

50 Days of Transformation
Facing the Fears That Ruin Relationships

I. Introduction

A. Genesis 3:6-19 (NLT) *⁶The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. ⁷At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. ⁸When the cool evening breezes were blowing, the man and his wife heard the LORD God walking about in the garden. So they hid from the LORD God among the trees. ⁹Then the LORD God called to the man, "Where are you?" ¹⁰He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked." ¹¹"Who told you that you were naked?" the LORD God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?" ¹²The man replied, "It was the woman you gave me who gave me the fruit, and I ate it." ¹³Then the LORD God asked the woman, "What have you done?" "The serpent deceived me," she replied. "That's why I ate it." ¹⁴Then the LORD God said to the serpent, "Because you have done this, you are cursed more than all animals, domestic and wild. You will crawl on your belly, groveling in the dust as long as you live. ¹⁵And I will cause hostility between you and the woman, and between your offspring and her offspring. He will strike your head, and you will strike his heel." ¹⁶Then he said to the woman, "I will sharpen the pain of your pregnancy, and in pain you will give birth. And you will desire to control your husband, but he will rule over you." ¹⁷And to the man he said, "Since you listened to your wife and ate from the tree whose fruit I commanded you not to eat, the ground is cursed because of you. All your life you will struggle to scratch a living from it. ¹⁸It will grow thorns and thistles for you, though you will eat of its grains. ¹⁹By the sweat of your brow will you have food to eat until you return to the ground from which you were made. For you were made from dust, and to dust you will return."*

II. How Our Fears Ruin Relationships

A. My fear of exposure makes me distant.

1. Genesis 3:9-10 (NLT) *⁹Then the LORD God called to the man, "Where are you?" ¹⁰He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."*
2. The damage that fear does to a relationship.
 - a. Shame
 - b. The cover up
 - c. Distance from God

B. My fear of disapproval makes me defensive.

C. My fear of losing control makes me demanding.

III. There's Only One Antidote to Our Fears. It Is Love.

A. I John 4:18a (NLT) *Such love has no fear, because perfect love expels all fear.*

IV. How Do I Learn to Live in God's Love?

A. Every day surrender my heart to God.

B. Every day I remember the way God loves me.

1. I'm completely accepted.

a. Titus 3:7 (NAS) *"Jesus made us acceptable to God."*

2. I'm unconditionally loved.

3. I'm totally forgiven.

C. Every day I offer that same love to others.

1. John 13:34 (NAS) *"A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another."*

2. I Corinthians 13:7 (NAS) *Bears all things, believes all things, hopes all things, endures all things.*

V. Conclusion