



How to Live in **Fear**

Mastering the Art of **Freaking Out**

Lance Hahn

A PDF COMPANION TO THE AUDIOBOOK

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CHAPTER 9

AS IT IS IN HEAVEN

What God Says about Fear

- God gives us perfect peace (Isa. 26:3–4).
- Don't worry about your life (Matt. 6:25–34; Luke 12:22–34).
- Don't fear man; you are valuable to God (Matt. 10:25–33; Luke 12:4–7).
- God will protect you and bring you safely home (John 14:1–4, 27–28).
- Don't let the demands of this life distract you (1 Cor. 7:32–35).
- Don't fear; instead, pray about everything (Phil. 4:4–7; 1 Peter 5:6–7).
- God will never leave or forsake you (Heb. 13:5–6).

- Deuteronomy 1:21; 11:25; 31:23
- Joshua 23
- 1 Samuel 17:32–51; 30:1–6
- 2 Samuel 10:12; 12:15–23; 22
- 1 Chronicles 28:20
- Psalms 20:6–8; 23:4; 27:1, 3, 14; 34:4; 46:1–2; 56:3–4, 11; 112:7–8
- Proverbs 3:24–26; 12:25
- Isaiah 8:11–13; 12:2
- Daniel 10:18–19

Wrestling with Fear and Weakness

- The disciples fearing the power of the Holy Spirit at Pentecost (Acts 2)
- Paul asking for prayer to be bold because he wasn't (Eph. 6:19–20)
- Timothy needing to be bold and not timid because “God has not given us a spirit of fear, but of power and of love and of a sound mind” (2 Tim. 1:7 NKJV)
- Paul despairing even of life (Acts 27:20; 2 Cor. 1:8)
- Elijah being scared, depressed, and hopeless in the cave after the Mount Carmel showdown (1 Kings 19)
- Most prophets being afraid (Isa. 2:6; Jer. 1:8, 10:5, 22:25; Dan. 4:5)
- Jesus sweating great drops of blood in the Garden of Gethsemane (Luke 22:39–46)
- Paul leaving Trophimus sick in Miletus and Ephroditus almost dying (2 Tim. 4:20; Phil. 2:25–28)



CHAPTER 10

THY WILL BE DONE ON EARTH

Sickness *Not* Tied to Sin

- Elisha's death from sickness (2 Kings 13:14, 20)
- Daniel's sickness from a vision (Dan. 8:27)
- Hezekiah's illness (Isa. 38:1–3)
- Peter's mother-in-law with a fever (Matt. 8:14–15)
- The good island chief (Acts 28:8–9)
- The faithful centurion's servant (Luke 7:2)
- The bleeding woman who touched Jesus (Mark 5:25–29)
- Jairus's daughter (Mark 5:22–23)

Sickness Tied to Sin

- The death of David's child (2 Sam. 12:15)
- A good boy dies in a bad family (1 Kings 14:5–6, 10, 12–13)
- God's judgment for a broken covenant (Ex. 23:25; Deut. 7:12–15, 28:58–68)
- God's judgment on wicked King Jehoram (2 Chron. 21:15–19)
- God's judgment revealed through Jeremiah (Jer. 16:1–4)

Waiting on God

- Exodus 24:12
- Numbers 9:8
- 1 Samuel 10:8
- Psalm 23:3
- Psalm 27:14
- Psalm 37:7
- Psalm 40:1
- Psalm 62:1
- Isaiah 40:31
- Isaiah 49:23
- Isaiah 64:4
- Hosea 12:6
- Micah 7:7
- Acts 1:4–5
- Romans 8:23–25
- Titus 2:13
- Hebrews 6:15
- Hebrews 9:28
- James 5:7–8
- 2 Peter 3:14