**Overcoming fear**

***Definition of ‘terrorism’***

Systematic intimidation as a method governing or securing political or other ends.

**2 Timothy 1: 6 - 9**

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

***Sound mind*** discipline or self-control

* Fear means – timidity, fearfulness or cowardice.

***Galatians***

***5: 22 – 23.***

Fruit of The Spirit does not include fear.

* Power means – Dynamis (miraculous). Compare with Acts 1: 8.
* 1 Timothy 4: 12 – 13 (despise - don’t let anyone think less of you).

***What is fear?***

Spiritual force

* Romans 8: 15 (spirit of bondage - ***slavery***).
* Spirit of the world (1 Corinthians 2: 12)
* Spirit that now works in the children of disobedience (Ephesians 2: 2)
* Spirit of error (1 John 4: 6).

The world is constantly using the language of fear.

* 1 John 4: 18 (fear brings torment).

Fear is always based on a lie.

* John 8: 44.
* Satan’s deceptive power.
* Fear is the substance of things not desired.

**Origins of fear**

Genesis 3: 1 – 10

* Satan can only offer a lie by challenging truth.
* I was afraid because I was naked (afraid means – fearful, to dread).
* Man’s spirit was disconnected from the life God (power, love and a sound mind) and replaced with a spirit of fear.

We are now clothed in righteousness.

* Satan became their “*father*” and man took on sin nature (death). It didn’t take long for the earth to be filled with wickedness, resulting in the flood.
* God responds to nakedness by covering. The blood of Jesus covers.

**How does fear operate in the earth?**

Oppression

A situation in which people are governed in an unfair and cruel way and prevented from having opportunities and freedom

***Luke 13: 10***

The woman was bound by the devil.

* All fear is demonic (Acts 26: 18 - Satan has ***power*** (Exousia) - meaning jurisdiction of authority).

***Deuteronomy 28: 66 – 67.*** God warned Israel that fear would overtake them if they disobeyed Him.

This describes mental health.

* 1 Peter 5: 8 – 9 (devour – swallow or drown).
* John 10: 10.
* Isaiah 54: 14 - 17 (injury, fraud, distress, extortion)

Jesus never hid because of fear. He hid because it was not yet his time.

* Acts 10: 38 (oppress – to exercise dominion against).
* To remain in fear is to remain in slavery or bondage to the devil.
	+ Ephesians 6: 10 -12.
	+ 2 Corinthians 10: 3 – 5.
* Battle ground is the mind - the devil will plant suggestions and speak lies contrary to the Word of God.

**How does fear work**

* The devil’s ultimate objective is to cause people to fear that God’s promises won’t come to pass in their lives (Mark 4: 15 – Satan comes to ***take away*** the word - take it up, remove, make to doubt, cause to cease).

***2 Cor 1: 20 NLT***

For all of God’s promises have been fulfilled in Christ with a resounding “Yes”.

* Every fear is a fear of the failure of one or more of God’s promises.
	+ 2 Peter 1: 2 – 4 NLT. God’s promises cover all life.
* The worlds media is a vehicle by which fear is propagated. The narrative is - fear of man, not God.

 Cares of this world.

* Fear comes by hearing the word of the world.
* Fear is developed through meditating and acting on Satan’s lies.
* Fear demands *compromise*.

***Exodus 17: 8***

God commanded King Saul to destroy Amalek, the first nation to attack Israel during the exodus.

* + Accepting standards that are lower than what is desirable.
	+ Israelites wanted to go back to the bondage of Egypt.
	+ King Saul feared the people and disobeyed God (1 Samuel 15: 1 – 3 & 24). As a result, he lost his right to kingship.
	+ When we bow to fear, our spiritual kingship is compromised.
* Satan supports and develops fear.
* Fear has to be received before it can enter the heart and stop faith (Mark 4: 18 -19 – ***cares*** of this world - anxiety or distraction) (Luke 21: 26 & 34).
* Pay attention to the word, not the world (Proverbs 4: 20).

Don’t take the thoughts saying

* Matthew 6: 25 -31(NLT). All worry is fear based.
* 2 Corinthians 10: 3 - 5 (NLT – human reasoning and false arguments).
* 1 Peter 5: 5 – 7
* Proverbs 3: 5 - 6

Don’t seek truth outside the scriptures.

