



NTF SUNDAY SCHOOL MANUAL

EMOTIONS AND OUR FAITH WALK WITH GOD

WHEN FEAR MANIFESTS AS PRIDE AND ANXIETY

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When fear is not surrendered to God, it can manifest in different ways. Some people respond by trying to appear strong through pride, while others respond by becoming overwhelmed through anxiety. God calls believers to replace fear with trust, humility, and dependence on Him.

MEMORY VERSE

2 Timothy 1:7

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

MAIN TEXT

1 Peter 5:6-7

“Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: Casting all your care upon Him; for He cares for you.”

INTRODUCTION

God created human beings with emotions. Emotions are not sinful by themselves, but when fear controls the heart instead of faith, it can affect our relationship with God.

Fear can cause a believer to depend on personal strength, protect an image, or worry about circumstances instead of trusting God's promises.

1. FEAR MANIFESTING AS PRIDE

Fear can produce pride when a person creates a false image of strength to protect themselves.

A person may fear:

- Being seen as weak.
- Being rejected.
- Losing respect.
- Admitting mistakes.

This can lead to self-reliance, resistance to correction, and difficulty depending on God's grace.

BIBLICAL EXAMPLE 1: PETER — SELF-CONFIDENCE BEFORE FAILURE

Matthew 26:33

“Though all men shall be offended because of thee, yet will I never be offended.”

Peter sincerely loved Jesus, but he placed confidence in his own strength. When pressure came, he denied Jesus three times (Matthew 26:69-75).

Lesson:

Spiritual confidence should not be built on human ability alone. True strength comes from dependence on God's grace.

BIBLICAL EXAMPLE 2: KING SAUL — FEAR OF PEOPLE AND SELF-JUSTIFICATION

1 Samuel 15:24

“I have sinned: for I have transgressed the commandment of the Lord: because I feared the people, and obeyed their voice.”

Saul allowed fear of people's opinions to influence his obedience. Instead of fully obeying God, he tried to justify his actions.

Lesson:

Fear of people can cause believers to protect their reputation rather than obey God.

2. FEAR MANIFESTING AS ANXIETY

Anxiety involves excessive worry about situations, responsibilities, and the future.

Fear causes the mind to focus on possible outcomes rather than God's promises.

BIBLICAL EXAMPLE 3: MARTHA — WORRIED AND TROUBLED

Luke 10:41

“Martha, Martha, thou art careful and troubled about many things.”

Martha was serving Jesus, but anxiety distracted her from enjoying His presence.

Lesson:

Even good responsibilities can become overwhelming when worry replaces trust in God.

BIBLICAL EXAMPLE 4: THE DISCIPLES IN THE STORM — FEAR OF CIRCUMSTANCES

Mark 4:38

“Master, carest thou not that we perish?”

The disciples saw the storm and became afraid, forgetting that Jesus was with them.

Lesson:

Fear can make us focus on the size of our problems instead of the presence of God.

3. THE CONNECTION BETWEEN PRIDE AND ANXIETY

Pride says:

“I must depend on myself.”

Anxiety says:

“I cannot trust that God will handle this.”

Faith says:

“God is my strength, and I can surrender to Him.”

4. WALKING IN FAITH OVER FEAR

Replace Pride With Humility.

James 4:6

“God resisteth the proud, but giveth grace unto the humble.”

Replace Anxiety With Trust.

Philippians 4:6-7 teaches believers to bring their concerns to God through prayer and thanksgiving.

DISCUSSION QUESTIONS

1. How can fear cause a believer to depend on self instead of God?
2. What hidden forms of pride can fear produce?
3. What can we learn from Peter's confidence and failure?
4. How did Saul allow fear of people to affect his obedience?
5. What lessons can we learn from Martha and the disciples?

6. How can believers replace fear with faith?

CONCLUSION

Fear is a powerful emotion, but it should not control the believer's life. When fear is not surrendered to God, it can manifest as pride through self-protection or anxiety through constant worry.

God has not given believers a spirit of fear, but of power, love, and a sound mind.

True strength is not pretending we have no weakness. True strength is depending on God's grace.

PRAYER

Father, help me surrender every fear that influences my thoughts, emotions, and decisions. Remove every form of pride that causes me to depend on myself and replace every anxiety with Your peace.

Teach me to trust Your power, Your love, and Your faithfulness. Help me walk in humility and complete dependence on You.

In Jesus' name, Amen.

FURTHER READING

Isaiah 41:10

Matthew 6:25-34

Matthew 26:31-75

Philippians 4:6-9

James 4:6-10

1 Peter 5:5-7