

Bulletproof – “The Making of an Invincible Mind”

Lesson #2 – Rethinking the Risk

You can live on bland food so as to avoid an ulcer; drink no tea or coffee or other stimulants, in the name of health; go to bed early and stay away from night life; avoid all controversial subjects so as never to give offense; mind your own business and avoid involvement in other people's problems; spend money only on necessities and save all you can. You can still break your neck in the bathtub, and it will serve you right.¹

Group Activity

- Take a few minutes and answer these three questions
 - What do you believe, are the three most common fears among mankind?
 - What are the risks or dangers associated with these fears?
 - What are the risks involved with overcoming these fears?

We are a culture that seems to live in fear each day. We are afraid that we might be in a car accident and die yet we get in our car and drive to work and to the store and to everywhere we need to go. We are a culture that is afraid that we might be struck with cancer and die yet we do not change our diet, exercise more, or overcome our addictions. We are a culture that lives in fear of being of intimacy. We desire the physical pleasures that come along with intimacy but we do not want to open ourselves up emotionally because we might be vulnerable and get hurt.

We are a culture plagued by

FEAR

- *What does it mean to be plagued by fear?*
- *What are the dangers of being plagued by fear for Non-Christians? Christians?*
- *Where do we begin in overcoming fear in our lives?*

Most men will not admit that they are plagued by fear because of the fact that it is not masculine, it is not heroic, and it shows a sign of weakness. The truth of the matter is that fear is present in the lives of many Christian men and the problem is that fear at some point starts to paralyze your walk with God. Today, we want to introduce four Biblical steps in learning to overcome the fear that plagues Christian man. We want to help you: ***Create a mindset where Fear dissolves into Faith.***

Step #1 – Understand the Plan

The first step in creating a mindset that overcomes, consumes, and dissolves fear into faith comes to us as we draw our attention to the central message being delivered in **Jeremiah 29:11-13**. It is in this passage that we are challenged to reflect on our motivation that drives us in our lives.

Jeremiah 29:11-13 – “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

- *What is the primary message being delivered in this passage?*
- *What does this message have to do with dissolving worldly fear into faith?*
- *What impact does that have on future decision making with regards to handling fear?*

Read the following passage and reflect on your role in God's plan for your life.

Psalm 139:16 – Your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

- *Explain this passage in basic terms.*
- *What does this have to say about God's plan for our lives?*
- *What does this message tell us about modern day fear?*

The fact is that God has a great plan for you. It is a plan to prosper you not to harm you. It is a plan to bring you closer to Him and His will for your life. God's plan and the plan that we often make for our lives are not that similar because we too often leave God out of the equation.

My Humility + God's Plan = Prosperity

God's plan should always vanquish any fears that this world might bring our way. He is control of all things, He is the Ruler over all things, He is the Creator, He is the Beginning and End. His plan will always lead to prosperity.

Step #2 – Recognizing the Safest Place

The second step in creating a mindset that dissolves fear into faith is to recognize your ***Safe Place***. Actually, Christians have access to the Safest Place on earth but we don't utilize this ***Safe Place*** very often.

- *Where are the “Safest Places” on this earth?*
- *Define what the term “Safe” means?*
 - *World's Definition –*
 - *God's Definition –*

Read Psalm 91:2-4

Psalm 91:2-4 – I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

The **Safest Place** to ever be is in the presence of the Lord. We can experience true safety when we come into His presence. We must understand that safety does not mean comfort nor does it always mean physical protection.

- *How do we come into the presence of the Lord?*

We must understand that “*Obeying God*” is always the safest course of action and when we choose to step out on our own in disobedience, taking matter into our own hands, then we step in between the Commander and victory.

Step #3 – Whom Shall I Fear?

The third step in creating a mind where fear dissolves into faith comes to us as we reflect on the central message in **Matthew 10:28**.

Mt. 10:28 – Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.

- *What is the central message of this passage?*
- *What does it say about Fear for Christians?*
- *What does it say about “Risks?”*

*If you fear God then your whole concept of risk changes.
“To risk all on Christ is to end all risk.”
– Chuck Holton*

You can not talk about Fear as Christians and leave out the central passage on Fear. Proverbs 1:7 is the passage that speaks of the only true Fear that is meant to be present in our lives.

Proverbs 1:7 – The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.

We must understand as Christians that fearing anything else in all creation other than God short circuits our faith. This brings us to the realization that a healthy fear of God breeds confidence and security in our faith and helps us live our lives as stronger, more dedicated Christians.

Chuck Holton gives us a basic formula as to why the Fear of God is actually good for us. There are five parts to this formula.

Part #1 – Know God

- Exodus 34:6-7
- If we dwelling on who God is, it will help us fear Him in the right way.
- *What is an unhealthy fear of God?*

Part #2 – Fear God

- Genesis 42:18-20
- We must understand that fear of God provides a basis for a true value system.

Part #3 – Obey God – Make a Good Choice

- Ex. 1:16 – This passage gives us the example of two midwives who feared God over the Pharaoh. This fear of God helped them obey His commands when in conflict with the Pharaoh.
- *Do many people use the fear of God today to make decisions?*

Part #4 – Gain Wisdom – Please God – Be Safe

- Prov. 1:7, Job 28:28, Psalm 111:10
- The fear of God is the first step to Godly Wisdom and wisdom brings about obedience which pleases God. When we are pleasing God, we are in His presence which is the safest place to be.

Part #5 – Live Long and Prosper – Pass on Knowledge to Your Progeny

- Dt. 5:32-33 – We see that this passage discuss' the fact that following God's commands and His will brings not only prosperity but long life. The emphasis is not on the length of life but rather the purpose of the life that is being lived. This is true knowledge of success: ***Be God's Instrument.***
- *What is your purpose in life?*

Step #4 – Rethinking the Risk

The final step in creating a mind that dissolves fear into faith is when we come to the point of rethinking what are the true risks in life that we face daily. Read the following passages.

Psalm 23:2 – He makes me lie down in green pastures, he leads me beside quiet waters...

1 Timothy 4:8 – For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

- *What is the "Peace that Surpasses all Understanding?" Where does it come from?*
- *What are the real risks you face as a Christian Man in our culture today?*

There is no greater risk in this world than choosing not to follow God and His challenge for our lives. We must bring our lives, families, and church into a deeper, more meaningful relationship with the Creator.

Application

- Participate in "30 Days With Jesus" a Bible Reading Plan to help deepen your faith.

Men's Breakfast Weekly Memory Verse

1 Peter 5:8 – *Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

Future Bulletproof Lesson

January 26, 2007 – *Embracing the Spirit of Power and Love*