63 times in the Bible the phrase “***fear not***” is used.

**It is an act of the will to “*fear not*”**

**Romans 8: 31**

If God be for us, who can be against us.

Psalm 118: 6 - 9 (Psalm 23: 4).

The Lord is on my side, ***I will not fear***: What can man do unto me.

I have a choice to operate in fear or in faith (Deuteronomy 30: 19).

The Lord will never leave us nor forsake us:

***Matthew 28: 20***

***Hebrews 13: 5***

Proverbs 29: 25

Fear of man brings a ***snare*** (bait or lure - hook in the nose).

Psalm 3: 5 – 8 (Compare with Proverbs 3: 24 – 26).

Psalms 27: 1 – 3

Psalm 91: 5 – 7 (it shall not come near you).

Psalm 112: 6 – 8

He shall not be ***afraid*** of evil tidings (bad news): his heart is fixed trusting in the Lord. His heart is established.

* An established heart is fully persuaded that what God has promised He is able to perform (Romans 4: 19).
* An established heart does not waver.
* James 1: 5 – 7. An established heart is *’single minded’*.

John 14: 27

Let not your heart be troubled (agitated), ***neither let it be afraid (timid)***. Why, because Jesus has given us His ***peace*** (prosperity, rest, quietness).

* Compare with Luke 12: 51 – 53 (Jesus did not give peace to the world but ***division*** (only used once in Bible – means disunion of opinion & conduct).
* Luke 2: 14 – Glory to God in the highest, and on earth peace, good will toward men.

2 Corinthians 4: 13

We have a spirit of faith which speaks – NO FEAR HERE.

Romans 8: 15

For you have not received the spirit of bondage again to fear; but you have received the spirit of adoption whereby we cry, Abba, father.

Hebrews 2: 14 – 15

And deliver them who through ***fear of death*** were all their lifetime subject to ***bondage*** (*slavery*). The law kept them in fear of death.

***Isaiah 55: 11***

So shall my word be that goes forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I send it.

**Fear tolerated is faith contaminated**

Matthew 8: 18 – 27 (Mark 4: 35 – 41)

* Jesus word had gone out and it would not return void.
* If you are not in rest, you are not in faith.
* Why are you so fearful, oh ye of little faith?
* Fearful means – Timid or dread. Fearful = faithless.
* Jesus rebuked the winds and the sea and it went from a great tempest to a great calm.
* The ship was full of water – to fill entirely. What about the little ships?
* Don’t you care that we perish? Compare with John 10: 11 – “The good shepherd gives his life for the sheep”.
* Love always cares. Love always gives. Love never fails.
* Jesus spoke the end result – what he wanted, not what he had.
* Feared exceedingly – That’s where the root word ‘phobia’ comes from.
* God’s ***blessing*** gives us the authority to speak to natural circumstances and they will obey.

Matthew 14: 25 – 30 (Mark 4: 35 – 41)

* The cried out for fear (Shriek or scream).
* Faith response, be of good cheer (means to have courage).
* Peter walked in the word “come”.
* Fear was the substance of Peter’s undesirable failure. When he ***saw*** the wind, he was ***afraid*** and he ***began to sink***.
* Doubt (waver) and unbelief will always rob us.
* Peter’s miracle began but was never fulfilled due to fear and doubt. He walked by sight and not by faith.
* Jesus is always there to lift us in our hour of trouble or distress. He said he would never leave us nor forsake us. NEVER.

Mark 5: 36 (Jairus)

* Your daughter is dead. Why trouble the master. Death never troubled Jesus.
* Be not afraid, only believe. Jesus immediately responded to that evil report.
* Only believe what you have already declared. Don’t move from your confession of faith.
* Natural circumstances were screaming at Jairus, but he kept his mouth shut.

Luke 5: 8 – 10

Fear caused Peter to tell Jesus to depart from him. Fear is often associated with condemnation, guilt & unworthiness. (Romans 8: 1 – 2).

1 John 4:18

There is no fear in love; but perfect love casts out fear; because fear has torment. He that fears is not made perfect in love.

