

OVERCOMING FEAR

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

I. Understanding Fear

Fear Defined: In the Bible, fear refers to two primary concepts: the distressing emotion of terror and apprehension of harm, and a positive reverence, awe, and deep respect for God that leads to wisdom, trust, and obedience.

1 John 4:18, NKJV There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Healthy Fear Is:

- Circumstantial

Healthy Fear Is:

- Circumstantial
- Protective

Unhealthy Fear Is:

- Perpetual

Unhealthy Fear Is:

- Perpetual
- Paralyzing

1. Fear can paralyze you from serving others.

2. Fear can paralyze you from sharing the gospel.

1 Peter 3:15, ESV Always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you.

3. Fear can paralyze you from following God's plan.

Acts 20:22-23, NKJV And see, now I go bound in the spirit to Jerusalem, not knowing the things that will happen to me there, except that the Holy Spirit testifies in every city, saying that chains and tribulations await me.

Acts 20:24, NKJV But none of these things move me; nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God.

4. Fear can paralyze you from taking a stand for Christ.

John 12:42-43, NKJV Nevertheless even among the rulers many believed in Him, but because of the Pharisees they did not confess Him, lest they should be put out of the synagogue; for they loved the praise of men more than the praise of God.

II. Overcoming Fear.

A. Admit your fear without shame.

B. Submit your fear to God.

Proverbs 9:10, NKJV “The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding.”

2 Chronicles 20:3-4, NKJV And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord.

2 Chronicles 20:12, NKJV For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.”

Psalms 34:4, NKJV I sought the Lord, and He heard me, and delivered me from all my fears.

Psalms 56:4, NIV In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

C. Face your fears and watch them crumble.

1. Face your fears with faith
in God's Word.

Psalm 27:1, NKJV The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?

Psalm 91:2, NKJV I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust."

Psalm 91:5-6, NKJV You shall not be afraid of the terror by night, Nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday.

Psalm 91:7-8, NKJV A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. Only with your eyes shall you look, and see the reward of the wicked.

Psalm 91:9-10, NKJV Because you have made the Lord, who is my refuge, even the Most High, your dwelling place, no evil shall befall you, nor shall any plague come near your dwelling...

Psalm 118:6, NKJV The Lord is on my side; I will not fear. What can man do to me?

Isaiah 41:10, NKJV Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Isaiah 43:2, NKJV When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.

Joshua 1:9, NIV Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Hebrews 2:14, NLT Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a

human being could he die, and only by dying could he break the power of the devil, who had the power of death.

Hebrews 2:15, NLT Only in this way could he set free all who have lived their lives as slaves to the fear of dying.

2. Face your fears with the authority and power of the Holy Spirit.

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

Proverbs 28:1, NKJV The wicked flee when no one pursues,
But the righteous are bold as a lion.

Acts 4:8, NIV Then Peter, filled with the Holy Spirit, said to them:

Acts 4:13, NIV Now when they saw the boldness of Peter and John, and perceived that they were uneducated and untrained men, they marveled. And they realized that they had been with Jesus.