

FEAR (multi month study 2024)

Updated 6/4/24

Next month will be the grand finale on our study of conquering fear! We will bring our greatest fear written on paper to throw it in the fire to show that we should give our fear to God and then let it there nailed on the cross of Jesus Christ. Psalm 56:3-4

What is fear?

As a noun=unpleasant emotion

As a verb=to be afraid something will harm you

“fear God”=holy awe or reverence

Types of Fear

1. Rational fear occurs when there is real and imminent threat (ie. someone threatens you).
2. Primal fear is innate natural fear programmed in our brains (ie. fear of snakes to avoid being bitten).
3. Irrational fear does not make logical sense (ie. fear of friendly clown).

F False

E Evidence

A Appearing

R Real

Other words to describe fear and it's consequences: fret, worry, cower, feel out of control, “what if”, want to run away, feel paralyzed, no confidence, feel insecure, avoid confrontation, want to fight rather than understand, unable to make decisions, lack faith, ...

Is fear found in the Bible? Absolutely! The topic of fear is found hundreds of times in whichever translation of the Bible you are using.

Satan is the great deceiver and a source of fear. He robs you of confidence.

God keeps His promises and says Fear not for I am with you. You can gain confidence in God's Word. Our heavenly Father knows best and works all things to our good.

Fear is the opposite of Faith.

Responses to fear: fight, flight or freeze.

We are accountable to God for:

-motives

-thoughts

-actions

-words....

NO Jesus, know fear.

Know Jesus, NO fear.

What can we do when fear overtakes us?

- seek God's wisdom
- seek God's guidance
- seek God's will
- trust God
- fear God
- rely on God
- have faith in God

How? Pray to God and read God's Word frequently

Give it to God and then let it there nailed on the cross of Jesus Christ.

Let Go-Let God

Let your faith be bigger than your fears.

Encourage others. Lift them up. This helps you as much as it helps them.

God's Word: the following is only a small sampling of the hundreds of references to fear in the Bible-find your favorites and memorize them so that when you fear you will remember that God is with you ALWAYS in ALL circumstances.

Psalm 23 (our Shepherd), Psalm 91 (our Refuge), Isaiah 41:10 (our God), Luke 12:32 (our Father, Psalm 37 (do not fret), Revelation 2:10 (God never said we would not suffer or have trials in this life), 2 Timothy 1:7 (do not be a coward-use God's power), Isaiah 43:1 (God knows my name), Job 1:8 (fear God), Exodus 14:14 (our Warrior), James 1:5 (seek wisdom), Joshua 1:9 (God with us), Deuteronomy 30:19-20 (choose life), Proverbs 3:5-7 (trust God), Psalm 56:34 (what can mere man do to me), 2 Peter 3:8-9 (wait), Hebrews 4:1 (believe), Job 42:1-2 (God's plan-God is in control), Psalm 25:12 (fear the Lord & He will direct), Genesis 9:2 (animals fear man after the flood), Psalm 27:1 (whom shall I fear?), Psalm 40:3 (a new song), 1 Peter 5:7 (cast all anxiety on God-He cares), Philipians 4:6-7 (peace of God), Psalm 27:3-4 (no fear even in war), Deut 6:24 (fear God), Psalm 49:5 (no reason to fear), 1 John 4:18 no fear in love, Deuteronomy 31:8 (God is with you)

The Joy of the Lord

Song by Soul Survivor

... **Though tears may fall**

My song will rise, my song will rise to You

Though my heart may fail

My song will rise, my song will rise to You

While there's breath in my lungs

I will praise You, Lord

... **In the dead of night**

I'll lift my eyes, I'll lift my eyes to You

When the waters rise

I'll lift my eyes, I'll lift my eyes to You

While there's hope in my heart

I will praise You, Lord

... **The joy of the Lord is my strength**

The joy of the Lord is my strength

In the darkness I'll dance

In the shadows I'll sing

The joy of the Lord is my strength

... **When I cannot see You with my eyes**

Let faith arise to You
When I cannot feel Your hand in mine
Let faith arise to You
God of mercy and love
I will praise You, Lord

... **Oh You shine with glory Lord of light**

I feel alive with You
In Your presence now I come alive
I am alive with You
There is strength when I say
I will praise You, Lord

... **When sorrow comes my way**

You are the shield around me
Always You remain
Like courage in the fight
I hear You call my name
Jesus, I am coming
Walking on the waves
Reaching for Your light

Evidence

Song by Josh Baldwin

All throughout my history
Your faithfulness has walked beside me
The winter storms made way for spring
In every season, from where I'm standing

Help me remember when I'm weak
Fear may come, but fear will leave
You lead my heart to victory
You are my strength and You always will be

See the cross, the empty grave
The evidence is endless
All my sin rolled away
Because of You, oh, Jesus
See the cross, the empty grave
The evidence is endless
All my sin rolled away
Because of You, oh, Jesus
Oh

I see the evidence of Your goodness
All over my life, all over my life
I see Your promises in fulfillment
All over my life, all over my life, yeah
I see the evidence of Your goodness (when I wake up in the morning)
All over my life (I see Your mercies are new)
All over my life (yeah, You're all around us)

