

Introduction:

- *"You are my servant, I have chosen you and not cast you off; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand".* (Isaiah 41:10, ESV)
- Fear is something that we can all learn to overcome. That is my goal this morning: I want to give you some tools to help you overcome fear. Share some stories that may give you strength in overcoming fear.
- I want to relate three stories from my childhood of when I should have been afraid but I wasn't. My parents may have a different story but I do not remember being afraid.
 - The first story—I think happened when I was four or five years old. A tornado came close to our house. My mom and dad got my cousin and I down into our basement covered us up with blankets to help protect should there be flying debris. Wind, roar, tree branch fell by the door. My dad got out somehow and was able to move the branch.
 - Ice storm and fire. They put me on the porch, that was freezing under piles of blankets. Fire in the kitchen—My dad went outside to shut the gas off to the stove. The gas tank was covered with ice. He got it shut off and my parents got the fire out.
 - The car that ran into the ditch late at night. Dad handed me a gun and he went out to see what was going on.
 - For me—thought my dad could do anything! If you believe everything is possible with your dad, you will not be afraid.

I. An Enemy Called Fear

- A. **Fear** is an emotion induced by a perceived threat which causes people to quickly pull away from the thing feared and usually hide. **Fear** is a basic survival mechanism occurring in response to a specific stimulus, such as pain or the perceived threat of danger. **Fear** is found all through the Bible. I.e. Adam and Eve hid from God, Elijah hid from Jezebel, Gideon was insecure and hid, David was afraid, the twelve disciples dealt with fear (drowning, people, abandonment), etc. So we find fear all through the Bible and at the same time. One of the most repeated phrases by God in scripture is, "Do not be afraid". Or, "Do not fear." What are some examples of perceived threats? Many fears are tied together, such as death and the unknown, rejection and ridicule, pain and misery, and failure and loneliness. We can also observe that these are mostly fears that describe an inner condition of the heart. Fear could also be...
- a) Fear of failure—exam time, evaluation time, performance time, not being good enough—for spouse/coach/in-law/or parent.
 - b) Fear of poverty —Fear of poverty is the fear of not having enough.
 - c) Fear of rejection —Adam and Eve (from God), from spouse, a parent, a friend
 - d) Fear of people —related to fear of rejection and other ways they might hurt or embarrass you. I.e. According to most studies, people's number one fear is

public speaking.

- e) Fear of peers – insecurity, rejection, ridicule
- f) Fear of 'letting go'—children to school, husband to work, teenager to college...
fear of letting goes is result of not trusting God.
 - (1) That leads to 'control'
 - (2) Fear forces people into a places of control. You seek to control so that you do not get hurt, or feel rejection. So fear is often a perceived threat/ imagination.
- B. Fear greatly affects the quality of our lives. Fear is frequently related to the specific behaviors of escape and avoidance, thus it affects the quality of our relationships.
 - 1. Fear erects walls between people, spouses, parents and children, etc., divides us.
 - 2. Fear affects our intimacy. It does not let people get in too close.
 - 3. Fear affects us physically. So many diseases, physical and mental are rooted in fear.
- C. Fear affects how you live and how you enjoy life.
- D. Fear is the root of other 'fear words' such as worry, anxiety, insecurity and unbelief. Fear is an enemy of your soul.
 - 1. Fear is a response to immediate danger.
 - 2. Anxiety/worry is a response to unclear or imagined negative possibilities.
 - 3. When we are afraid we make life miserable for ourselves and for those around us.
- E. Fear attacks the very foundation of our relationship with God...our faith! Fear is faith in the devil. We call that unbelief. Both faith and fear call things that are not as though they were.

