

## **TRANSFORMED: FACING THE FEARS THAT RUIN RELATIONSHIPS**

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### **OUTLINE**

1. How Fears Ruin Relationships
  - A. Exposure makes me distant
  - B. Disapproval makes me defensive
  - C. Losing control makes me demanding
2. The antidote to fear is love.
3. Everyday Remember...
  - I am completely accepted
  - I am unconditionally loved
  - I am totally forgiven
  - I am extremely valued
4. Every day I will offer this to others

### **NEXT STEPS**

- ☐ I will choose to not be afraid of \_\_\_\_\_ because of God's love.