MINISTÈRE DU PASTEUR CLÉMENT SALOMON · BIBLE STUDY #21

Growing in Christ: Free from Fear

Jesus already won at the cross. Now He wants to grow His life in you, one day at a time.

It was lying on the doormat when she opened the door.

Manmie Rosette was sixty-four. She lived alone in a small apartment in Brooklyn, three floors up. Every morning at six she opened her door to pick up the newspaper her neighbor passed on to her.

That Tuesday, there was no newspaper. There was a small knot of black cloth, tied tight with red thread. Next to it, a little pile of salt.

Rosette stood very still. She had been going to church for thirty years. But she had grown up in Jacmel, and she had heard the stories. The neighbor across the hall opened her door, looked down, and whispered in Kreyòl: *"Gen moun ki voye yon bagay sou ou."* Somebody sent something on you.

That night Rosette did not sleep. She left every light on. She lay in bed going through names. Who had she offended? The cousin she argued with about the land? The woman at the laundromat? On Thursday, she found herself standing outside a little shop on Flatbush Avenue where a man sold "guards" — oils, powders, small bags to hang by the door.

Her hand was on the door handle.

What did Rosette do? Hold on to that question. Because maybe you have stood at a door like that too. Maybe your fear has another name. Underneath it all is one question: **If I belong to Jesus, do I still need to be afraid?**

A fear many of us carry

Let us be honest. Many of us grew up with this fear. Fear of curses. Fear of spirits. Fear of what someone jealous might "send." Fear of the dead coming back. Some of us still feel it in our stomach when something strange happens.

The Bible does not laugh at that fear. It says Jesus came for people who live under it. He came to *"deliver them who through fear of death were all their lifetime subject to bondage"* (Hebrews 2:15). All their lifetime. Some of us know exactly what that means.

And Paul wrote to a young pastor named Timothy:

> *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."*
>
> **2 Timothy 1:7 (KJV)**

Fear does not come from God. Power comes from God. Love comes from God. A calm, clear mind comes from God.

The cross: Jesus already won

When Jesus died on the cross, it looked like the darkest day in history. The sky turned black. His friends ran away. It looked like evil had won.

But listen to what really happened:

> *"And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it."*
>
> **Colossians 2:15 (KJV)**

In Paul's day, when a Roman general won a great war, he came home in a parade called a "triumph." The defeated enemies walked behind him in chains, for the whole city to see. Paul says the cross was that kind of parade. The "principalities and powers" — the forces of evil — were stripped of their weapons and led out in public. Defeated.

Hebrews says it this way: through His death, Jesus destroyed *"him that had the power of death, that is, the devil"* (Hebrews 2:14).

The battle over your life was not decided by a knot of cloth on a doormat. **It was decided at the cross — and Jesus won.**

Greater is He that is in you

If you belong to Jesus, you are not standing alone against the darkness. Someone lives in you:

> *"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world."*
>
> **1 John 4:4 (KJV)**

Read it again. Not "maybe greater." Not "greater on good days." *Greater*. The Holy Spirit who lives in God's child is stronger than anything in the world.

Paul made a list of everything that might try to pull us away from God — and crossed it all out: *"neither death, nor life, nor angels, nor principalities, nor powers... nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord"* (Romans 8:38-39).

Does that mean the devil is not real? No. The Bible takes him seriously. It also tells us what to do: *"Submit yourselves therefore to God. Resist the devil, and he will flee from you"* (James 4:7). Notice the order. First we come close to God. Then the enemy runs — from God's power, not ours.

Two more truths bring peace to many hearts. First, the dead do not come back to haunt or hurt the living. The Bible says plainly, *"the dead know not any thing"* (Ecclesiastes 9:5). (Our study *"What Really Happens When We Die?"* explains this.) Second, a child of God does not need oils, powders or charms. When the first believers in Ephesus came to Jesus, they gathered their magic books and burned them in public (Acts 19:18-19). They did not need them anymore. They had Jesus.

Freedom is a beginning: now we grow

Here is something important. Jesus does not only set us free and then leave us standing at the door. He wants us to grow.

> *"But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen."*
>
> **2 Peter 3:18 (KJV)**

Think of a baby. Nobody expects a newborn to walk. But everybody expects that baby to grow. A little bigger every week. A little stronger every month. That is how faith works too. The more we know Jesus, the less room fear has.

The Seventh-day Adventist Church sums up what the Bible teaches this way: by His death on the cross Jesus triumphed over the forces of evil, so we no longer need to live in fear of evil powers; and as we walk with Him we grow through prayer, His Word, worship with other believers, and joining in His mission (Fundamental Belief #11, "Growing in Christ").

The branch and the vine

How do we grow? Jesus gave us a picture anyone can understand:

> *"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."*
>
> **John 15:5 (KJV)**

A branch does not grow by trying hard. It does not squeeze and strain. It just stays connected to the vine, and the life of the vine flows into it.

That is what "abide" means — stay. Stay close to Jesus. In practice it looks simple:

- **Talk with Him** every day in prayer — morning, night, and in between.
- **Listen to Him** in His Word. Even one chapter of John a day.
- **Worship with His family.** A branch alone dries out; together we stay green.
- **Serve someone.** Life flows *through* a branch, not only into it.