I see Your promises in fulfillment
All over my life, all over my life (yeah, You're all around us)

So why should I fear?
The evidence is here
Why should I fear?
Oh, the evidence is here

Fear Is Not My Future

Song by Chandler Moore, Kirk Franklin, and Maverick City Music

Let Him turn it in your favor
Watch Him work it for your good
He's not done with what He's started
He's not done until it's good

If you're ready for a breakthrough, yeah
Just open up and just receive, yeah
'Cause what He's pouring out is nothing
You've ever seen
You've ever seen, yeah

Hello, peace
hello, joy
Hello, love
Hello, strength
hello, hope, It's a new horizon

It's a new day

Fear is not my future
You are (You are)
Sickness is not my story
You are (You are), You are (You are)
Heartbreak's not my home
You are (You are), You are (You are)
Death is not the end
You are, You are (oh)

Fear is not my future
You are (You are), You are (You are)
Sickness is not my story
You are (You are), You are (You are)
Heartbreak's not my home
You are (You are), You are
(Death is not the end)
Death is not the end
Jesus, You are (You are), You are

So hello, peace
hello, joy
Hello, love

Hello, strength
hello, hope, It's a new horizon (the sun is coming up)

Fear is not my future
You are (You are), You are
(Sickness is not your story)
Sickness is not my story
You are, You are
(Heartbreak is not your home)
Heartbreak's not my home
You are (You are) You are
(Death is not the end)
Death is not the end
Jesus, You are

Fear Is a Liar

Song by Zach William

When he told you you're not good enough
When he told you you're not right
When he told you you're not strong enough
To put up a good fight
When he told you you're not worthy
When he told you you're not loved
When he told you you're not beautiful
That you'll never be enough

When he told you were troubled
You'll forever be alone
When he told you you should run away
You'll never find a home
When he told you you were dirty
And you should be ashamed
When he told you you could be the one
That grace could never change

Fear he is a liar
He will take your breath
Stop you in your steps
Fear he is a liar
He will rob your rest
Steal your happiness
Cast your fear in the fire
'Cause fear he is a liar

Let Your fire fall and cast out all my fears
Let Your fire fall Your love is all I feel

Oh, fear he is a liar
He will take your breath
Stop you in your steps
Fear he is a liar
He will rob your rest
Steal your happiness
Cast your fear in the fire
'Cause fear he is a liar

Stand in Your Love

Song by Josh Baldwin/Bethel Music

When darkness tries to roll over my bones
When sorrow comes to steal the joy I own
When brokenness and pain is all I know
I won't be shaken, no, I won't be shaken

'Cause my fear doesn't stand a chance
When I stand in Your love
My fear doesn't stand a chance
When I stand in Your love
My fear doesn't stand a chance
When I stand in Your love

Shame no longer has a place to hide
And I am not a captive to the lies
I'm not afraid to leave my past behind
Oh, I won't be shaken, no, I won't be shaken

There's power that can break off every chain
There's power that can empty out a grave
There's resurrection power that can save
There's power in Your name, power in Your name

Oh, when I'm standing in Your love
Oh, my fear doesn't stand a chance
When I stand in Your love
My fear doesn't stand a chance
When I stand in Your love
Oh, I'm standing in Your love

I Will Fear NO More

Song by The Afters

Every anxious thought that steals my breath
It's a heavy weight upon my chest
As I lie awake and wonder what the future will hold
Help me to remember that You're in control
You're my courage when I worry in the dead of night
You're my strength 'cause I'm not strong enough to win this fight
You are greater than the battle raging in my mind
I will trust You, Lord
I will fear no more

I will lift my eyes
I will lift my cares
Lay them in Your hands
I'll leave them there
When the wind and waves are coming
You shelter me
Even though I'm in the storm, the storm is not in me

You're my courage when I worry in the dead of night
You're my strength 'cause I'm not strong enough to win this fight
You are greater than the battle raging in my mind
I will trust You, Lord
I will fear no more
(Oh-oh-oh-ohh, oh-oh-oh-ohh) I will fear no more
(Oh-oh-oh-ohh, oh-oh-oh-ohh) I will fear no more

No power can come against me
'Cause You have overcome
No darkness can overwhelm me
'Cause You've already won
No power can come against me
'Cause You have overcome
(Oh-oh-oh-ohh, oh-oh-oh-ohh)
No darkness can overwhelm me
'Cause You've already won
You're my courage when I worry in the dead of night
You're my strength 'cause I'm not strong enough to win this fight
You are greater than the battle raging in my mind
I will trust You, Lord (Trust You, Lord)
I will fear no more (Fear no more)

Break Every Chain (Power in the Name of Jesus)

Song by Jesus Culture

There is power in the name of Jesus

There is power in the name of Jesus

There is power in the name of Jesus

To break every chain

Break every chain

Break every chain

All sufficient sacrifice

So freely given

Such a price

Bought our redemption

Heaven's gates swing wide

TO BE CONTINUED NEXT MONTH...