Simple definition of fear – GOD CAN’T

* Satan Challenges God’s faith giving promises with fear – bringing doubt
* Every fear is a fear of the failure of one or more of God’s promises
* His promises cover all things that pertain to life and godliness (2 Peter 1: 3-4)

A heart filled with the word of God has no room for fear. The promises of God become bigger than the circumstances you are facing.

**The destructive power of fear**

How individuals can make a difference and even be the catalysts for saving lives.

***Romans 8: 14***

For as many as are led by the Spirit of God, they are the sons of God.

Acts 27: 13 – 44 (Paul’s shipwreck)

***1 Cor 2: 14***

But the natural man receives not the things of the Spirit of God…..must be spiritually discerned.

* This was God’s plan for Paul (Acts 23: 11)
* A centurion was assigned to Paul and he treated him well.
* Paul was discerning in spirit. The captain, the owner and the centurion were being led by natural circumstances.
* Feelings are for information, not navigation. The Word and Spirit lead and guide us, not feelings.
* Tempestuous – whirlwind, typhoon, hurricane or cyclone.

Favour was granted to 276 souls because of Paul.

* No ability to navigate by natural means (no sun or starts many days).
* The angel encouraged Paul to “***fear not***”. Take courage.

The Passover and Rahab.

They both provided a spiritual cover.

* God has “***given”*** – to grant forgiveness, to deliver, pardon or rescue. To give graciously or to grant as a favour.
* Paul believed the words spoken to him. Note - Mary the mother of Jesus (Luke 1: 45).
* The only ‘***lifeboat***’ on that ship was Paul the servant of God.
* Now the centurion listened to the wise counsel of Paul.
* Your church can be your lifeboat. Don’t be too quick to abandon ship.
* The soldier’s counsel was to kill the prisoners, but the centurion’s heart was to save Paul.

Fear is dependent on the seen realm. Faith is dependent on the unseen realm.

* In your darkest hour, take communion and give thanks. Consider Jesus, the author and finisher of our faith (Hebrews 12: 2).
* If Paul had succumbed to fear, the ship would have sunk with him and all on board.
* Faith in God overcame fear of destruction and death.
* Although we have given a spirit of power, love and a sound mind, it remains dormant without faith.
* This is the victory that overcomes the world, even our faith (1 John 5: 5).

**Fear is not OK**

Number 13 & 14 (Numbers 32: 6 – 12 & Deuteronomy 1: 19 – 30 NLT).

* It stopped an entire nation from entering the promised land.
* They chose to believe an evil report (e.g. God doesn’t heal today).
* The people lost heart – (discouraged or melted). They were not established on God’s delivering power even though they had seen it with their own eyes.
	+ This is a warning to leaders who are entrusted with God’s word. We must preach the gospel of grace, truth, love and mercy.
	+ Numbers 14: 36 – 38
	+ ***Slander*** means – whispering, defamation or evil report.
	+ Malachi 3: 13 – Your words have been ***stout*** against me – strong or obstinate.

Joshua had 40 years to think about failure. It’s a choice to be strong and take courage.

* + The faith response (Numbers 14: 6 – 9).
* Joshua 1: 5 - 9 – God showed Joshua how to establish his heart.
	+ Three times God commanded Joshua to be strong and courageous.

***1 John 4: 3 - 4***

The greater one lives in us. We are not grasshoppers.

* + God did not want a repeat of 40 years earlier.
	+ Joshua 4: 8 – 11- The people of Canaan feared the Israelites, yet the Israelites feared them because they believed a lie. In their sights they were grasshoppers.

**Fear stops you seeing**

***Hebrews 12: 2***

Looking unto Jesus, the author and finisher of our faith.

(All doubt is fear based)

* John 20: 19 – 29
	+ Fear locks you away and stops the supernatural.
	+ They were glad (cheerful) when they saw the Lord.
* Seeing with natural eyes does not build our faith. Faith in God’s word does.
	+ Jesus said, “Blessed are they that have not seen, and yet have believed”.

***5 Senses***

Sight

Hearing

Smell

Taste

Touch

* + Fear relies on what we can see, hear etc. (five physical senses).
	+ However, natural things are dependent on the spirit.
	+ Faith depends entirely on God’s Word – that’s the established heart.
	+ If faith pleases God, then fear pleases the devil. ***Fear is NOT OK***. It robs us of our faith, bringing doubt and unbelief.
* Mark 5: 22 – Jairus made a demand on Jesus with faith filled words.
	+ Fear tries to leverage off evil reports. They knew Jairus had gone to Jesus seeking a miracle - *Why trouble the master any further*.
	+ Fear ***must*** be replaced with “***only believe***” (Luke 8: 50).

