragement.

Read

Genesis 2:18

Respond

1. What did the Lord say was “not good”?

2. What did God determine to provide for the man?
3. What does this verse reveal about God's design for human connection and relationships?

Reflect

- Have fear, anxiety, or insecurity caused me to withdraw from others?
- Am I meaningfully connected to other believers, or am I trying to face my struggles alone?
- Who has God placed in my life to encourage and strengthen me?
- What makes it difficult for me to allow others to know when I am struggling?
- Is there someone who may need my presence and encouragement this week?

SECTION 3 — LIMIT SOCIAL MEDIA

Focus

Social media can serve a good purpose, but it becomes harmful when it fuels comparison, insecurity, anxiety, or dependence on the approval of others. God has given us a sound mind, and we should guard against influences that allow fear and unhealthy thought patterns to control us.

Read

2 Timothy 1:7

Respond

1. What has God not given us?
2. What has God given us instead?
3. How do power, love, and a sound mind contrast with a life controlled by fear?

Reflect

- How does the time I spend on social media affect my thoughts and emotions?
- Does social media regularly leave me encouraged, or does it leave me anxious, insecure, or discouraged?
- Am I measuring my worth by likes, comments, attention, or the approval of others?
- Has comparing my life with other people affected my confidence or willingness to obey God?
- Do I need to establish a healthy limit or take a break from a particular platform?

SECTION 4 — SHARE YOUR HEART

Focus

Pain, shame, trauma, and negative emotions should not remain buried. God uses honest confession, prayer, and trustworthy relationships with other believers to bring healing and freedom.

Read

James 5:16

Respond

1. What does James instruct believers to confess to one another?
2. What are believers instructed to do for one another?
3. What purpose does James connect with confession and prayer?
4. How does James describe the prayer of a righteous person?
5. According to this verse, what roles do honesty, relationship, and prayer have in healing?

Reflect

- Is there pain, shame, or fear that I have kept buried?
- Has something from my past caused me to believe that I am disqualified from serving God?
- Do I have trustworthy believers with whom I can speak honestly and receive prayer?
- What fears make it difficult for me to share my struggles with others?
- Is the Holy Spirit asking me to bring something into the light and receive prayer?

SECTION 5 — FIND PEACE IN PRAYER

Focus

Prayer brings our fears and anxieties into God's presence. Instead of carrying them alone, we can present our needs to God with thanksgiving and allow His peace to guard our hearts and minds.

Read

Philippians 4:6–7

Respond

1. What does Paul tell believers not to be anxious about?
2. In what situations should we present our requests to God?
3. What three practices does Paul name as the proper response to anxiety?
4. What attitude should accompany our prayers and requests?
5. What does Paul say God's peace surpasses?
6. What will the peace of God guard?

7. In whom are our hearts and minds guarded?

Reflect

- What fear or anxious thought do I need to bring to God today?
- Have I been carrying something that Jesus is inviting me to surrender?
- Do I tend to pray first when fear rises, or do I allow anxiety to control my thoughts?
- How could thanksgiving change the way I approach my current situation?
- Who could I ask to stand with me in prayer?

FINAL REFLECTION — OPEN THE VALVES

Focus

Fear can become like a closed valve that restricts our willingness to obey the Holy Spirit. God wants to replace fear with power, love, a sound mind, and peace so we can freely say yes to Him.

Read

2 Timothy 1:7–8

Respond

1. What has God already given you instead of a spirit of fear?
2. According to verse 8, whose power enables us to endure difficulty and obey God?

Reflect

- Where has fear caused me to hesitate, withdraw, remain silent, or say no to God?
- Which of the five areas from this message most needs my attention: overthinking, isolation, social media, sharing my heart, or prayer?
- What “valve” may fear have closed in my life?
- What is the Holy Spirit asking me to surrender?
- What specific step of obedience can I take this week?

FINAL ENCOURAGEMENT

God has not given you a spirit of fear. He has given you power, love, and a sound mind.

Fear does not have to control your thoughts, isolate you from others, shape your identity, keep your pain hidden, or prevent you from obeying God. Jesus offers you His peace, and the Holy Spirit gives you the courage to step beyond the boundaries fear has created.

God loves to use weak, timid, shy, broken, and unlikely people. Depend on Him for the boldness to speak, act, make decisions, face difficult situations, and accept whatever assignment He gives you.

Let go of the fear. Receive the peace of Jesus. Say yes to God.