

# **KRYPTONITE**

**OVERCOMING YOUR GREATEST WEAKNESSES**

## **Part 1: Fear**

**Fear** is a negative emotion caused by the expectation of danger, distress or pain. Fear is felt in the present, focused on the future and filtered through the past.

**Fear** is unhelpful

**Fear** is unreasonable

**Fear** is unhealthy

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

**2 Timothy 1:7**

# How Do We Fight Fear?

**1. Receive God's love.**

**1 John 4:18**

**2. Embrace humility.**

**1 Peter 5:6-7**

**3. Be thankful.**

**Philippians 4:6-7**

**Are you ready  
to live fear-free?**