



Evening Bible Study – 6:30 p.m. - Wednesday, March 18, 2026

Teacher: Sam Young, Jr.

**Subject: 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 and keep us 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 we were created for a special purpose – *Psalms 139:4; Jeremiah 29:11*
2. Understand that God's grace is flowing in our lives because of Christ – *2<sup>nd</sup> Corinthians 12:9-10*
3. Understand that Jesus was rejected – *Isaiah 53:3; Saint John 1:1; St. 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, contented, 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*

**PRAYER FOR BATTLING LIFE'S BIGGEST BULLIES**

O Lord, how wonderful you are. Thank You for caring about me. Thank You for loving me. Thank You for letting me bring all my problems before You. My biggest problem(s) now are \_\_\_\_\_.

Please help me to overcome this burden that I carry around with me because I cannot do it alone. I put my trust in You, Lord; I know that all things are possible with You. I know that You will help me to do what is best for me and others also. In Jesus' name, AMEN!!!