2 Kings 6: 8 - 23 (NLT)

***Psalm 91: 11***

For he shall give his angels charge over you, to ***keep*** you in ***all*** your ways.

The eyes of the body saw danger.

The eyes of faith saw protection.

* Elisha’s servant was only seeing with natural eyes.
* Fear stops you seeing. It stops the supernatural.
* Elisha prayed that his servant’s “***eyes***” would be open to see into the realm of the spirit (supernatural).
* The hillside was ***full*** of horses and chariots of fire – an angelic wall of protection to keep or guard.

***2 Corinthians 4: 4***

The god of this world has blinded the minds of them that ***believe not.***

This is spiritual blindness.

* God’s ability is our inheritance.
	+ What made you is the Word.
	+ What can fix you is the Word.
	+ Seeds of greatness are in every believer.
	+ Faith is positive.
	+ Fear is negative.
* Listening to the voice of the world builds our capacity for fear.
* Listening to God’s Word builds our capacity for faith.
* Satan challenges God’s faith giving-promises with fear filled lies.
* Fear is not natural to the born-again believer. It must be resisted by faith.
* To walk by faith, you must leave the five physical senses behind.

**We have choices**

Deuteronomy 30: 19 (we have a right to choose either life or death).

Faith or fear

Life or death

Love or hate

Peace or anxiety

Health or sickness

Prosperity or poverty

Joy or sadness

Belief or unbelief

Rest or works

Law or grace

Performance or rest.

Faith without action is dead (James 2:17)

Likewise, fear without actions is dead.

Satan cannot do anything to us apart from fear, any more than God can do something for us apart from faith.

**Casting out fear (not just resisting)?**

***Hebrews 5: 14***

Strong meet belongs to them that are of ***full age*** (perfect).

***Submit yourself***

To be under obedience.

To subordinate.

To obey.

Perfect love casts out fear – 1 John 4: 16 – 18

-Fear not

-Be not afraid

-Stop the fear

* Known and believed (*to have faith in*) the love.
* Agape love = God’s love.
* Romans 5: 5
* Love of God has been shed abroad in our hearts by the Holy Spirit.
	+ Shed abroad - pour out, bestow, shed forth or distribute largely.
* Perfect means of full age, completeness or mature

***John 14: 27***

Let not your heart be troubled, neither let it be afraid.

If we are afraid, it is for fear of punishment – not knowing and believing the love.

* Casts out means – to throw outside or throw away or expel.
* Torment means – penalty, correction or punishment.

Faith works by love (Galatians 5: 6)

1 Timothy 1: 7 (Spirit of power, love and a sound mind)

James 4: 7 (1 Peter 5: 9)

* We are not just to resist fear (stand against, oppose or withstand), we are to cast it out.
* We resist steadfast ***in the faith***. (Steadfast means – solid, stable, strong or sure). The shield of faith is the most crucial piece of armour.
* This is the victory that overcomes the world, ***even our faith*** (1 John 5: 4).

Hebrews 4: 1 – 3

* God’s people couldn’t enter into his rest because of unbelief.
* There is a place for healthy fear or reverence toward God and His word.
* When you know and believe the Love of God, you will believe his word.
* Fear cannot remain in a believing heart – it is cast out.

**Who should we fear?**

We should develop a reverent fear of the Lord.

Proverbs 1: 7

Proverbs 9: 10

Psalm 111: 10 - The fear of the Lord is the beginning of wisdom.

**Expressions of fear**

Fear of failure / unworthiness / poor self-image

* Peter with Jesus – Luke 5: 8
* The prodigal son – Luke 15: 18 - 22
* Moses – Exodus 2
* Gideon – Judges 2: 14

Fear of dying

* Hebrews 2: 15

Fear of persecution

* Acts 4: 20 & Acts 5: 28 – 29 & 40 - 42
* Acts 8: 1 - 3

Fear of man

* John 9: 22 - Parents of blind man of feared the religious leaders
* John 12: 42 – 43 – religious loved the praises or men more than the praises of God.