

How God Helps You Rise Above the Tides When the Tides Make You Afraid

Truths about Trials to Remember

- ✓ You can't _____ if you _____
- ✓ Every trial is a _____ to for you to overcome
- ✓ Trials are intended not to _____, but to _____ for the next level of responsibility
- ✓ Trials are the _____

Common fears at the time of Jesus Birth

1. Mary faced the _____

Luke 1:29–34 NLT. *Confused and disturbed, Mary tried to think what the angel could mean. ³⁰ “Don’t be afraid, Mary,” the angel told her, “for you have found favor with God! ³¹ You will conceive and give birth to a son, and you will name him Jesus. ³² He will be very great and will be called the Son of the Most High. The Lord God will give him the throne of his ancestor David. ³³ And he will reign over Israel forever; his Kingdom will never end!” ³⁴ Mary asked the angel, “But how can this happen? I am a virgin.”*

2. Joseph faced the _____

Matthew 1:18–20 NLT *This is how Jesus the Messiah was born. His mother, Mary, was engaged to be married to Joseph. But before the marriage took place, while she was still a virgin, she became pregnant through the power of the Holy Spirit. ¹⁹ Joseph, to whom she was engaged, was a righteous man and did not want to disgrace her publicly, so he decided to break the engagement quietly. ²⁰ As he considered this, an angel of the Lord appeared to him in a dream. “Joseph, son of David,” the angel said, “do not be afraid to take Mary as your wife. For the child within her was conceived by the Holy Spirit.*

3. Shepherds faced the _____

Luke 2:8–10 NLT *That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. ⁹ Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord’s glory surrounded them. They were terrified, ¹⁰ but the angel reassured them. “Don’t be afraid!” he said. “I bring you good news that will bring great joy to all people.*

4. King Herod faced the _____

Matthew 2:1–3 NLT. *Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men from eastern lands arrived in Jerusalem, asking, ² “Where is the newborn king of the Jews? We saw his star as it rose, and we have come to worship him.” ³ King Herod was deeply disturbed when he heard this, as was everyone in Jerusalem.*

5. Zechariah faced the _____

Luke 1:11–13 NLT. *While Zechariah was in the sanctuary, an angel of the Lord appeared to him, standing to the right of the incense altar. ¹² Zechariah was shaken and overwhelmed with fear when he saw him. ¹³ But the angel said, “Don’t be afraid, Zechariah! God has heard your prayer. Your wife, Elizabeth, will give you a son, and you are to name him John.*

How can I replace my fears with faith?

1. _____

Luke 1:38 NLT *Mary responded, “I am the Lord’s servant. May everything you have said about me come true.” And then the angel left her.*

Job 11:13–18 CEV. Surrender your heart to God, turn to him in prayer, ¹⁴ and give up your sins— even those you do in secret. ¹⁵ Then you won't be ashamed; you will be confident and fearless. ¹⁶ Your troubles will go away like water beneath a bridge, ¹⁷ and your darkest night will be brighter than noon. ¹⁸ You will rest safe and secure, filled with hope and emptied of worry.

2. _____

Romans 14:23 NIV. But whoever has doubts is condemned if they eat, because their eating is not from faith; and everything that does not come from faith is sin.

3. Fill your mind with _____

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| ✓ Mary Sang | Luke 1:46-56 |
| ✓ Elizabeth Sang | Luke 1:42-45 |
| ✓ The Angels Sang | Luke 2:13-14 |
| ✓ The Shepherds sang | Luke 2:20 |
| ✓ Zechariah sang | Luke 1:67-79 |

4. Base your hope _____

Luke 1:45 NLT. You are blessed because you believed that the Lord would do what he said.”

Psalm 56:3–4 NLT But when I am afraid, I will put my trust in you. ⁴ I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?