



NTF SUNDAY SCHOOL MANUAL

**NEW TESTAMENT FOUNDATION
(a.k.a. New Testament Worship Center)**

TOPIC: EMOTIONS AND OUR FAITH WALK WITH GOD — FEAR

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MEMORY VERSE

2 Timothy 1:7 (KJV)

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

INTRODUCTION

Meaning of Emotion

An emotion is an inner response to a person, thought, event or situation. It involves what we feel, how we interpret what is happening, changes within the body and the impulse to act in a particular way.

Examples include joy, fear, anger, sorrow, love, guilt, shame, jealousy and compassion.

God created human beings with emotions, but emotions were designed to be guided by God's truth rather than control our decisions.

WHAT IS FEAR?

Fear is an emotional response to a perceived danger, uncertainty or threat. It can produce caution and wisdom when properly directed, but it becomes harmful when it controls our choices and causes us to distrust God.

QUESTION 1: WHAT ARE WE REALLY AFRAID OF IN LIFE?

Scripture: Job 3:25 (ESV)

“For the thing that I fear comes upon me, and what I dread befalls me.”

Character Study: Job — Fear of Loss and Uncertainty

Job experienced severe trials that affected his family, wealth, health and comfort. His experience shows that human beings often carry hidden fears about the things they value most.

Reflection:

Are we trusting God because of what He gives us, or because of who He is?

Lesson:

Faith does not mean we will never experience uncertainty. Faith means knowing God remains faithful through every season.

QUESTION 2: CAN FEAR AFFECT ONE’S FAITH IN GOD? HOW?

Fear can affect our faith when it becomes greater than our confidence in God.

Fear of People — Peter

Scripture: Matthew 26:69–75

Peter denied Jesus because fear of people became stronger than his confidence in Christ.

Lesson:

A believer can love God sincerely and still struggle with fear. Victory comes through dependence on God and the Holy Spirit.

Fear of the Unknown — Peter

Scripture: Acts 10:9–16

Peter struggled when God led him into unfamiliar territory. God challenged his traditions and helped him understand His greater purpose.

Lesson:

Fear grows when we focus on what we do not know instead of trusting the God who knows all things.

QUESTION 3: CAN WE LIVE ABOVE FEAR AS CHILDREN OF GOD?

Scripture: Proverbs 3:5–6

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.”

Character Study: Esther — Courage Despite Fear

Esther faced danger but chose obedience because she trusted God's purpose.

“If I perish, I perish.” — Esther 4:16

How Can We Live Above Fear?

1. Trust God's character.

2. Focus on God's promises.
3. Seek God through prayer.
4. Act in obedience despite fear.

QUESTION 4: AFTER EXPERIENCING GOD'S VICTORY, CAN FEAR STILL RETURN?

Peter — Galatians 2:11–14

Peter experienced God's power but later allowed fear of people to influence his actions.

Elijah — 1 Kings 19:1–18

After a great victory, Elijah became afraid and discouraged. God restored him through rest, His presence and renewed purpose.

Lesson:

Past victories do not remove our need for daily dependence on God.

GODLY FEAR

Godly fear is reverence, honour and deep respect for God. It produces wisdom, obedience, humility and dependence on God.

Scriptures:

- Proverbs 1:7
- Proverbs 9:10
- Ecclesiastes 12:13
- Hebrews 11:7

CONCLUSION

Fear is a natural emotion, but it should never become the master of our lives.

Job teaches us that God remains faithful in uncertainty.

Peter teaches us that fear of people can weaken our faith.

Esther teaches us that courage comes through trusting God.

Elijah teaches us that God restores us when fear overwhelms us.

Faith does not mean we never feel afraid; faith means we trust God enough to obey even when we are afraid.