



Episode 37, How to Overcome Worldly Fear & Increase Godly Fear & Understanding

w Darla Trendler, *Proverbs & Ecclesiastes*

00:00-09:13	“QOTW: “How can I overcome fear? Increase ‘godly fear?’ Gain understanding?”
09:14-19:44	“‘The fear of the Lord’--what is it? ‘The <i>beginning</i> of knowledge”
19:45-34:16	“Tools to overcome fear; Fear prevents GOOD”
34:17-49:57	“The difference between wisdom, understanding & knowledge”
49:58-59:35	“Humility & ‘train a child in the way (s)he should go”
59:35-END	“Be a ‘virtuous woman,’ & there is purpose in every ‘season’”

1. **Exercise:** What are your current “worldly fears?” Take a moment to tune in, hear, and acknowledge these things. Write them down. Then, find a time when you can pray and bring these fears to the Lord. Write down how you felt before and after.
2. After listening to this episode, what is your understanding of “godly fear?” How might you better (as Elder David A. Bednar explains godly fear to be) “love & trust the Lord”?
3. How might you “spiritually create” what you want, need, desire in life *before* you physically create it? How might this help you prevent or overcome fear?
4. Listen to 19:45-34:16. Which of these ideas/tools/suggestions stand out most to you? Which might you use to tackle the fears you listed above? Set a goal to work on one of these this week. Don’t forget to bring those fears to the Lord.
5. Listen to 34:17-49:57. How do these ideas on the difference between knowledge, understanding & wisdom influence your desire to gain each? What might you do this week to better gain knowledge, understanding, &/or wisdom?
6. Check in with yourself regarding humility. Is there room for improvement when it comes to being more humble? What might you do to increase your humility today?
7. Read my article, [“This is How we Grow: Understanding the Seasons of Personal Growth”](#). Which “season of growth” are you in? How might you better honor where you are and “choose to grow” through every “season” & become more like Christ?

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