II. A Common Command of God

- A. Do not be afraid. And do not fear.
 - 1. It is as if God is saying, "Turn that fear off." Pay no attention to fear.
 - 2. If I say, "Do not be afraid." Your first thought will probably be, "How do I do that?"
 - 3. If I am not going to be afraid then I have to have courage and confidence.
- B. 'Do not be afraid' and reaching for the off switch!
 - 1. Abraham - *"After these things the word of the Lord came to Abram in a vision: "Fear not, Abram, I am your shield; your reward shall be very great."* (Genesis 15:1, ESV)
 - a) Shield - a covering from danger and harm.
 - b) Reward - wages – "It is used of hiring an army to help deliver one from his enemies Rogers, C. (1999). [שכל 2264](#). R. L. Harris, G. L. Archer Jr., & B. K. Waltke (Eds.), *Theological Wordbook of the Old Testament*.
 - 2. Moses to the people: *"And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians*

- Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be silent.*" (Exodus 14:13-14, ESV)
- a) Stand firm – plant your feet
 - b) See salvation – Yeshua
 - c) He will work for you.
 - d) The Lord will fight for you, you have only to be silent.
3. Joshua to his generals as they put their feet on the necks of kings: *"And Joshua said to them, "Do not be afraid or dismayed; be strong and courageous. For thus the Lord will do to all your enemies against whom you fight"(Joshua 10:25, ESV) ""*.
 - a) Be strong and courageous
 - b) All your enemies are defeated.
 4. Jeremiah 1:8 *"Do not be afraid. I am with you."*
 5. 1 Chron 20:15, Jehoshaphat: Do not be afraid the battle is the Lord's.
 6. The key is knowing that "Daddy is with you!" Father can do anything!
- C. Overcoming fear is connected to your faith.
1. Mark 5:36; Luke 8:50 Jesus says to the ruler whose daughter had died, *"Do not fear, only believe.*
 2. As our confidence in God increase our faith grows.
 - a) Paul also taught that faith come by hearing the message...Romans 10:17
 - b) The Word and an opportunity to work the Word causes faith to abound. Ie. Peter walking on the water. Mt 14:28-33
- D. Courage requires two things. Numbers 21:34–*Do not fear I have delivered him into your hand.*
1. Requires us trusting God at His word.
 2. Requires that I am hearing correctly.
 3. Again, this comes about by intimately knowing your heavenly father.
- E. Daniel's delayed answer. *"Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words". (Daniel 10:12, ESV)*
1. Delayed answers often cause people to go into fear but not Daniel!
- F. God is good and purposes to do good! *"so again have I purposed in these days to bring good to Jerusalem and to the house of Judah; fear not". (Zechariah 8:15, ESV)*
- G. We are valuable. *"Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows" (Luke 12:7, ESV)*

III. Walking in Victory!

- A. Here is where God has taking us this morning.
1. God is bringing us into a place of confidence in who He is. That is called faith. This is where our victory over fear is found.

2. Faith in God produces the exact opposite of fear, which has to do with torment.
1 John 4:18 “ There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.”
 3. You can only receive God to the measure of what you trust Him in. Receiving Him is what gives us authority to become something. John 1:12 Receiving Him gives us authority. Authority to rule over our fears.
- B. The Word reorders our thoughts. When we devour the Word, the Word creates another video in our mind. This one cause life to come forth and not death! Here is where God is taking us this morning. The Word speaks to us. It is the voice of God and God’s voice begins the dismantling process of fear.
1. Through the Word, God is bringing us into a place of confidence in who He is. That is called faith. We believe the truth and not a lie. This is where our victory over fear is found. Ie. There are things in life that are true but they are not truth. It is true you may have disease. That is true but it is not truth. Truth is what God has said!
 2. Faith in God produces the exact opposite of fear.
 3. When we grow in confidence we grow in trust.
 4. Ie. “I put the bug in the old trash can...” I just had to get my granddaughter to be confident in what I was telling her as she grew in confidence she decided (her thoughts) she could trust me. PawPaw loves me! I can trust him.

Conclusion:

- There were times in my life where I should have been afraid but I wasn’t... I knew my dad was there. If you will trust that God is there when life is a challenge. Fear will have no hold on you.