

Overcoming Fear – 2

2 Timothy 1:7 (NLT)

⁷ For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Fear is something we all face in life. Fear of failure, fear of people, fear of the unknown

If we do not face off with our fears they will keep us from living the victorious life God has planned for us

- You will never be perfect
- Therefore, you will never be perfectly successful
- That doesn't mean you will not succeed in life
- You must try

Philippians 3:12-14 (NLT)

¹² I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me.

¹³ No, dear brothers and sisters, I have not achieved it,* but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Fear is not rational – It is not based on fact

- 40 % of the things we worry about never happen
- 30 % are in the past and can't be helped
- 12 % involves the affairs of other people and is none of our business
- 10 % is related to sickness, real or imagined

That leaves 8 % of the things we worry about will likely happen

Researchers claim they have found a “worry gene” that may contribute to chronic worry

- However, they conclude that that doesn't mean you must live with fear
- The fact is you don't have to live with anxiety and worry
- Worry is low-grade fear
- Its interest paid on trouble before its comes due
- The truth is, in most cases the things we worry about never come true

Much Ado About Nothing

Mark 5:36, 39 (KJV 1900) Jairus' Daughter

³⁶ As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. ³⁹ And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth.

- Satan tries to get us to focus on our problem and make a great “ado” over it

Ado: “trouble or difficulty”

- "she had **much ado** to keep up with him"
- fuss, especially about something that is unimportant.
- "on the face of it, this is **much ado** about almost nothing"

The enemy works overtime to get us to make the problem greater in our minds than it is

- If we become completely absorbed in worry over our circumstances, we will not even call on Jesus
- Learning the worry habit will make us anxious about everything in life

The life expectancy in the United States has doubled in the twentieth century. Yet the media paints a different picture.

Magazine writer, Bob Garfield found by reviewing articles on serious diseases in major newspapers over the course of a year

- 59 M Americans have heart disease
- 53 M suffer from migraines
- 25 M had osteoporosis
- 16 M were obese
- 3 M had cancer
- 10 M suffered from more obscure ailments
- 2 M suffered from brain injuries
- 168m of 320M are sick – more than half

He Suggested: *“either as a society we are doomed, or someone is seriously double-dipping”*

Don't listen to ABC, CNN, ABC or “Woe is me” networks
Become a warrior not a worrier

Psalm 56:3 (NLT)

³ But when I am afraid, I will put my trust in you.

- Being a warrior doesn't mean we never feel afraid
- Amid uncertainty declare, by faith the truth of God's word
- In that place of declaration, God will meet with you

1 Peter 5:8 (NLT)

⁸ Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

- God needs us to stand up against the lion
- God said do it, and I'm going to do it!
- Don't let an economic downturn or a bad report about your health get you trapped in fear
- The truth is, there can be no courage without facing fear
- Courage is doing what you're afraid to do

2 Samuel 23:20 (NLT) Benaiah

²⁰ There was also Benaiah son of Jehoiada, a valiant warrior* from Kabzeel. He did many heroic deeds, which included killing two champions* of Moab. Another time, on a snowy day, he chased a lion down into a pit and killed it.

- There is nothing natural about a man defeating a lion
- We can't pick the perfect time or weather
- God is known for putting us in unequal fights

You may be at a place in life right now where God has told you to do a hard thing

- You're moving out in faith but getting cold feet
- There is nothing equal about Jehoshaphat and his army marching against the Syrian army with their praise team in front
- There's nothing equal about the children of Israel marching around the walls of Jericho
- There is nothing natural about David defeating a "Giant" with a stone and a slingshot
- Our "nothingness" and God's "almightiness" equals a "Giant" Victory!

"Courage is resistance to fear, mastery of fear, not absence of fear; it is the mastery of fear" – Mark Twain

When you get out there in the realm of the miraculous and have done all to stand in what God has said, you begin to see miracles

Psalm 42:7 (NKJV)

⁷ Deep calls unto deep at the noise of Your waterfalls; All Your waves and billows have gone over me.

- Miracles happen in miracle territory
- Launch out into deep waters
- God responds to courage that is demonstrated in the midst of fear

Is coping with fear taking you into the realm of escapism and addiction?

