1. Chapters Six & Seven: The first step in conquering the fear of man is to understand and grow in the fear of the Lord
   ✓ Focus on the holiness of God and the fact that he is transcendent.
   ✓ We avoid the fear of the Lord by downgrading obedience. We must concentrate not only on actions but also our attitude. Is it right before the Lord.
   ✓ Read and meditate of the Word of God to learn the fear of the Lord. Good passages our the last four chapters of Job, Ps 33:8-9, Ps 93:3-4, Ex 19:9, Ps 104:3, Ps 104:4, Ps 135:7, Ps 8:3-4
   ✓ Read passages the illustrate what we have as we learn to fear the Lord
     ➢ Pr 19:23: it overcomes the fear of man and trouble
     ➢ Pr 14:26: it brings security
     ➢ Pr 15:16: it brings contentment
   ✓ Read passages that focus of specific aspects of God
     ➢ Creation: Ps 8,19,65,104
     ➢ His enthronement: Ps 95-97; 99
     ➢ Providence: Ps 139, the book of Habakkuk
   ✓ In Isaiah see how the knowledge of God was the first step in his liberation from the fear of man

2. Chapter Eight: The second step is to examine where your desire have been too big. If we fear people our desires tend to grow and become larger and larger
   ✓ The most popular view of people
     ➢ Each of us have certain lists on needs that we strive to have met
     ➢ Two basic needs are to receive love and have significance. If these needs are not met we feel empty
     ➢ These needs must be filled and they can be filled by looking to people or to Christ.
   ✓ Welch talks about these needs as:
     ➢ Biological needs for physical life
     ➢ Spiritual needs for spiritual life, faith, obedience
     ➢ Psychological needs to be fulfilled in happiness and acceptance