



PM Bible Study
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Wednesday, July 20, 2022
Pastor Sam Young, Jr., Interim Teacher

BATTLING LIFE'S BIGGEST BULLIES

How to Overcome the Bully of Fear

Fear is a trick the devil uses against us to make us miserable and destroy our lives. It begins as a thought and then creates emotions that can rule us. Fear is a master spirit that manipulates people and keep them out of God's will. Fear is the opposite of faith.

1. Understand that where the mind goes, the man follows – Proverbs 23:7
2. Confess your inability and God's ability to remove your fears - Psalm 46:1, Psalm 55:22; Philippians 4:13
3. Know that the Lord is your helper – Psalm 34:4; Saint Matthew 6:34, Hebrews 13:6

How to Overcome the Bully of Rejection

Walking by our feelings is like walking through the world with our heart on our sleeve. We are bound to be rejected because we live in a fallen world. What we choose to do with the rejection will either allow us to grow stronger in our walk with the Lord or it will mean that we are wounded. Rejection lodges itself deep into the memory, altering the way we see ourselves, others, situations, even God.

1. Understand that you were created for a special purpose – Psalm 139:4; Jeremiah 29:11
2. Understand that God's grace is flowing in your life because of Christ - Second Corinthians 12:9-10
3. Understand that Jesus was rejected – Isaiah 53:3; Saint John 1:11, Saint John 15:8

How to Overcome the Bully of Emotional Hurts

Life is filled with emotional bumps, bruises, illnesses, and strains. A Christian's life should be a life where the mind and heart are at peace, content, loving and joyful.

1. Jesus wants us to have an abundant life – Saint John 10:10
2. Change your thought life – Philippians 4:8-9
3. Give the hurts to God – First Peter 5:6-7