

Fear message

Outline

Definition

WORRY, ANXIETY, ANXIETY ATTACK, PANIC ATTACK, SOCIAL DISORDERS, COMPULSIVE DISORDER, SEPARATION DISORDER, FEAR OF UNKNOWN, PTSD, PERSONALITY DISORDER

Definition

fear is an emotional response induced by a perceived threat that causes a change in brain and organ function, as well as in behavior. Fear can lead us to hide, to run away, or to freeze in our shoes. Fear may arise from a confrontation or from avoiding a threat, or it may come in the form of a discovery.

Fear is a chain reaction in the brain that starts with a stressful stimulus and ends with the release of chemicals that cause a racing heart, fast breathing and energized muscles, among other things, also known as the fight-or-flight response.

Author: Julia Layton

Leviticus 26:36

“As for those of you who are left, I will make their hearts so **fearful** in the lands of their enemies that the sound of a windblown leaf will put them to flight. They will run as though fleeing from the sword, and they will fall, even though no one is pursuing them.

One distinction to make right away is that when we mention fear we are not talking about the fear of the Lord -which is actually the respect for God and about all that He is and does. The paralyzing fear is the fear we feel in life on this earth that invades our lives and can paralyze us from doing things.

Results of fear

You freeze, you lose victory, you can't please God, others stay in bondage, and others don't find Christ.

Fear comes when people see a problem or demand or have a challenge to have to do more than they think they can possibly do or cope with. Fear is an emotional response to these scenarios but has no constructive value. Peace is the opposite response. Fear can cause us to run into bigger

problems and make us freeze. It can make us end up in psyche wards, make us make rash decisions, make us say no to God, and make us lose out on something our great God has planned for us. It blocks us from seeing the whole picture, it hurries us to a decision. It makes us dwell on our own inability to match up to a challenging situation. We focus on how we are insecure in it, the bad possibilities that we think could happen, the difficulty level we may have dealing with it instead of what God wants us to do and what He may be saying in directing our lives. Difficulty should not send us to fear but to the throne room of God.

Fear can cause us to flee from doing what God wants or freeze because we are afraid of the challenge that is in our path. We know we must face it.

What makes some engage while others fail? Courage. It is not the absence of fear in our life but the knowledge that something is more important.

There are two ways to deal with Fear-God's way or the world's way

How the world deals with fear

The world tries to control it by expressing repetitive words to conjure up strength within themselves. They try to mentally will it away, or try to think of ways to ignore it or remove memory of the times of fear so they forget what was there and how it was triggered. They can't entirely remove it as the antidote for fear is peace. That is a God concept not a man concept. Fear is a human response that was never intended to be there when God made man at the beginning and is not intended by God to be allowed to stay because He knows it can hurt us and disable us.

God has not given us the spirit of fear but of power, love, and a sound mind.

God has not given us the environment to live our lives in fear but in a good and healthy way.

The world tries to help people with fear by:

Helping them see what their fear is, how to cope, how to work thru it, providing helps so fear is less likely etc. All this is done within human effort and strength limits. When fear arrives, something is not in the person's control.

Proverbs 1:7

The **fear** of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.

The fear (respect and honour for God) of the lord is the beginning of knowledge, why, because this respect and understanding we have of the lord is telling us that the outcome of the struggle we may have in front of us is not based on our ability but on the power of God.

We live our lives with 2 responses to challenges:

- fight and stand and face them
- flight and run away from them or try to ignore them.

If we live where God wants us to be drawing on His strength, then we will have a sound mind and our path in life of peace will not be derailed. We will be able to stand and not take flight.

Fear has caused many to run from God's plan who never realize how good it could have been. Others see God's plan happen, go thru great challenges and afterward go wow we made it thru. They see then, how important it was to not be swayed to change course because of fear.

Fear in today's world shows itself in many ways. Insecurity, stress, unstable thinking, rushing to making decisions, worry, concern, depression, anger, sleeplessness, etc.

Different kinds of fear

- Fear of failure,
 - Fear of the repeat of a result
 - Fear of unknown
 - Fear of the hard job ahead
 - Fear of death/sickness
 - Fear of what you can not control
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- Acting in fear can cause us to flee God's plan
 - It can cause us to flee the challenge
 - It causes us to freeze and refuse to move towards God as He directs us-Jonah did this in the **book of Jonah**.
 - Or have a breakdown because we quit on the challenge-nervous breakdown

What we must do

We need to understand what determines the outcome.

Know what our job is, vs God's job, our strength, His strength

We need to IDENTIFY what is the greatest motivator in the situation. Are we afraid about if we can accomplish the challenge, or are we really desiring to please the Lord because we are His kids? Is the desire to please God greater than the fear of failure.

Don't do God's job, you can't do it. You will fail, God did not mean to have you do it.

God doesn't present you with challenges to torment you but to make you stronger and to show others that He is strongest.

Satan wants you to fail at it so he can torment you and weaken your faith in God. He wants to get you to doubt that God will help you. God and Satan both know you need God to help you succeed.

What happens when you are free of fear?

Results of freedom from fear

You get to realize all God has for you. Every perfect gift from above including peace. You grow as a person. You become fulfilled; you are released from fear; you get peace; you become content and live without bondage. You can accomplish anything God wants you to do. Satan gets fearful of you.

