

*For God has not given us a spirit of fear, but of power and of love and of a sound mind. ~ 2 Timothy 1:7 NKJV*

- YOUR PAIN IS **REAL**.

*All my intimate friends detest me; those I love have turned against me.*  
~ Job 19:19

## MY FEAR OF INTIMACY CAN **MAKE** ME

### 1) **DISTANT**.

*But the LORD God called to the man, 'Where are you?' He answered, 'I heard you in the garden, and I was afraid because I was naked; so I hid.'*  
~ Genesis 3:9-10

- What are you hiding behind?

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### 2) **DEFENSIVE**.

*The man said, 'The woman you put here with me-- she gave me some fruit from the tree, and I ate it.' Then the LORD God said to the woman, 'What is this you have done?' The woman said, 'The serpent deceived me, and I ate.' ~ Genesis 3:12-13*

## **OVERCOMING** THE FEAR OF INTIMACY

### 2) YOU MUST TAKE A PRAYERFUL RELATIONAL **RISK** FOR AN INTIMATE RELATIONAL **RETURN**.

*...love one another deeply, from the heart.* 1 Peter 1:22

- It is scary to **risk** – it is even scarier **not** to risk!  
*(Love) always...trusts, always hopes, always perseveres...* 1 Corinthians 13:7

- Avoid **pre**-mature intimacy.

*I want you to promise...not to awaken love until the time is right.* Song 8:4  
NLT

*There is no fear in love. But perfect love drives out fear...* 1 John 4:18

### 1) BEFORE YOU RISK, YOU MUST FIND **SECURITY**, **ACCEPTANCE** AND **INTIMACY** IN CHRIST.

*...Love the Lord your God with all your heart and with all your soul and with all your mind...And the second is like it: 'Love your neighbor as yourself.'* Matthew 22:37-39

*Accept one another, then, just as Christ accepted you, in order to bring praise to God.* Romans 15:7

- Make your list of 52 reasons you are secure in Christ!
- Commit to discover intimacy in a Home Group.
- Commit to come out of "hiding."