

**Week Three: *The Undercurrent of Fear***  
***Romans 8:28-39***

**Spend FIFTEEN – Day One**

1. How do you know that you are loved? In other words, what makes you feel loved?
2. Read Romans 8:28-30. What actions has God taken to include you in the family of God? Also see Ephesians 2:8-9.
3. Read Romans 8:32-34. How does God show that he loves you?
4. Read Romans 8:34. How does Jesus show that he loves you?
5. What can separate us from God's love for us?
6. It is often easy to forget that God loves us deeply, dearly, and to the point that he gave up his own Son for us. End your FIFTEEN by thanking God for reminding you of his deep love. Listen to the song: O the Deep, Deep Love of Jesus. <https://www.youtube.com/watch?v=dPXapFFesA>

**Spend FIFTEEN – Day Two**

7. What do you picture when you visualize a conqueror?
8. Read Romans 8:35, 38-39 slowly. Pause after each phrase. Reflect on how none of those things can separate you from God's love because God's love is mightier than all things.
9. Read Romans 8:37. What makes us more than a conqueror?
10. Copy and paste the verses of [Romans 8:28-39](#) into a document. Make the section of scripture personal for you. Replace each personal pronoun with your name or "me." Read your document out loud so you can hear God's Word speaking directly to you and your fears.
11. Now, end your FIFTEEN by reading [Romans 8:28-39](#) (or all of Romans 8) aloud again as a prayer. Thanks be to God that we are made more than conquerors through Christ Jesus.

**Spend FIFTEEN – Day Three**

12. What does it mean to live in fear? Describe how that looks in your life.

13. Read Romans 8:15. How have you seen fear make you a slave?
14. What decisions have you made or not made because you were a “slave to fear”?
15. Read Ephesians 1:3-6. How is a spirit of sonship given to us?
16. As a child of God with an Abba Father (Abba: Daddy, a close relationship with God), how does that change your idea of being afraid and fearful?
17. Finish your FIFTEEN by asking God to remind you throughout today that you are a child of God and remind you of what rights and privileges a child of God has.
18. For more on the rights and privileges of being a child of God, see this article by Tim Keller.  
[https://www.crosswalk.com/slideshows/7-breathtaking-privileges-of-being-god-s-child.html?bcid=84065c2edb4f5ff6a2fa37d1b3d99091&recip=550084199%20&utm\\_campaign=Daily%20Bible%20Living%20-%20BibleStudyTools.com&utm\\_content=3480451&utm\\_medium=email&utm\\_source=Daily%20Bible%20Living](https://www.crosswalk.com/slideshows/7-breathtaking-privileges-of-being-god-s-child.html?bcid=84065c2edb4f5ff6a2fa37d1b3d99091&recip=550084199%20&utm_campaign=Daily%20Bible%20Living%20-%20BibleStudyTools.com&utm_content=3480451&utm_medium=email&utm_source=Daily%20Bible%20Living)

**Spend FIFTEEN – Day Four**

19. Think about your thinking patterns. What time of day do you find yourself dwelling on fearful thoughts? Morning, midday, evening, middle of the night?
20. Read 1 Corinthians 10:5. What can you do to take your thoughts captive and make them obedient to Christ?
21. Read Isaiah 26:3. What does it mean to trust in the Lord?
22. Read Philippians 4:7. What does God’s peace do?
23. How can you reprogram your internal dialogue so that it is not laced with the message of fear?
24. End your FIFTEEN by reading Psalm 56:3-4. Use this as a basis for prayer before/when you find fears creeping in. “When I am afraid of \_\_\_\_\_, I will trust in you, O Lord.” Or “I am afraid of \_\_\_\_\_ right now; I trust in you, O Lord.” Ask God to help you recognize when your fear is speaking more loudly than his voice.

**Spend FIFTEEN – Day Five**

25. What fears has God unearthed this week as you have read through Romans 8:35-39?

26. Where and when does your fear like to show up?

27. What are God's words about fear? Look back this week at Bible verses that caught your attention.

28. God's Word speaks to fear in multiple places. Visit this blog to see a list of 145 verses. Skim through them. What verse speaks to the fear that you feel? Write that on a card and place it where you can see it several times a day. Work on reading it and reciting it when you see it. <https://millyjonesblog.wordpress.com/2013/01/17/365-do-not-be-afraid-verses/>

29. Read your new favorite Bible verse about fear or go to <https://www.biblegateway.com/> and search the keyword "fear" to find more. Then close your FIFTEEN in prayer. Ask God to hide the verse in your heart this week so that it can be a comfort and a prayer as fears arise.