Illustrations

Gideon (Judges6)

In Judges 6:11, Gideon is threshing wheat in a wine press. The angel came to him and called him a mighty man of valour. Gideon thought the angel was kidding. We can be hiding our efforts in the place where things lose their identity or we can get out of there and engage the challenge and free yourself and others from the bondage or problem.

In Daniel 3 the 3 Hebrew children (young men) did not fear the possible outcome challenging the king's decree but knew that untold thousands were seeing their stand and they wanted them to know who God really was, not some idol of Babylon but the Great One who could defy fire itself. Is there a challenge you are going thru that you need to engage with God to show someone who is watching that God is the answer to their turmoil? Do you want to live in fear or walk in victory?

To live in fear is the opposite of living in the throne room of God. We can all have a response of fear to something but it is at that time that our choice is made to live there or go to the throne room of God so that the fear is removed and replaced with the peace of God knowing He is in control and will help us in all our troubles and is the source of our strength.

Mark 12:29-31 New International Version (NIV)

²⁹“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one.’^[a] ³⁰Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’^[b] ³¹The second is this: ‘Love your neighbor as yourself.’^[c] There is no commandment greater than these.”

We are to love the lord with all our mind heart soul and strength. The mind starts the fear, seeding it to your heart, stealing peace from your soul and making you work in your own strength not God's.

As a man thinks in his heart so is he. Dwelling on what God says can keep your peace. Staying on him. Peace in your heart is so much a treasure. I have never found anyone who likes to live fearful in life. I have found people like peace though. Who needs peace today? Jesus brings peace. To live in fear is to distrust God. Whose strength is it that will meet the problem you are facing? who knows the future, you or God? Good questions to ask ourselves each time fear wants to push into our hearts and minds.

What we can do to combat fear

. Focus on what is, not on what could happen. Stop. Focus on what we have as strength in the Lord Jesus, etc instead of what we don't have. Gideon focused on the size of the enemy instead of the size of God's army. That is not wise.

Gideon in

Judges 7:12 New International Version (NIV)

¹²The Midianites, the Amalekites and all the other eastern peoples had settled in the valley, thick as locusts. Their camels could no more be counted than the sand on the seashore.

2 Kings 6:17 New International Version (NIV)

¹⁷ And Elisha prayed, "Open his eyes, LORD, so that he may see." Then the LORD opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.

The prophet's servant focused on the size of the army of enemy and had his eyes opened. We need our eyes opened. David with his slingshot did. He had 5 stones for five goliaths.

1 John 4:4 [Full Chapter]

You are of God, little children, and have overcome them, because He who is in you is **greater** than he who is in the world.

God's power is not only for problems we face but to show the world His power as well. The power of God for salvation and healing and peace. It flows thru God's people to the world but how will it flow if we don't participate.

1 John 4:18 [Full Chapter]

There is no **fear** in love. But perfect love drives out **fear**, because **fear** has to do with punishment. The one who **fears** is not made perfect in love.

Question. There is no fear in perfect love. Is your relationship with Jesus with perfect love? There should then be no problem for the 2 of you doing great things with and for God. If not, then you need to strengthen it because the command of our Saviour stands. We must stand and engage the mission from Jesus to go and tell others the good news, to help others get well, to bring God's protection to them. To bring answers to life's challenges to them. Mission equals missionary.

If you allow fear to grip you, you will not respond to the thing that requires the most courage. It can stop a good person from doing the right thing. It can stop someone from doing a bad thing. What is motivating the fear? What will determine what is done or not done? It sucks energy and drive out of us. It hinders vision and restricts our future and growth.

Mark 4:35-41 New International Version (NIV)

³⁵ That day when evening came, he said to his disciples, "Let us go over to the other side." ³⁶ Leaving the crowd behind, they took him along, just as he

was, in the boat. There were also other boats with him. ³⁷A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

³⁹He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

⁴⁰He said to his disciples, "Why are you so afraid? Do you still have no faith?"

⁴¹They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

The storm was there but Jesus was sleeping because He knew peace. The storm was there but peace was also there. That was what Jesus was saying, that peace can be ours regardless of a storm.

Perfect love casts out fear because if we have perfect love, we also have perfect trust in God in our circumstances. It brings incredible peace when we are there. So much of how fear is spawned is what we think may happen or how we think we measure up to the circumstance. Fear never stays when we look at things the way God wants us to look at them. We always get fear when we go first to how we think we should react to it instead of first asking God for how we should respond to it.

Everyone will experience fear. The question is, what is our reaction going to be and whose advice and strength are we going to use.

Conclusion

Proverbs 1:33

but whoever listens to me will live in safety and be at ease, without **fear** of harm."

The next time fear approaches, what will you do. We only do what we believe. Will you let fear grip you and control you or will you control it? Not by what you can do but by what God can do. Not trying to do it in your own strength like the world does but allowing God to be your help. Letting your focus be on God and what He can do, and not what you can try to do.

Ephesians 6:19

Pray also for me, that whenever I speak, words may be given me so that I will **fearlessly** make known the mystery of the gospel,

In this time of Coronavirus or any other time, if you want peace and freedom from fear you and I will need to focus on Him and what He can do not on what we can do. How can the world see and find peace if they don't find it in us? Amen.

Dear Lord, help us to look to you for our strength and not try to evaluate whether to obey your wishes based on if we think we can do what you say. Help us to understand how powerful you are and that when we invite you into our circumstances, we can be powerful too. Amen.