

Introduction:

- Since the topic today is about fear. I thought I would add some humor to lighten the morning. If you get scared any time today you can come back to a joke.
 - They say people are more afraid of public speaking than they are of snakes. // It doesn't seem to make sense. // I mean, you don't see someone walking through the desert, suddenly shouting, "Watch out! A podium!"
 - "According to most studies, people's number one fear is public speaking. Number two is death. This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy."
 - From a classified ad in an employee newsletter: *"For Sale—Toddler bed, white metal frame, practically new but had monsters under it, \$20."*
 - "See, there were these two guys in a mental hospital... one night they decide they don't like living there any more. They decide they're going to escape! So, they get up onto the roof, and there, just across this narrow gap, they see the rooftops of the town, stretching away in the moon light... stretching away to freedom. Now, the first guy, he jumps right across with no problem. But his friend, didn't dare make the leap. Y'see... he's afraid of falling. So then, the first guy has an idea... He says "Hey! I have my flashlight with me! I'll shine it across the gap between the buildings. You can walk along the beam and join me!" B-but the second guy just shakes his head. He says... He says "Wh-what do you think I am? Crazy? You'd turn it off when I was half way across!" There you go...are you ready to face your fear?"
 - "**Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.**" (Isaiah 41:10, NLT)
- The Fate of Fear Rests With You

I. To Fear Or Not To Fear That Is The Question

- A. Everyone is afraid of something. And everyone faces or has faced fear at different times in your life. We have fear of failure, fear of loss, fear of rejection, fear of the future, fear of people. We all have them. We're afraid of public speaking (#1 fear of most people). Or we're afraid of what people will say about us.
 1. At one time or another, most of us have been gripped with fear.
 2. We have been afraid that things which happened in the past can hurt is in the present.
 3. We have been afraid of what people think, what people will do, what people will say.
- B. Fear is a response to immediate danger; anxiety is a response to unclear or imagined negative possibilities. One of the forms fear takes is that of worry, anxiety. Let just call it what it is "FEAR." When we are afraid of something, we worry over it. As we continually worry, we make life miserable for ourselves, and for those around us.
 1. We seek to control when we are afraid...so we will not be hurt.
 2. We lash out at others when we are afraid...so we won't be hurt first.
 3. We seek to 'medicate' when we are afraid...to take the 'edge' off our fear. I.e. Food, prescription drugs, alcohol.
 4. We become depressed when faced with fear...we retreat into ourselves...alienation.
- C. Is 41 said, Don't be afraid. "**Fear not**" or "**Don't be afraid**" is one of the most repeated phrases, by God, to us in scripture. Actually it comes as a command or a rather forceful encouragement.
 1. I think the reason that God says it so many times to us is this:

- a) He knows our propensity to walk and live in fear. We learned it early in life.
 - b) He knows that it is the enemies number one strategy to get God's people to put distance between them and their Life Source-God. When distance comes between you and God you are no longer able to function. Ie. It is like having a shoulder that comes out of socket. You still have a should, it just does not function.
2. He also says "Don't fear" because He is reminding us of something better, or there is another option! The fate of fear rests with you.

II. What Are My Options?

- A. Live in fear is your first option. Live in Faith is your second. The fate of fear rest with you so let me help you by looking at these options. Let break down how fear operates.
1. Any time you believe a lie you empower the liar (the father of lies).
 - a) *"The thief's purpose is to steal and kill and destroy..."* (John 10:10, NLT)
 - b) That is the thief's job description! Steal from you, kill you, destroy you. Fear kills us, fear destroy us and fear takes what God intends for us away from us.
 - c) So anytime you believe a lie you empower him/thief to do that in your life.
 2. Let me add this thought here: facts are real but they are not truth. There are things that are true but they are not truth. A doctor's report can be true but it is not truth.
 - a) Denying what is true will not help you.
 - b) Dealing with what is true, with Truth will help you.
- B. Anytime you believe the Word you empower God to work in your life. *"...My purpose is to give them (you) a rich and satisfying life."* (John 10:10, NLT)
1. The Word of God is filled with promises.
 2. What we need to remember about a promise given by God is it is already done. In His realm there is no time, it is eternal...it just is! Eternal goes both ways past and future. So a promise spoken by God invokes life for those who believe.
- C. So the devils job is to get your mind off the Truth on to the lie. His job and all of his legions is to get us to focus on fear. The Truth is: *"I, yes I, am the one who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear?"* (Isaiah 51:12, NLT) God is asking us, "Have you noticed how big I am lately?" How big is your God? The devil's job is to make sure you see yourself as a grasshopper.
1. We only worry or get anxious when our problem is bigger than our God.
 2. When I choose worry, I am choosing the inferior over the absolute manifest presence of God who is here to defend me!
- D. The Holy Spirits job is to point you to the Word/Jesus. *"And all your [spiritual] children shall be disciples [taught by the Lord and obedient to His will], and great shall be the peace and undisturbed composure of your children. You shall establish yourself in righteousness (rightness, in conformity with God's will and order): **you shall be far from even the thought of oppression or destruction, for you shall not fear, and from terror, for it shall not come near you.**"* (Isaiah 54:13-14, AMP)
1. Great prayer to pray over your children: "You will be far from oppression!" Why? Because you shall not fear!

