

*How fear of harm affects relationships*

*Gospel response*

Neither a victim mentality nor a stoic mentality. Instead:

1. Christ suffered harm for us.
2. The Christ who loves us is perfectly in control.
3. Compassion: harm injures the perpetrator as well as the victim.

### **Conclusion**

- *How do you struggle with fear of exposure?*
- *How do you struggle with fear of rejection?*
- *How do you struggle with fear of harm?*

### **Additional Resources:**

Jerry Bridges, *Trusting God*  
John Murray, *The Fear of God: The Soul of Godliness*  
J.I. Packer, *Knowing God*  
John Piper, *The Pleasures of God*  
John Piper, *God is the Gospel*  
Ed Welch, *When People are Big and God is Small*

**Next Week: *What Do We Need?***

Questions? E-mail ken.barbic@gmail.com

# F E A R O F M A N

**Class 3: Fear of exposure, rejection, and harm**



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*“He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.” Isaiah 53:3*

## **I. Introduction**

- *How do you struggle with fear of exposure?*
- *How do you struggle with fear of rejection?*
- *How do you struggle with fear of harm?*

## **II. Why do we fear exposure, rejection, and harm?**

*Ways that these fears can be appropriate*

*The root of these fears*

### III. Fear of exposure

*What does it look like?*

- Hiding and covering
- Escape
- Exposing others

*Where does it show up?*

- In private
- In close relationships
- At work
- In church

*The answer*

- “Bad” news – Hebrews 4:13
- Good news – Hebrews 10:12

### IV. Fear of Rejection

*What does it look like?*

- *Going fishing ... for compliments*
- *Perfectionism*
- *Going along ... with the crowd*
- *We don't share the gospel*
- *Passivity*
- *In our posture towards others*
- *In our speech*

*How does fear of rejection hurt us?*

1. Enslaves us to others
2. Undermines our receiving affirmation
3. We forego heavenly rewards
4. Makes us blind to our sin
5. Makes us susceptible to flattery or deceit
6. Makes us susceptible to other sins
7. Take a physical and psychological toll

*Jesus was rejected*

- We deserve rejection
- Jesus was rejected (Isaiah 53:3)
- He can empathize with our rejection (Hebrews 4:15)
- We are accepted by God (Ephesians 2:18-19)

### IV. How of Harm

*Fear of Physical Harm*

- Abuse within the family
- Sexual exploitation
- Bullying
- Harm on the job
- Persecution
- Terrorism
- Racism

*Fear of Non-Physical Harm*

- Verbal abuse
- Sexual harassment

*How does fear of harm affect us?*

- Fear of being harmed again
- Being a victim can become an identity
- Believing you deserved it
- Self-pity