The fruit the Spirit grows

What grows on a branch connected to Jesus? Paul tells us:

> *"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law."*
>
> **Galatians 5:22-23 (KJV)**

Look at the third word: *peace*. Peace is the opposite of the fear that kept Rosette awake. And notice whose fruit it is — the fruit *of the Spirit*. We do not manufacture it. He grows it.

And He grows it while we look at Jesus:

> *"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord."*
>
> **2 Corinthians 3:18 (KJV)**

We become like what we look at. Look at the fear, and the fear grows. Look at Jesus, and you are changed — *"from glory to glory"*, step by step, into His likeness.

He will finish what He started

Maybe you are thinking: "But I am still afraid sometimes. I still fall. I am not there yet." Here is a promise for you:

> *"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."*
>
> **Philippians 1:6 (KJV)**

God does not start projects He does not finish. If He has begun working in you, He will keep working. You are not a failure. You are a work in progress — in very good hands.

One honest word: if fear or worry keeps you awake week after week, talk to your pastor, and also to a doctor or a counselor. Asking for help is not a lack of faith. God often works through caring people.

What Rosette did at the door

So what happened on Flatbush Avenue?

Rosette's phone buzzed in her pocket. It was her granddaughter Daphné, fifteen years old. "Manmie, I'm coming over after church on Sabbath. Is that okay?"

Rosette let go of the door handle. She went home.

That Sabbath afternoon, she told Daphné everything. The cloth. The salt. The lights. The shop. Daphné did not laugh. She opened her Bible on the kitchen table and read Colossians 2:15 out loud. Then 1 John 4:4. "Manmie," she said, "Jesus already won this one. Before anybody tied that thread."

They prayed together. Rosette asked Jesus to fill her home and her heart. Then she took the little knot with a paper towel, put it in the trash, and carried the bag down to the street herself.

That night she turned off the lights. Not because the bundle was gone — because she remembered whose she was.

Things changed slowly after that. Daphné started calling every morning at 6:30 to read one chapter of John with her. Rosette went back to Wednesday prayer meeting. She started cooking soup on Fridays for Mr. Joseph down the hall, who could not leave his apartment anymore.

Months later, at church, someone asked her about the bundle. Rosette smiled. "I never found out who left it," she said. "I stopped needing to know."

The same Jesus who won at the cross lives in you. You do not have to stand at that door afraid. Stay close to the Vine — and let Him grow His peace in you, one day at a time.

Before you close this — one question

Is there a fear you have carried for years? A curse, a dream, a word someone spoke over you, a door you are afraid to open?

You do not have to carry it alone, and you do not need anything but Jesus. We would be honored to pray with you, open the Bible with you, and walk with you as you grow — just as you are.

Would you like to know more about Jesus, study the Bible, or go deeper on this topic? Reach us today:

📞 **903-748-9353** · ✉️ **jils19802012@gmail.com**

Or leave a comment, send us a direct message, and **subscribe + follow** on YouTube and Facebook.

Don't miss what's next. Once fear lets go of our hands, they are free to hold something else. Our time, our talents, our money, even our bodies — whose are they really? Our next study: *"Everything Is His: Living as Faithful Stewards."* Subscribe now so it reaches you the moment it's out. If you wait, you'll have to come find it. 🔔

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Viewer Handout

Growing in Christ: Free from Fear — pocket version

5 truths to remember

1. Fear does not come from God; He gives "power, and… love, and… a sound mind" (2 Timothy 1:7; Hebrews 2:15).
2. At the cross Jesus disarmed the powers of evil and triumphed over them (Colossians 2:15; Hebrews 2:14).
3. The One who lives in God's child is greater than anything in the world, and nothing can separate us from God's love (1 John 4:4; Romans 8:38-39).
4. We grow by staying connected to Jesus — prayer, His Word, worship together and service (John 15:5; 2 Peter 3:18).
5. The Spirit grows His fruit in us, including peace, and changes us into Christ's likeness — and He will finish what He began (Galatians 5:22-23; 2 Corinthians 3:18; Philippians 1:6).

Memory verse

> *"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world."*
>
> **1 John 4:4 (KJV)**

Think & pray about it

- What fear have I carried for a long time? Have I given it to Jesus, or have I tried to protect myself another way?
- What does "abiding" in the Vine look like in my day? What one habit could I start this week?
- Which fruit of the Spirit do I most want Him to grow in me right now? Who could I serve this week?

