

based on “A Resolve to Believe” by Karen Loritts

1. Karen didn't tell anyone about her fear for a while. Why not? What eventually made her decide to tell her friends and husband?

She didn't tell anyone because she wanted to have a pity party for herself, and she knew they'd try to fix it. But, as she said, “God wouldn't let me stay there. I knew I was in big trouble. I needed to believe God and trust God with every single thing, with every fiber of my being.”

2. Karen thought she was prepared for her daughter to leave for college, but still fear crept up on her. How did she eventually respond?

She resolved not to embarrass God. She went to the Bible.

3. Is there something you're afraid to admit to anyone? How does the Gospel give you the freedom to be real about your inadequacies and sin?

The good news of the Gospel is that we don't have to try to be perfect any longer! Jesus Christ is our holiness and perfection. We are forgiven sinners with an awesome Savior.

4. Karen said that she felt all alone when her baby went off to college, and she thought, I'm no longer a mother anymore. What relationship or position do you find yourself basing your identity on?

5. Which of Karen's “fear buddies” have you encountered personally? What has helped you in overcoming fear?

Fear buddies: Fear distorts reality; fear victimizes the person; fear puts stress on the body; fear alienates the truth; fear cripples you; fear replaces faith; fear disappoints; fear is afraid of success; fear fills the heart with despair; fear destroys.

6. What did Karen mean when she said, “Instead of listening to myself, I started talking to myself”? What are practical ways that you and I can be sure that we're talking to ourselves and to God?

She took every thought captive to the obedience of Christ. She reminded herself of Truth, rather than being led by her emotions. ☩