

Introduction:

- Happy Father's Day
- IE. My father-in-law used to say jokingly to our boys all the time, "I am not scared of the dark. I am scared of what is in it!"
- It is the unknowns, unseens, uncontrollable in life that cause us the most anxiety and stirs up our greatest fears.
- The single most spoken phrase by God to His people in the scriptures is, "Do not be afraid."/"Do not fear."
 - If it is said by God so many times, it must be important for us to hear.
 - I think God said it so much because anything outside of Eden has to be scary.
- Jesus addresses the subject of fear and worry with His disciples on three different occasions. He uses three different words to communicate to us. Those words are: worry, cowardice and panic.

I. Why Do You Worry? Let's approach this by asking two questions, a little question and a bigger question.

A. The little question. In the sermon on the mount, when Jesus began discipling the people in the ways of the Kingdom, He asked this question, "*Why do you worry...?*" (Mt 6:28) Worry is a type of fear and it is a thief that steals from us, especially in relationships. (see Parts 1 and 2)

1. The word worry comes from the Gr word: **μεριμναω, μεριμναω** – "Care":
 - a) "to have concern for someone or something,"
 - b) "to be concerned or anxious,"
 - c) "to be intent on or strive after out of fear,"
 - d) "to be anxiously expectant," wringing of the hands.
 - e) "to brood, speculate, or inquire.": "*The plural, **μεριμναι**, is often used for the cares of life which disturb sleep, from which refuge is sought in love or drink, and which only death can end.* Kittel, G., Friedrich, G., & Bromiley, G. W. (1985). TDNT (p. 584). Grand Rapids, MI: W.B. Eerdmans.
2. Other place this word is used:
 - a) "*Give all your **worries and cares** to God, for he cares about you.*" (1 Peter 5:7, NLT)
 - b) "*The seeds that fell among the thorns represent those who hear the message, but all too quickly **the message is crowded out by the cares and riches and pleasures of this life. And so they never grow into maturity.***" (Luke 8:14, NLT)
 - c) "*When you are arrested, **don't worry** about how to respond or what to say. God will give you the right words at the right time.*" (Matthew 10:19, NLT)
 - (1) To have cares for the world is to fall victim to it. If cares gain control over us, it leads to apostasy. "*Watch out! Don't let your hearts be dulled by carousing and drunkenness, and by the **worries of this life. Don't let that day catch you unaware,***" (Luke 21:34, NLT)
 - (2) "*But the Lord said to her, **My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.***" (Luke 10:41-42, NLT) We must focus on the one thing needful!
3. Back to Mt. 6:25ff. *μεριμνάν* is self-concern relative to the future. The questions: (life more than food, what will you wear, more valuable than birds) show that worry is what is meant.
 - a) It is this that makes worry foolish by fostering the illusion that concern for the means of life can grant security to life itself.

- b) The future is not in our hands. We cannot add one measure (either length of days or stature) by worrying.
 - c) The right course is to seek first the kingdom, and God will see to other things, not removing uncertainty, but taking the worry out of it. A bit of secular wisdom drives home the point in v. 34. It is ridiculous to add tomorrow's worry to that of today. Today has enough worries. Kittel, G., Friedrich, G., & Bromiley, G. W. (1985). TWNT (p. 584). Grand Rapids, MI: W.B. Eerdmans.
- B. The bigger question. Why do you have so little faith?
- 1. piste – faith, reliance, trust, belief.
 - 2. oligo – little prefix on the word faith means 'little', therefore 'little faith'. Other places Jesus uses the word – little faith.
 - a) Mt 6:30 sermon on mount. *"Why do you have so little faith?"*
 - b) Mt 8:26 in the boat, Jesus stands and rebukes the wind and wave then asks, *"Why do you have so little faith?"*
 - c) Mt 14:31 Peter starts to sink, Jesus asks, *"Why do you have so little faith?"*
 - d) Mt 16:8 Jesus warns about the yeast of the Pharisees, the disciples start arguing about not having enough bread...to which Jesus replies, *"Why do you have so little faith?"* He had just fed 5K.
 - e) Mt 17:20 The disciples can't cast out demon, *"Why do you have so little faith?"*
- C. The answer to the questions: Why do you worry? Why do you have so little faith? Is...
- 1. We don't trust you, God.
 - 2. We don't know what God has to say about provision or about...If we are not in faith, then fear will have free reign in our lives.
 - 3. If you are going to shut the door to fear and worry, you have to increase in faith. I trust you are seeing the relationship between worry and little faith.
 - 4. If you are plagued by fear in an area of you life, then you are going to have to know what God says about it and trust Him!

II. Why Were You Afraid? Jesus uses another word for fear, deilos. Again, two questions.

- A. The little question: *"Why were you afraid?"*
- 1. The context of this night starts with a quiet evening boat ride on the lake. When a surprise storm pops up. Jesus is asleep and the disciples wake him. Jesus gets up and He quiets the storm. And with a, "I have just been awakened needlessly from a deep sleep look," Jesus asks His panicked disciples, *"Why were you afraid?"* (Mt 8:26)
 - a) Next time you cry out in fear don't be surprise if God asks, "Why were you afraid?"
 - b) He is telling us that when He is in the boat we are going to the other side. Just make sure Jesus in your boat or at the wheel or on your journey!
 - c) He is the anchor for our souls. Heb 6:19
 - 2. The word for fear used here is: **δειλός**, ἢ, ὄν Gr - afraid: it means "pertaining to being cowardly— a 'coward' is 'one who always runs' or 'one who runs away at nothing.'" Louw, J. P., & Nida, E. A. (1996). Greek English Lexicon of NT (electronic ed. of the 2nd edition., Vol. 1, p. 317). New York: United Bible Societies.
 - 3. IE Cowardly lion, Oz <https://www.youtube.com/watch?v=z2itQkiQUOE>
- B. The bigger question is asked by the disciples: *"Who is this man?"* "Even the wind and waves obey Him!"
- 1. You will not have faith until you know who He is! They are in process of that discovery!
 - 2. Note the difference later in their answers later in Matthew:

