

# FEAR (multi month study 2024)

Updated 5/8/24

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.

## God's Word:

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), I Peter 5:7 (cast all anxiety on God-He cares), Philipians 4:6-7 (peace of God), ....

## 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

Hello, peace

hello, joy

Hello, love

Hello, strength

hello, hope, It's a new horizon

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

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

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...**