



**Is there something in your life that you would love to do, but are afraid of doing?**

We all have fears, but what happens when fear overtakes our lives?

**Fear can be healthy, but it can also be deadly. We can have too much fear in our lives and we starting can start expecting the worst rather than having faith and expecting God to deliver the best!**

## **2 Timothy 1:6-7**

### **Fear isn't from God**

Fear can be healthy, but fear that cripples us is not from God.

### **Recognize what God has given you**

Power

Love

Self-control

### **Fan into flame the gift of God**

Are there gifts that God has given you that are being neglected?