FOR TEACHERS & SMALL GROUPS

Presenter Bullet Sheet

- **Open with the story** (an illustrative story: Manmie Rosette finds a knot of black cloth and salt at her Brooklyn door, stops sleeping, and ends up at a shop that sells "guards") — ask: "If I belong to Jesus, do I still need to be afraid?"
- **Point 1 — A fear many of us carry:** Hebrews 2:15; 2 Timothy 1:7. Do not mock the fear; many listeners grew up with it. Jesus came to deliver people from lifelong bondage to fear.
- **Point 2 — The cross: Jesus already won:** Colossians 2:15; Hebrews 2:14. Explain the Roman "triumph" parade. The powers of evil were disarmed and exposed at the cross.
- **Point 3 — Greater is He that is in you:** 1 John 4:4; Romans 8:38-39; James 4:7. Take the devil seriously, but submit to God first. The dead cannot harm the living (Ecclesiastes 9:5); believers need no charms (Acts 19:18-19).
- **Point 4 — Freedom is a beginning:** 2 Peter 3:18. Growth is normal and gradual, like a child. Reference Adventist Fundamental Belief #11, "Growing in Christ," in the Church's own words.
- **Point 5 — The branch and the vine:** John 15:5. Abide = stay connected: prayer, the Word, worship together, service.
- **Point 6 — The fruit the Spirit grows:** Galatians 5:22-23; 2 Corinthians 3:18. Peace is fruit of the Spirit, not human effort; we become like what we behold.
- **Point 7 — He will finish what He started:** Philippians 1:6. Encourage those who still struggle. Pastoral note: lasting fear or sleeplessness also deserves a doctor or counselor — that is not a lack of faith.
- **Close the story:** Daphné reads Colossians 2:15 and 1 John 4:4, they pray, the bundle goes in the trash, daily Bible reading, prayer meeting, soup for Mr. Joseph — "I stopped needing to know."
- **Appeal:** invite each person to name one fear and hand it to Jesus in prayer, to renounce any object or practice they have trusted instead of Him, and to choose one daily habit of abiding.
- **Close:** memory verse (1 John 4:4) + "Stay close to the Vine" + tease the next study ("Everything Is His: Living as Faithful Stewards").

EVIDENCE-BASED · FACT-CHECKED

10 Myths vs. Facts

Myth	Fact (with Bible)
1. A curse someone "sends" can overpower God's care for His child.	"Greater is he that is in you, than he that is in the world" (1 John 4:4). No power "shall be able to separate us from the love of God, which is in Christ Jesus our Lord" (Romans 8:38-39).
2. I need a charm, oil, powder or "guard" to protect my home.	Christ "spoiled principalities and powers... triumphing over them" (Colossians 2:15). God forbids sorcery and charms (Deuteronomy 18:10-12), and new believers burned their magic books (Acts 19:18-19).
3. The spirits of dead relatives can visit, guide or harm me.	"The dead know not any thing" (Ecclesiastes 9:5). The dead rest until the resurrection; they cannot return to hurt the living.
4. The devil is not real, so there is nothing to resist.	The Bible says, "Resist the devil, and he will flee from you" (James 4:7) — after "Submit yourselves therefore to God." He is real, but defeated (Hebrews 2:14).
5. If I feel afraid, it means I have no faith and God is disappointed in me.	Jesus came to "deliver them who through fear of death were all their lifetime subject to bondage" (Hebrews 2:15). God gives "power, and... love, and... a sound mind" (2 Timothy 1:7). Fear is something He frees us from, not a reason He rejects us.
6. Once I accept Jesus, I do not need to grow anymore.	"Grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ" (2 Peter 3:18).
7. I grow spiritually by trying harder on my own.	"He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing" (John 15:5).
8. A growing Christian never struggles.	We are changed "from glory to glory" — step by step (2 Corinthians 3:18). He "which hath begun a good work in you will perform it" (Philippians 1:6).
9. The fruit of the Spirit is a list of rules I must perform.	It is "the fruit of the Spirit" (Galatians 5:22) — grown by Him in a life connected to Christ (John 15:5).

10. If I fall back, God gives up on me.	God will finish His work "until the day of Jesus Christ" (Philippians 1:6). Nothing "shall be able to separate us from the love of God" (Romans 8:39).

Where this comes from (Sources)

This study is built on the Bible and reflects the published beliefs of the Seventh-day Adventist Church. Verify everything for yourself:

- The Bible — passages on victory in Christ and growing in Him: Deuteronomy 18:10-12; Ecclesiastes 9:5; John 15:5; Acts 19:18-19; Romans 8:38-39; 2 Corinthians 3:18; Galatians 5:22-23; Philippians 1:6; Colossians 2:15; 2 Timothy 1:7; Hebrews 2:14-15; James 4:7; 2 Peter 3:18; 1 John 4:4 (King James Version, public domain).
- Seventh-day Adventist Fundamental Belief #11, "Growing in Christ" — official beliefs: https://adventist.org/beliefs (please read the statement there in full, in the Church's own words).
- 28 Fundamental Beliefs (2020 edition, PDF): https://adventist.org/wp-content/uploads/2020/06/ADV-28Beliefs2020.pdf
- General Conference of Seventh-day Adventists: https://gc.adventist.org/
- Ellen G. White, *Steps to Christ*, chapter 8, "Growing Up Into Christ," public domain: https://whiteestate.org/ / https://m.egwwritings.org/
- Related studies in this library: *"What Really Happens When We Die?"*, *"The Holy Spirit: God With Us"* and *"The Father Who Runs to You"* — https://pasteurclementsalomon.org/resources.html · Questions? https://pasteurclementsalomon.org/faq.html · Faith Journey: https://pasteurclementsalomon.org/journey.html

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