



TRANSFORMED

How God Changes Us

FACING THE FEARS THAT RUIN RELATIONSHIPS

Relational Health

Jeremy Tullis, Pastor of Family Ministry

November 2, 2014

Genesis 3:6-19

HOW OUR FEARS RUIN RELATIONSHIPS

1. The fear of exposure makes me feel Distant

Genesis 3:9-10

2. My fear of disapproval makes me Defensive

Genesis 3:12 - 13

3. My fear of losing control makes me Demanding

Genesis 3:16

THE ANTIDOTE: Love

1 John 4:18a

1. EVERYDAY SURRENDER MY HEART TO GOD

Surrender your heart to God, turn to him in prayer, and give up your sins—even those you do in secret. Then you won't be ashamed; you will be confident and fearless. your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. Then you'll rest safe and secure, filled with hope and emptied of worry!

Job 11:13-18 (CEV)

2. EVERYDAY REMEMBER THE WAY GOD LOVES ME

- I'M completely accepted

Titus 3:7

- I'M unconditionally loved

Isaiah 54:10

- I'M totally forgiven

Romans 8:1

- I'M extremely valuable

1 Corinthians 7:23

3. EVERYDAY OFFER THE SAME LOVE TO OTHERS

John 13:34

IF YOU LIVE IN GOD'S LOVE, NOT IN FEAR, YOU WILL SEE GOD'S LOVE HEAL YOUR RELATIONSHIPS

Next Steps

- I will memorize Job 11:13-18 this week.
- I'm accepting Jesus into my life and joining His family for the first time today.
- I'm re-dedicating my life to Jesus today.

Material is a ministry resource of Saddleback Church

SPIRITUAL HEALTH DEVOTIONAL THIS WEEK:

Monday, 11/3	Day 29
Tuesday, 11/4	Day 30
Wednesday, 11/5	Day 31
Thursday, 11/6	Day 32
Friday, 11/7	Day 33
Saturday, 11/8	Day 34
Sunday, 11/9	Day 35



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Play the weekly lesson from the *Transformation* DVD. The study guide in your *Transformed* workbook will provide questions for your LifeGroup to discuss and grow from this week.

Outlined below are some **additional study questions** that can be used for personal reflection or discussion with friends.

The Biblical story of Adam and Eve tells how God wanted a family and created the first relationship. The fears that emerged after Adam and Eve sinned foretell the problems created in all the relationships we have. **Read Genesis 3:6-19.** Fears can ruin our relationships, so we must learn to face our fears and not ignore them. Here we'll discuss how to identify some of those fears, as well as how to apply the antidote of learning to live in God's love and offering that same love to others.

1. **Read Genesis 3:7.** Facing what we really are can be very fearful because doing so reveals our weaknesses. In the process of building relationships, what kinds of past life situations can make us feel shameful?
2. **Read Genesis 3:8.** Like Adam and Eve, when we don't follow God's instructions we often find ourselves hiding from God and feeling far from Him. What do you think are reasons for our hiding and feeling distant from God?
3. **Read 1 Corinthians 13:7.** What does it look like to offer the type of love described in this verse to people who are often demanding or difficult, and with whom we interact frequently?
4. What are some ways that people cover up fears regarding things they don't like about themselves in order to keep other people at a distance relationally?
5. **Read Job 11:13-18.** Describe a time when surrendering your heart to God helped you alleviate fear and replace it with confidence.