

Introduction:

- At age 95, Margot Woelk, one of Hitler's 15 food tasters during his habitation at the infamous Wolf's Lair (Hitler's WWII command center in what is now Poland), has decided to purge her conscience. Plagued by decades of guilt and shame, Margot is now telling her story--a story she hid from even her husband and closest friends. "Woelk says her association with Hitler began after she fled Berlin to escape Allied air attacks. With her husband gone and serving in the German army, she moved in with relatives ... in Rastenburg, then part of Germany ... [it] became Poland after the war. There, she was drafted into civilian service and assigned for the next two and a half years as a food taster and kitchen bookkeeper at the Wolf's Lair complex, located a few miles (kilometers) outside the town. "The food was delicious, only the best vegetables, asparagus, bell peppers, everything you can imagine. And always with a side of rice or pasta," she recalled. "But this constant fear – we knew of all those poisoning rumors and could never enjoy the food. Every day we feared it was going to be our last meal." *"Hitler's Food Taster Tells of Poisoning Fears"* By KIRSTEN GRIESHABER, Associated Press, published ABC News, 04/26/13
- **Application:** How delicious life could be... were it not tainted, poisoned by fear, leaving us all in continual fear for the worse. Fear is something that all of us encounter in life and at different levels and for different reasons. That is what I want to talk about this morning: putting fear in its place.

1. What is fear?

- a. **Fear** is an emotion induced by a perceived threat which causes people to quickly pull far away from it and usually hide. It is a basic survival mechanism occurring in response to a specific stimulus, such as pain or the threat of danger. There is the startle reflex fear and the there is the avoidance fear. Fear is found all through the Bible. Ie. Adam and Eve hid from God, Elijah hid from Jezebel, Gideon was insecure and hid, David was afraid, the twelve disciples dealt with fear (drowning, people, abandonment), etc. Worry, anxiety, and unbelief all have to do with fear.
 - i. What is a perceived threat? It could be...
 1. Fear of failure – exam time, evaluation time, performance time, not being good enough-for spouse, coach, in-law, etc.
 2. Fear of - wealthy people have this fear, poor people have it. Poverty is fear of not having enough.
 3. Fear of rejection - Adam and Eve (from God), from spouse, a parent, a friend
 4. Fear of people – related to fear of rejection and other ways they might hurt or embarrass you.
 5. Fear of peers – insecurity, rejection
 6. Fear of 'letting go' children to school, husband to work, teenager to college

- a. control
- b. fear forces people into a place of control. You seek to control so that you do not get hurt.
- ii. Fear is frequently related to the specific behaviors of escape and avoidance. When you start making reservations to be doing something else you are afraid. II. Margot Woelk's job was to eat food (great food) but she couldn't enjoy it because she never knew if it was going to be her last. How would she die? We eat food to live, and we enjoy it, but it would be a curse to eat food expecting to die.

2. The Nature of Fear

- a. ***It is worth noting that fear almost always relates to possible future events that have not yet arrived.*** Therefore most fears are based on lies. When we believe a lie and not the truth fear is most often the result.
- b. Fear breaks down, destroys and paralyzes the human mind, and body.
 - i. le. It paralyzes a person from running from, or jumping from, a burning building.
 - ii. le. It paralyzes a person from making decisions, being creative, and taking initiative.
 - iii. Fear causes people to rob, murder, lie, cheat etc.
- c. Fear is negative faith, believing for bad things.
 - i. Job 3:25 **For the thing I greatly feared has come upon me, And what I dreaded has happened to me.** NKJV
 - ii. With the degree we fear, we bring trouble on ourselves and with the same degree of faith we reverse the process 'roast that chicken' and cause blessing to come upon us. Gr pistis=faith, apistis=unbelief.
 - iii. Faith creates but fear destroys. Job said, **that which I feared the most has come upon me.** His fear steadily increased until finally that which he believed for happened.
- d. Fear is contagious. Avoid people who are always negative and filled with fear. Media is a huge propagator of fear. Some of you need to stop listening to Sean Hannity, and Glenn Beck, or Fox News. At least scale back on your intake.
 - i. Moses was instructed to send the fearful home. Deuteronomy 20:8 **"The officers shall speak further to the people, and say, 'What man is there who is fearful and fainthearted? Let him go and return to his house, lest the heart of his brethren faint like his heart.'** NKJV
 - ii. Judges 7:3 Gideon sent home 20k troop who were afraid. Fear is contagious, you can catch it.
- e. Most fear is ignorance based. In other words it is usually base on someone else's fear.
- f. Fear is progressive:
 - i. Psychologists label fear as:
 1. Alarm
 2. Fight or flight

3. Exhaustion

- a. The three are positive in nature when they help mature us and enable us to survive. I.e. You are crossing the street and a car blows its horn, alarm, fight or flight, exhaustion. When you are safe and your heart rate turns to normal you are healthy.
- b. The problem comes when you live in any one of these three.
- c. Medical science has confirmed that many diseases are caused by fear and are fear related due to the chemical changes that take place in our bodies in times of fear.
- g. Fear is a spirit.
 - i. 2 Timothy 1:7 **For God has not given us a spirit of fear, but of power and of love and of a sound mind.** NKJV
 - ii. What do I do when I am afraid and have nothing to be afraid of?
 - 1. It is a spirit of fear attempting to rob you.
 - 2. It is a word of knowledge, or discerning of spirit intended for intercession or ministering courage to others.