2. Note: **thought** of oppression means to be concerned with the abuse of power or authority. It is the burdening, trampling, crushing of those in a lower station in life. T.W.O.T.
3. Oppression begins the moment we make an agreement with a lie (believe a lie) and we allow darkness to influence our emotions and our values. Fear is an oppressor, a tormentor. *"Don't be intimidated in any way by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself."* (Philippians 1:28, NLT) Every time we gain victory over fear we broadcast over hell the impending doom and judgement coming their way. Demons try to get us to fear so they don't have to think about that. Victory over fear announces and remind demons what is coming their way

III. Choose You This Day!

- A. Therefore you are faced with a choice. Am I going to live in fear or live in faith?
 1. How would you treat a friend who lied to you all the time? You would end the friendship.
 2. "How would you treat a friend who lied to you as often as your fears do?" Jack Hayford So we want to break all alliances with fear. How?
- B. Realize you are in fear and ask: "What am I doing?"
 1. Are you entertaining fearful thoughts? Ie. How many have lost sleep over stupid things that kept you up at night? So you do know how to meditate! Now we just need to change the subject. So realize that you are in fear. Recognize the symptoms of fear in your life. Ie. are you always looking for the negative to happen? Symptom
 2. Ask yourself, "What am I doing pertaining to the issue of fear?" What action am I taking? Get growing in love.
 - a) *"Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love."* (1 John 4:18, NLT)
 - b) Perfect love "Full" and "unlimited" love leaves no place for fear (1 Jn. 4:18). This love comes from God (v. 16) in the sending of the Son that removes fear of judgment (v. 10). Kittel, G., Friedrich, G., & Bromiley, G. W. (1985). TDNT(p. 1164). Grand Rapids, MI: W.B. Eerdmans. and in verse 20 it is meant to be given away.
 - c) Perfect love or complete love is the kind of love that God has for us. Therefore we know He is good. To complete that love we have to give it away. Give away what you have received.
 - (1) Go serve someone.
 - (2) Our deliverance begins when we are no longer impressed with the size of our problem. Stop dwelling on your crisis, tragedy, your 'need' for another word, another conference, and start serving someone. Find someone to serve who is worse off than you.
 - (3) If I am believing the lie, I am empowering the liar, and I am only agreeing for him to come steal, kill, destroy.
- C. Realize you are in fear and ask, "What am I thinking?"

1. "I cant afford to have a thought in my head about me that He does not have in his head about me." Bill Johnson.
 2. Take responsibility for what is in your head and in your heart. Find a scripture and 'feed' on it until it produces. IE. read it, write it, say it, sing it., until you get a breakthrough. When you get breakthrough, know you are now tormenting the tormentors. Phil 1:28
 - a) In the Kingdom we rejoice to get joy.
 - b) IE. Paul made the statement, everywhere I go people are trying to kill me. Sounds scary but yet he writes from jail, "Rejoice in the Lord always again I say rejoice."
 - c) So the question is what are you thinking? Praying. Jesus said come to me you who are weary and heavy and I will give you rest. So if you are praying and not leaving refreshed you were probably complaining. If you walk out as frustrated as you went into praying you may want to consider how you are praying.
- D. Realize you are in fear and ask, "What am I saying?"
1. Let the weak say..."**Proclaim this among the nations: "Prepare for war! Wake up the mighty men, Let all the men of war draw near, Let them come up. Beat your plowshares into swords And your pruning hooks into spears; Let the weak say, 'I am strong.' "**" (Joel 3:9-10, NKJV) Strength become reality when it is declare. This is called a confession of faith.
 - a) "**Let us hold tightly without wavering to the (confession NKJV) hope we affirm, for God can be trusted to keep his promise.**" (Hebrews 10:23, NLT)
 - b) "**Do not, therefore, fling away your fearless confidence, for it carries a great and glorious compensation of reward.**" (Hebrews 10:35, AMP)
 - c) IE. Think of Gideon. He take 32k men to battle. God says, send those away who are scared. 22k leave. What are you thinking now as a soldier having watch 2/3 of the army leave?
 2. Get His Word in your head and begin to confess it! Some people right here in this room today are only a declaration away from victory.

Conclusion:

- The fate of fear rests with you. We all have fear(s). But we do not have to let fear be our master or tormentor.
- Realize when you are fearful.
- Ask, "What am I doing?"
- Ask, "What am I thinking?"
- Ask, "What am I saying?"
- Everything we experience in life we process/filter either through love or through fear. 1 John 4:18 By asking those questions you can begin to filter fear out of your life and establish the Word of God in your life.
- Perfect love expels fear.