

HOW TO DEAL WITH FEAR

TEXT:II Timothy 1:6-7

LISTEN TO WHAT WRITER SAID It Is A Spirit That Hovers Over Every Home On Earth. Sometimes It Expresses Itself Through Sweaty Palms. In A Moment It Can Tie Your Stomach Into Knots That Take Hours To Undo. It Can Shove A Lump Into Your Throat And Shut Down Your Entire Windpipe. It Can Cause Your Blood Pressure To Rise Like A Rocket And Your Courage To Drop Like A Rock.

If The Shock It Brings Is Strong Enough, The Blood Can Be Cut Off Almost Completely From The Brain Momentarily, Causing A Person To Faint. In Other Cases, It Can Cause The Blood Flow To The Extremities Of The Body To Be Hindered So That A Person Actually Gets "Cold Feet."

This Mysterious Monster Can Even Prove To Be Fatal. Medical Science Has Even Proven That It Can Cause The Cardiovascular Muscles To React In Such A Way That Heart Failure Is The Result, Meaning That People Can Literally Be "Scared To Death."

Jesus, On One Occasion, Taught Us To Fear. "
**(Matthew 10:28) And fear not them which
kill the body, but are not able to kill the
soul: but rather fear him which is able to
destroy both soul and body in hell.**

The Bible Also Teaches That Fear Is Not Always
Foolish. **Proverbs 1:7" The Fear Of The Lord Is
The Beginning Of Knowledge."**

There Is Such A Fear That Is Both Healthy And
Holy.

A Doctor Should Fear That He Might Give A
Wrong DiagNosis, Thus Dooming His Patient.

The Electrician Should Fear The Hot Wire He
Works Close To, Lest It Take His Life.

The Airplane Pilot Should Fear A Terrible
Thunder Storm And Seek To Avoid It, Lest It
Cause His Plane To Crash.

But There Is Also A Spirit Of Fear That Is
Depressing.

A Spirit Of Fear That Is Deceptive;

A Spirit Of Fear That Is Destructive. This Is The
Type Of Fear That Starves Your Faith And Feeds
Your Doubt. It's The Type Of Fear

That Peter Had On The Sea Of Galilee That
Focuses On The Storm And Forgets The Savior.

This Fear Is Both Unhealthy And Unholy And Will Eventually Make You Unhappy. It Is This Kind Of Fear That Paul Is Addressing In This Marvelous Passage Of Scripture.

I. THE FACT OF FEAR

It Should Go Without Saying That Fear Is Not Always Simply A Figment Of Our Imagination. It Is Real.

The Word For Fear Is "**Phobos**." I Was Interested To Read That Psychiatrists And Doctors Have Identified Over 700 Different Kinds Of Phobias.

1. For Example, Acrophobia Is A Fear Of High Places.
2. Claustrophobia Is A Fear Of Enclosed Places.
3. Ergophobia Is A Fear Of Work.
4. Demophobia Is A Fear Of Crowds.
5. There Is Even Phobophobia, Which Is A Fear Of Fear!

Many People Live Everyday Of Their Lives In Fear Of Some kind

Fear Is Simply A Fact Of Everyday Life.

I. THE FACT OF FEAR

II. THE FORCE OF FEAR

I Doubt That There Is Any Human Emotion That Is More Powerful Than That Of Fear. Listen Carefully To How Fear Can Affect Both The Mind And The Body.

A. FEAR VICTIMIZES

Fear Is A Force That Can Dominate Anyone. Do Not Get The Idea That Just Weak, Meek People Are Affected By Fear.

Fear Affects The Rich And The Famous.

Howard Hughes, Who Was The Wealthiest Man In The World When He Was Alive, Was So Afraid Of Germs That He Used Four Boxes Of Kleenex Everyday, Wiping Off Everything He Touched.

Alfred Hitchcock Was Afraid Of Policemen!

Evil Knieval, The Daredevil Stunt rider Is Afraid Of Airplanes.

Fear Also Affects The Powerful.

Joseph Stalin Was So Afraid Of Being Poisoned Or MurDered That He Had Eight Bedrooms Which Could Be Locked Up Like Safes In A Bank, And No One Would Ever Know From One Night To The Next In Which Of These Bedrooms He Would Sleep.

A. FEAR VICTIMIZES

B. FEAR NEUTRALIZES

Jesus One Time Told A Parable Of The Talents And Describe How Three Different Men Had Been Given Different Talents To Invest In The Service Of Their Master, But One Man Simply Buried His Talent In The Ground And Did Nothing With It. And When He Was Asked Why, He Said It Was Because He Was Afraid **(Matt. 25:25 Mt 25:25 And I was afraid, and went and hid thy talent in the earth: lo, there thou hast that is thine.**

A. FEAR VICTIMIZES

B. FEAR NEUTRALIZES

C. FEAR MONOPOLIZES

This Is The Way Fear Works.

First It Begins To Dominate The Thought. And When It Dominates The Thought Then It Dominates The Action Because The Action Is Simply The Result Of The Thought.

It Is At This Point That Fear Becomes A Phobia And Begins To Dominate Every Aspect Of Our Lives.

It controls us to the point that we want rise up and try anything for the Lord Jesus Christ.

A. FEAR VICTIMIZES

B. FEAR NEUTRALIZES

C. FEAR MONOPOLIZES

D. FEAR PARALYZES

Fear Can Take So Much Control Of You That You Become So Afraid To Do Anything That You Wind Up Doing Nothing.