3. Overcoming Your Fear - Seeking, Selling, Sowing

- a. Seeking First Makes You Attractive
 - i. Luke 12:31 But **seek the kingdom of God, and all these things shall be added to you.** NKJV (see also Mt. 6:31-34) This has to do with Putting God First/Abiding in God. This is something you choose to do. Illustration: Rick Warren says, "Worry is the warning light that God is really not first in my life at this particular moment." Because worry says that God is not big enough to handle my troubles. The antidote to worry? Put God first!
 - ii. Get to know God. Get to know Him and not just know about Him. It is amazing what the revelation of His love will do for your heart.
 - 1. **Perfect love casts out all fear!** 1 Jn 4:18
 - 2. Daniel 11:32 **the people who know their God shall be strong, and carry out great exploits** NKJV
 - 3. Luke 10:42 **But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.** NKJV
 - iii. The Kingdom of God is the most valuable thing you can find in this life. In the Kingdom is everything you need:
 - 1. Healing in the Kingdom
 - 2. Peace in the Kingdom
 - 3. Joy in the Kingdom
 - 4. Prosperity in the Kingdom
 - 5. Purpose in the Kingdom
 - 6. Safety in the Kingdom

7. Life is more...than food, clothing, and shelter. Therefore seek the Kingdom.
8. If you seek the kingdom and obtain the Kingdom you become attractive in the spirit and "the things" will come to you because the Father desires to give them to you but desires more that you get the rule of heaven in your life.
 - a. The Kingdom works by faith.
 - b. When you seek the kingdom you become attractive like a magnet to metal.

b. Selling Out Makes All things Possible Lk 18:29

- i. Context is the Rich Young Ruler who cant follow Jesus direction of vs. 22 = Sell all, give to the poor, follow me. Vs. 24-30 It is hard for a rich man to enter heaven. Why? Not because of money but a rich man tends to and is tempted to trust in his wealth. Money puts him in control. Not having it leaves him in fear...because He cant trust God.
- ii. Vs 27 **Things which are impossible with men are possible with God.** NKJV
 1. When does the impossible become possible? When we obtain the Kingdom of God/the rule of God. You have to sell out to God. Ie. Mt. 13 treasure in the field. Sells all to by the field
 2. When you give up all in order to get the Kingdom. = Sold out for Jesus.
 3. The Kingdom is like a man who finds treasure in a field. There is price to pay if you want the kingdom. The kingdom is the most valuable thing you can ever have! Everything you need in this life is in the Kingdom of God.
 - a. It takes faith to not worry and trust God
 - b. It takes faith to sell all and says it all belongs to you Jesus.
 - c. What ever you give up in this life the Kingdom rewards in this life. Luke 18:29-30 **"Yes," said Jesus, "and you won't regret it. No one who has sacrificed home, spouse, brothers and sisters, parents, children – whatever – 30 will lose out. It will all come back multiplied many times over in your lifetime. And then the bonus of eternal life!"** THE MESSAGE:

c. Sowing Seed Pays Heavenly Dividends

- i. Luke 18:22 Give to the poor and you will have treasure in heaven. This is a Kingdom principal. God pays you when you invest in the poor! Sow love, sow kindness, sow joy, etc.
- ii. Mark 12:42-44." **Then one poor widow came and threw in two mites, which make a quadrans. 43 So He called His disciples to Himself and said to them, "Assuredly, I say to you that this poor widow has put in more than all those who have given to the treasury; 44 for they all put in out of their abundance, but she out of her poverty put in all that she had, her whole livelihood** NKJV Notice that she "sold out" and forever is noted by the followers of Christ as the example of living.
 1. Luke 19:8-9 **Then Zacchaeus stood and said to the Lord, "Look, Lord, I give half of my goods to the poor ; and if I have taken anything from anyone by false**

accusation, I restore fourfold." 9 And Jesus said to him, "Today salvation has come to this house, because he also is a son of Abraham; NKJV

4.Lk 12:32 It is my pleasure to give you the Kingdom/rule.

- a. Fear not
- b. It is Gods pleasure, delight, happiness
- c. To give His kingdom to His children.
- d. Therefore, do not be afraid.

Conclusion:

- How delicious life could be... were it not tainted, poisoned by fear, leaving us in continual fear for the worse. You do not have to live that way. You can lay down your fears today. Start dismantling the power that fear has had over your life.
- Are your fears hindering you from becoming what God has called you to be. It's only when we place our trust in God that we are finally able to overcome all our fears.