

# FEAR ITSELF.

## FEAR IDOLS – ROMANS 5:1–11

### Message Reflection Guide

Excerpt from *The Screwtape Letters* by C.S. Lewis  
MY DEAR WORMWOOD,

...We want [your patient] to be in the maximum uncertainty, so that his mind will be filled with contradictory pictures of the future, every one of which arouses hope or fear. There is nothing like suspense and anxiety for barricading a human's mind against the Enemy. He wants men to be concerned with what they do; our business is to keep them thinking about what will happen to them...It is your business to see that the patient never thinks of the present fear as his appointed cross but only of the things he is afraid of.

Let him regard them as his crosses: let him forget that, since they are incompatible, they cannot all happen to him, and let him try to practise fortitude and patience to them all in advance. For real resignation, at the same moment, to a dozen

different and hypothetical fates, is almost impossible, and the Enemy does not greatly assist those who are trying to attain it: resignation to present and actual suffering, even where that suffering consists of fear, is far easier and is usually helped by this direct action.

An important spiritual law is here involved. I have explained that you can weaken his prayers by diverting his attention from the Enemy Himself to his own states of mind about the Enemy. On the other hand fear becomes easier to master when the patient's mind is diverted from the thing feared to the fear itself, considered as a present and undesirable state of his own mind; and when he regards the fear as his appointed cross he will inevitably think of it as a state of mind...

Your affectionate uncle  
SCREWTAPE

### CONVERSATION STARTER

What wild animal would you be most afraid to meet in the woods? Why?

### GETTING INTO THE SCRIPTURES

**Read Romans 5:1-11.** Brandon said, “**God’s peace is greater than the world’s peace.**” What are some fear idols you have run to in the past? (being in control, financial security, health, etc)

**As God reveals your fears, he will build your faith.** As you have started to release your fear idols, how have you experienced a new sense of freedom?

**As God reveals your fears, he will provide hope.** How has suffering in your life brought you to a place of hope?

**As God reveals your fears, he will show love.** Read 1 John 4:15-18. How have you seen God’s perfect love cast out fear in your life?

### MAKING IT REAL

1. Brandon encouraged us to list 12 ways God’s peace is greater than the world’s peace. Can you share some from your list?
2. How is the Holy Spirit prompting you to take a faith-filled, big-thinking risk?