



Say to wisdom, “you are my sister” And make understanding your closest friend. For they will keep you from the immoral woman. Proverbs 7:4-5a

Women's Discipleship Group – 2006
HELPMATES, HANDMAIDENS & HARLOTS ONLINE BIBLE STUDY
EMOTIONAL LIFE SERIES
LESSON # 4 – From Fear to Faith
Website: www.wdgonline.org
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Definitions: Helpmate – Handmaiden – Harlot

Helpmate: A married woman who is committed to the well-being of her husband.

Handmaiden: A married or unmarried woman who is committed to serving the Lord.

Harlot: A married or unmarried woman who will sacrifice her soul and body for personal gain.

FEAR: A basic emotional response system initiated by an aversion to some perceived (real or imagined) risk or threat.

FAITH: It is belief, trust, confidence and reliance on the principles and promises in the word of God. Faith is not based on logic or reason but on a personal relationship with Christ.

OPENING STATEMENT:

FEAR can wear many different disguises. It can look like a wife who sacrifices her own well-being in an attempt to keep her husband happy. Deep inside she's afraid that she'll lose him if she doesn't comply too his wishes – no matter how unreasonable. Fear can also masquerade itself as a single woman who goes from one relationship to the next, but none of them stick. It may look like she's just out there having fun, but behind her string of boyfriend's is the fear of intimacy. Perhaps she was wounded as a child, or she's fearful that she won't measure up in a committed relationship. But listen to what the scriptures say about overcoming our fears: *For the LORD you God, will hold your right hand, saying to you, “Fear not, I will help you.” Isaiah 41:13.*

For most of us, if God is holding our right hand, we are not free to do much. That's means that God is asking us to put our faith into action by allowing him to act on our behalf. Some of you might know the story of the man who found himself stranded on the side of a mountain. Below him was a thousand foot drop into canyon. He was desperately holding on to rope and praying that he would be rescued. The Lord answered and instructed the man to trust him and let go of the rope.

This is where the war between faith and fear rages. Sometimes we find ourselves in a fearful situation where we feel like we're hanging from a cliff by a rope. We want the Lord's help, but we have to release our fears in order to embrace our faith.

Faith says: *For the LORD your God, will hold your right hand, saying to you, “Fear not, I will help you.” Isaiah 41:13.*

Fear says: *If you let God hold your hand, you will fall.*

Your emotions spin around like a bird caught in a hurricane. There are three things that you can do to end the storm and overcome the spirit of fear.

1. Rehearse your victories. Think of past times when the Lord came to your rescue.
2. Talk to someone who has a testimony of overcoming fear with faith.
3. Read the great testimonies of faith found in Hebrews chapter 11.

When fear is present it can manifest itself in negative and even destructive behavior. When faith is present, the challenges that we face become a testimony of God's faithfulness.

FEAR

1. Insecurity
2. Anxiety
3. Controlling
4. Defensive
5. Negative
6. Jealousy
7. Withdrawn

FAITH

- Confidence
- Peace
- Flexible
- Reasonable
- Positive
- Trusting
- Embracing

In the following list of fears, you may identify an area where fear has attempted to gain a stronghold in your life. The scriptures below are designed to conquer the spirit of fear and release the spirit of faith into your life:

Fear of Abandonment	Psalm 27:10
Fear of betrayal	Psalm 118:9
Fear of being deprived	Matthew 15:26-28
Fear of being devalued	Psalm 113:7-8
Fear of being unloved	Jeremiah 31:3
Fear of change	Jeremiah 29:11
Fear of God's anger	Luke 7:45-50
Fear of death	Psalm 118:17
Fear of danger	Luke 8:24-25
Fear of disease	Luke 8:43-48
Fear of defeat	2 Corinthians 2:14
Fear of embarrassment	Philippians 2:7-8
Fear of failure	1 John 5:4
Fear of insignificance	1 Corinthians 1:27-29
Fear of being inadequate	Luke 17:6
Fear of lack	Matthew 6:25-30
Fear of loneliness	Genesis 28:15
Fear of loss	Mark 11:22-24
Fear of pain	Isaiah 43:1-3
Fear of poverty	Luke 6:38

Fear of rejection	Hebrews 13:5
Fear of Satan	Romans 16:20
Fear of success	Philippians 1:6
Fear of wrong decisions	Psalms 32:8

LETTER

Name: Jessica

City, Milwaukee, WI

Lesson: From Hurt to Healing

My mother died the day after I was born. After having eight children by age 32, the doctor told her not to have any more. She hemorrhaged to death giving birth to me. When I was older my father said it was my fault. He would come home and wake me out of my sleep and beat me severely. At age 12 my father took me in the basement and tied my hands to the ceiling with my feet barely touching the floor. My older brother called the police and they saved me. They wanted to give him six years in jail but I refused to testify. I am now grown. I am divorced with 2 children. I don't feel good about myself at all. I don't want this to affect my children. Please help me. Sometimes I just want to give up on life, but I know that there is a calling on my life. God has brought me through so many things. I really need to be healed.

Dear Jessica:

Only God can turn our wounds into weapons. The very area where you were wounded by your father will be the very thing that God will eventually use to help other women find healing. There was a woman in the Book of Luke who was bleeding for 12 long years. She had no money left, she was weak and in pain but she pressed through the crowd because she believed if she could touch Jesus, she would be healed. She probably thought she would never make it but she did. Jessica, it's time for you to press through – even though you're hurting, feeling weak and you want to give up. Keep standing! Find a good church that teaches the word of God...don't give up, keep looking and pressing. Read your Bible...press into to God with prayer until your hurts are healed. If you can find a counselor, then do so, but if you can't – God can work a miracle with or without counseling. I will keep you in my prayers.

Terri McFaddin Solomon

On Tuesday, November 14th, after a long illness, my dear father Alvin Prunty went home to be with the Lord. My dad was an educator and was full of adventure. He encouraged me to read, study, explore and to become an independent thinker. God used him to help me develop my creative gifts that led to a long career as a songwriter and author. He was my teacher, my friend, encourager and hang out buddy. I will miss him more deeply than words could ever convey.

Terri McFaddin Solomon