

“Defusing Fears in Relationships”

Ephesians 4:15
February 25th, 2007

“Let our lives lovingly express truth in all things – speaking truly, dealing truly, living truly.” Ephesians 4:15a (Amplified)

How Fear Damages Relationships

Genesis 3:1-19

I. When I am afraid of my _____, I become _____.

“God asked, ‘*Did you eat what I told you not to eat?*’ Adam answered, ‘*The woman You put here with me gave me the fruit and I ate it.*’ Then Eve replied, ‘*The snake tricked me into eating it.*’” Genesis 3:12-13 (GNB)

❖ Two common reactions:

- We _____ our mate.
- We _____ ourselves.

“If we claim we have no sin, we are only fooling ourselves and refusing to accept the truth.” 1John 1:8 (LB).

- Pretending is _____ - _____.

❖ When I have a problem in a relationship...

- I shouldn’t _____ it.
- I shouldn’t _____ it.
- I shouldn’t _____ it.
- I should _____ it.

II. When I am afraid of my _____, I become _____.

“The Lord God called to Adam, ‘*Why are you hiding?*’ Adam answered, ‘*I heard You in the garden; I was afraid and hid from You, because I was naked.*’” Genesis 3:9-10 (LB/GNB)

❖ Three Feelings that Frighten us:

- _____ feelings.
- _____ feelings.
- _____ feelings.

III. When I am afraid of losing my _____, I become _____.

“Your desire shall be for your husband, and he shall rule over you...” Genesis 3:16b (NJKV)

“...He will dominate you...” (Berkley version)

The Antidote

1. Be honest with _____.

“The Lord gave us a conscience; we cannot hide from ourselves.” Proverbs 20:27 (GNB)

2. Be honest with _____.

“We have no need to fear Someone who loves us perfectly; His perfect love for us eliminated all dread.” 1John 4:18 (LB)

3. Be honest with your _____.

“Admit your faults to one another and pray for each other so that you may be healed.” James 5:16 (LB)

“Fully developed love expels every particle of fear, for fear always contains some of the torture of feeling guilty.” 1John4:18 (Phillips)