

## **Psalm 111:10 NASB**

10The <sup>a</sup>fear of the Lord is the beginning of wisdom;

A good understanding have all those who do *His commandments*;  
His praise endures forever.

Anxiety may stem from unconscious feelings, but worry is a conscious act of choosing an ineffective method of coping with life.

## **I. What is Fear?**

**Fear.** Emotional foreboding or dread of impending distress or misfortune.

An attitude of anxiety or distress, caused by concern over a threat to one's future.

Phobia - An extreme, irrational, fear of something that may cause a person to panic.

One does not desire to come close to the being or the thing he fears.

Fear is quite naturally the logical consequence of sin (Gn 3:10; 4:13, 14; Prv 28:1).

## **II. The assignment of fear**

Fear is a paralyzing spirit that keeps people bound in many areas of their lives. This spirit manifests itself in numerous ways:

- \* fear of rejection (works with rejection and self-rejection),
- \* fear of hurt,
- \* fear of authority (including pastors),
- \* fear of witchcraft,
- \* fear of career,
- \* fear of dying,
- \* fear of failure,
- \* fear of the future,
- \* fear of responsibility,
- \* fear of darkness,
- \* fear of being alone,
- \* fear of what people think of you,
- \* fear of what people say about you,
- \* fear of hell, fear of demons and deliverance,
- \* fear of poverty,

- \* terror,
- \* fright,
- \* sudden fear,
- \* apprehension.

Fear has a tendency to either immobilize men or seriously affect their activity. This is especially true of the spiritually uncommitted.

- \* Fear breaks down your confidence
- \* Fear paralyzes forward progress
- \* Fear breeds isolation
- \* Fear manipulates your imagination
- \* Fear produces internal dooming realities

### **Fear of the Future**

#### **Jeremiah 51:45-46 NLT**

<sup>45</sup> “Come out, my people, flee from Babylon.

Save yourselves! Run from the Lord’s fierce anger.

<sup>46</sup> But do not panic; don’t be afraid

when you hear the first rumor of approaching forces.

For rumors will keep coming year by year.

Violence will erupt in the land

as the leaders fight against each other.

#### **Mark 10:32 NLT**

<sup>32</sup> They were now on the way up to Jerusalem, and Jesus was walking ahead of them. The disciples were filled with awe, and the people following behind were overwhelmed with fear.

#### **Luke 18:31-33 NLT**

<sup>31</sup> Taking the twelve disciples aside, Jesus said, “Listen, we’re going up to Jerusalem, where all the predictions of the prophets concerning the Son of Man will come true.

<sup>32</sup> He will be handed over to the Romans, and he will be mocked, treated shamefully, and spit upon. <sup>33</sup> They will flog him with a whip and kill him, but on the third day he will rise again.”

The Fear of Man

**Proverbs 29:25 NLT**

<sup>25</sup>Fearing people is a dangerous trap, but trusting the Lord means safety.

### **III. Addressing Fear**

**Jeremiah 17:7-10 NASB**

7“Blessed is the man who trusts in the LORD And whose trust is the LORD. 8“For he will be like a tree planted by the water, That extends its roots by a stream And will not fear when the heat comes; But its leaves will be green, And it will not be anxious in a year of drought Nor cease to yield fruit. 9““The heart is more deceitful than all else And is desperately sick; Who can understand it? 10““I, the LORD, search the heart, I test the mind, Even to give to each man according to his ways, According to the results of his deeds.

**2 Timothy 1:6-7 NASB**

6For this reason I remind you to kindle afresh the gift of God which is in you through the laying on of my hands.

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

### **IV. Breaking fear**

Five Things God has Given Us in Truth:

1. The God-Kind of Faith
2. Authority
3. Peace of God
4. Wisdom of God
5. Grace of God

## Romans 8:14-18 NLT

14For all who are being led by the Spirit of God, these are sons of God.

15For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!"

16The Spirit Himself testifies with our spirit that we are children of God,

17and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.

18For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

## I John 4:15-19 NASB

15Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.

16We have come to know and have believed the love which God has bfor us. God is love, and the one who abides in love abides in God, and God abides in him.

17By this, love is perfected with us, so that we may have confidence in the day of judgment; because as He is, so also are we in this world.

18There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.

19We love, because He first loved us.

## Psalms 91:1-16 NLT

<sup>1</sup> Those who live in the shelter of the Most High  
will find rest in the shadow of the Almighty.

<sup>2</sup> This I declare about the Lord:

He alone is my refuge, my place of safety;  
he is my God, and I trust him.

<sup>3</sup> For he will rescue you from every trap  
and protect you from deadly disease.

<sup>4</sup> He will cover you with his feathers.

He will shelter you with his wings.

His faithful promises are your armor and protection.

<sup>5</sup> Do not be afraid of the terrors of the night,  
nor the arrow that flies in the day.

<sup>6</sup> Do not dread the disease that stalks in darkness,

nor the disaster that strikes at midday.

<sup>7</sup> Though a thousand fall at your side,  
though ten thousand are dying around you,  
these evils will not touch you.

<sup>8</sup> Just open your eyes,  
and see how the wicked are punished.

<sup>9</sup> If you make the Lord your refuge,  
if you make the Most High your shelter,

<sup>10</sup> no evil will conquer you;  
no plague will come near your home.

<sup>11</sup> For he will order his angels  
to protect you wherever you go.

<sup>12</sup> They will hold you up with their hands  
so you won't even hurt your foot on a stone.

<sup>13</sup> You will trample upon lions and cobras;  
you will crush fierce lions and serpents under your feet!

<sup>14</sup> The Lord says, "I will rescue those who love me.  
I will protect those who trust in my name.

<sup>15</sup> When they call on me, I will answer;  
I will be with them in trouble.  
I will rescue and honor them.

<sup>16</sup> I will reward them with a long life  
and give them my salvation."