There Was A Farmer Once Who Was Sitting In Front Of His Shack Smoking His Pipe. A Stranger Came By And Said,- "How Is Your Cotton Coming Along?" The Farmer Said "I Don't Have Any Cotton. I Did Not Plant Any Because I Was Afraid Of The Boll Weevil." The Man Said, "Well, How Is Your Corn Doing?" He Said, "I Didn't Plant Any Corn, I Was Afraid Of The Drought." The Stranger Said, "Well, How About Your Potatoes?" The Farmer Said, "I Don't Have Any Potatoes, I Was Too Scared Of The Potato Bugs." The Stranger Said, **"Well Just What Did You Plant? The Farmer Said, "Nothing, I Just Played It Safe."**

In Romans 8:15 Paul Refers To Fear As The "Spirit Of Bondage." Fear Is A Monster That Wants To Become Your Master And Will Make You Its Slave If You Will Let It, If You Right Now Are Living In That Spirit Of Bondage, **If You Have Become A Slave To That Monstrous Master of fear, You Need To Learn A Third Great Truth.**

I. THE FACT OF FEAR

II. THE FORCE OF FEAR

III. THE FREEDOM FROM FEAR

Over 100 Times In 63 verses in The Bible You Hear This Sweet Refrain, "**Fear Not.**" **There are 365 times it is referred to in the bible.**

God Has Given Us Three Weapons That We Now Have That We Can Use To Slay This Monster And Conquer It Forever.

A. THE POWER TO FIGHT FEAR

"For God Has Not Given Us The Spirit Of Fear, But Of Power..." We Have Within Us Right Now Supernatural Power That Is Superior To Any Foe That We Might Face, Including The Devil Himself. **"(I John 4:4) Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.**

Now You Think About It. If God Is Our Father Above Us; And Jesus Is Our Friend Beside Us; And The Holy Spirit Is The Force Within Us – Why Should We Fear Anything Or Anyone? We Should Sing With The Psalmist Of Old, (Psalm 27:1) The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

A. THE POWER TO FIGHT FEAR

B. THE POWER TO FACE FEAR

God Has Also Given Us "**Love.**"

(I John 4:18) There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

Now Understand That This Does Not Refer To My Love For God. Because My Love Is Not Perfect. This Refers To God's Love For Me.

"We Need Have No Fear Of Someone Who Loves Us Perfectly." Let Me Give You One Reason Why You Should Never Fear Anything Again **God Loves You.**

Now If I Know That God Loves Me, Then I Know That He Will Never Allow Anything To Happen To Me But That He Will Work It Out For My Good.

Remember This Difference Between Godly Fear And Un-Godly Fear. Ungodly Fear Is A Fear That God Will Allow Something To Hurt Me, But A Godly Fear Is A Fear That I Will Do Something To Hurt God.

A. THE POWER TO FIGHT FEAR

B. THE POWER TO FACE FEAR

C. THE POWER TO FORGET FEAR

God Has Also Given Us **"A Sound Mind."**

In Other Words, We Not Only Have God's Power And God's Protection, We Have God's Perspective. God Has Given Us A Discerning Mind That We Can See Fear For What It Really Is. Did You Know That So Much Of Our Fear Is Unfounded And Ungrounded?

A University Of Michigan Study Determined

That

60% Of Our Fears Are Totally Unwarranted;
20% Have Already Become Past Activities And Are Completely Out Of Our Control;
Another 10% Are So Petty That They Don't Make Any Difference At All;
Of The Remaining 10% Of Our Fears only 5% Are Real And Justifiable Fears And Of Those We Can't Do Anything About Half Of Them.
So Then A Conclusion Was Only 2% Of Our Fears Are Real.

So Having Said All Of This, Let Me Share With You Three Simple Steps On How To Take These Weapons That We Already Have And Say "Farewell To Fear."

A. Admit Your Fear.

When David Had Been Captured One Time By The Philistines, He Said, **(Psalm 56:3) What time I am afraid, I will trust in thee.**

The Great King Of Israel Admitted He Was Afraid. Pretending You Are Not Afraid Or Pretending Fear Does Not Exist Will Not Solve The Problem. Never Be Ashamed To Admit Your Fear,

B. Activate Your Faith.

God's Answer To Fear Is Faith. You Must Come To The Point Where You Say, "No Matter What Befalls, I Will Trust You."

Above The Mantle Of A Famous Hotel In England Stands This Inscription: "Fear Knocked At The Door. Faith Answered. No One Was There.

C. Acknowledge Your Father.

David Had Said When He Was Afraid He Would Trust God.

But Isaiah, Said, **(Isaiah 12:2) Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.**

The Great Preacher Charles Haddon Spurgeon,
Said,
"The Past You Need Not Fear For It Is Forgiven
You,
The Present You Need Not Fear; It Is Provided
For,
The Future You Need Not Fear; It Is Secured By
The Living Power Of Jesus."

ACC. SAID Your Fears May Look Like
Impenetrable Walls But The Hot Knife Of Faith
Can Cut Through Them As If They Were butter.
So Two Words I Leave With You, These Words
Come From The One Who Proved He Had Power
Over Demons, Disease, Disaster, Depravity And
Death - "**Fear Not.**" With Him At Your Side You
Can Wave Goodbye And Say "Farewell" To Fear.