- God has a safe place where you can live so that you don't have to be afraid
- You don't have to escape into a dangerous addiction to get relief from worry and fear
- God wants to rescue you from every fear that torments your mind and emotions

Psalm 91:1–4 (NKJV)

¹ He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. ² I will say of the LORD, “*He is my refuge and my fortress; My God, in Him I will trust.*”³ Surely He shall deliver you from the snare of the fowler *and* from the perilous pestilence. ⁴ He shall cover you with His feathers, and under His wings you shall take refuge; His truth *shall be your shield and buckler.*

- Written by Moses
- “Shadow of the Almighty”
– your very own home in God's presence
- What is the “Shadow of the Almighty”?
- Israel wandered in the desert
- There was no shade except for their tents
- They understood this powerful metaphor

Law of Hospitality

- God told His people how to treat strangers
- Lost in the desert, hungry, thirsty and in need of protection
- You could go to Israel's camp and find out the "Chief Shepherd's" name
- Grab the "cord" on his tent and begin to cry out for help
- He was required to take you in and help you
- Jesus is the Chief Shepherd

God's name is El Shaddai or Elyon most common name in OT

- Meaning: All power, all bountiful, all sufficient one
 - One with great strength
- One who mightily satisfies, nourishes and protects
 - All sufficient sustainer
- Do you need to be rescued from fear or sickness, or financial problems?
- Do you need comfort?
- Jesus will answer your cry for help
- All His power and comfort is available when you run into His shadow

Hebrews 13:20–21 (NKJV)

²⁰ Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, through the blood of the everlasting covenant, ²¹ make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to whom *be* glory forever and ever. Amen.

Psalm 91:9–13 (NKJV)

⁹ Because you have made the LORD, *who is my* **refuge**, *even the* Most High, your dwelling place, ¹⁰ No evil shall befall you, nor shall any plague come near your dwelling; ¹¹ For He shall give His angels charge over you, to keep you in all your ways. ¹² In *their* hands they shall bear you up, lest you dash your foot against a stone. ¹³ You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot.

- Refuge:
- City of refuge – God told Joshua to build a safe place for the guilty to run to
- If you killed someone accidentally you could seek refuge, there
- The leaders of the city were required to protect you from the vengeance of the family members
- You could not leave until the high priest died
- After that you were free to go back to your family and take everything back you had lost because of your **guilt**
- Christ is our High Priest – **Hebrews 3:1**
- Run to Him, confess what you've done – receive forgiveness and protection
- He will restore all that has been lost as the result of sin's power in your life
- Enter into a covenant of blessing
- Free from the destructive power of fear and sin

God never promise us a life free of problems

- We cannot avoid the attacks of the enemy
- We need to know how to conquer his threats

The Expected Attack

The lion represents the threat of the expected attack

- When you are in the presence of a lion you expect to be attacked
- Life comes complete with built-in problems
- Satan is a “roaring lion” – 1 Peter 5:8
- Do not be amazed or afraid when attacked
- The Bible says it will happen
- Don’t give into fear
- Stand up and call on the name of the Lord
- He has promised to protect you
- Resist the enemy

1 Peter 5:9 (NKJV)

⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

- Run into the shadow
- Use His wonderful name
- Overcome the enemies expected attacks

The Unexpected Attack

The “cobra” or “adder” lies quietly under a rock or behind a bush and strikes when you least expect it

- The element of surprise takes you off guard
- Fear may overwhelm you at that moment
- You do not have to freak out when the cobra attacks
- Remember: Miracles can strike as suddenly as tragedies
- If the cobra tries to fill your mind with fear, resentment, anger, unforgiveness – Shake it off! – **Acts 28:5**
- Don’t let the devil steal your peace and joy or your relationship and faith in God
- He is a “joy robber”
- He will try to chew your joy away
- He wants you to get up in the morning and hate your life
- Declare “the Lord is my refuge, my life and my safe place”

Psalm 16:11 (NKJV)

¹¹ You will show me the path of life; in Your presence *is* fullness of joy; at Your right hand *are* pleasures forevermore.

- Enjoy the presence and pleasures of the Lord
- Pull on His tent cord and call on His name

The Unfounded Attack

The “serpent” or “dragon” represents the unfounded attack

- A dragon will keep you from going beyond a certain point
- Don’t dream any bigger
- Don’t reach for anything more
- The enemies threat can make you cower in your mind
- I know I’ve been doing pretty good for a while, but remember so and so and what happened to him?
- You see a plane crash on the news and cancel your flight
- What if? – remember only 8%
- But with God, there are no boundaries, just possibilities

2 Samuel 22:2–3 (NLT)

² He sang: “The LORD is my rock, my fortress, and my savior;

³ my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. He is my refuge, my savior, the one who saves me from violence.

- When you enter the protection of His shadow, He will go to extremes to take care of you

Psalm 61:3 (NLT)

³ for you are my safe refuge, a fortress where my enemies cannot reach me.