- a) When Peter got back into the boat. *"Then the disciples worshiped him. "You really are the Son of God!" they exclaimed."* (Matthew 14:33, NLT) Not only does He calm wind and waves...He walks on water! This God encounter further reveals the authority and character of Jesus. The ones in the boat worshiped Him as they observed the activity of God.
 - b) Simons faith increased because of revelation. God reveals who Jesus is to Simon Peter. *"Simon Peter answered, "You are the Messiah, the Son of the living God.""* (Matthew 16:16, NLT) Flesh and blood did not teach him this. The father did!
 - c) Let the Holy Spirit teach you, bring revelation to you and your faith will soar! "Who is this man?"
3. Who is this man?
- a) He is Savior, He is Deliverer, He is Healer, He is the Bright Morning Star, He is the mystery of heaven, He is the revelation of the Father! He is the keeper of men's souls. He is the strong tower and the righteous run to Him and are saved! In Genesis He is the creator. In Exodus He is the Giver of the law and the parter of the Red Sea. In Leviticus He is the ways of God. In Numbers He is Caleb's excellent Spirit. In Judges He is Samson's strength, Gideon's courage, Deborah's testimony!
 - b) Church we have to get to know Him if we shall win over worry and crush fear.
 - c) When the disciples asked the question, *"Who is this man?"* they were filled with awe over what they just saw. Your pastor calls this type of thing, an encounter.
 - (1) Encounters reveal God to us. Everyone should seek to encounter God.
 - (2) When we encounter Him it is called such because there is something new we find out or learn about God. What you experience in encounter you will discover in the Word.
 - (3) The disciples on the Sea of Galilee, discovered God. ***Only God can calm storms, walk on water, and find a boat in a storm in the middle of the Sea of Galilee at night!*** The awe took them back to the Word! *"Faith begins where the will of God is know and the Word lets us know what to trust him for."* FF Bosworth.
 - d) When you put faith and Word and encounter together you get to know God and not just about God. When you know Him you trust Him. When you trust Him your fears diminish!!! The third time Jesus confronts their fear is in Mt 24:6.

III. Do not panic!

- A. And one time while speaking about the end of the world, He told them, *"Don't panic."*(Mt 24:6)
 - 1. *"And you will hear of wars and threats of wars, but don't panic. Yes, these things must take place, but the end won't follow immediately."* (Matthew 24:6, NLT)
 - 2. Jesus is speaking into the future of a time near the end of the age. And He is pastoring His little flock/disciples by exhorting them and US to not be afraid/panic when these things unfold.
 - 3. The event is not the issue! His concern is how we will respond to the events! He knows we are living outside of Eden and the propensity to fear is great!
 - 4. Hear the heart of Jesus! While speaking of future events He is so concerned about your heart and my heart that we not get into fear!
- B. Jesus in this third exhortation to 'not fear' used another different word for fear.

1. **θροέομαι:** throeomai – to be in a state of fear associated with surprise—‘to be startled. “Ἐθροέω [*Throeō*] means to cry aloud, to scream, and in the passive to be terrified by an Outcry.” Robertson, A. T. (1933). *Word Pictures in the NT* (Mt 24:6). Nashville, TN: Broadman Press.
2. An accurate English word is panic. Panic – Webster, “A sudden unreasoning terror often accompanied by mass flight.” It sounds like screaming, chaos, running, all produced by a sudden fear. In panic people make grave mistakes, get trampled. They think about only one thing – themselves! Their fear causes others to be afraid and chaos begins.
 - a) Terrorism – “is the systematic use of **terror** especially as a means of coercion.” Webster.
 - b) And the biggest terrorist organization we have today is the media. ‘Don’t drink the Koolaid!’ IE. Paul address fake news in his day, *‘don’t be alarmed by some prophecy, report, or letter supposed to have come from us saying that the day of the Lord has already come’* 2 Th 2:2.
- C. How do we not panic? Jesus gives four don’ts in Mt 24 and I will give you their counter part. He says:
 1. Don’t be deceived – instead know the Truth. Truth Himself and His Word.
 2. Don’t be afraid – instead grow in faith now while there is time.
 3. Don’t be offended – instead delight yourself in the Lord.
 4. Don’t let your love grow cold – instead grow in love. Know God’s love personally.
 5. Panic is dangerous and usually causes more problems.
- D. I read a story of a mother of 8 children from Darlington, Maryland. She came home from shopping to find that the house was quieter than usual. As we all know, when children are quiet, that can be a BAD sign. Well, she looked into the middle of the living room and saw 5 of her children sitting around in a circle – very quiet and doing something with something. It seemed innocent enough, so she put down the sacks of groceries and walked over to kids and looked and saw that they were playing with 5 of the cutest skunks you've ever seen. Terrified, she began to scream: “Run children, run!” So each child grabbed a skunk and ran... in 5 different directions. Now, mom’s panicked, and she screamed even louder. This, in turn, scared the children and – as a result – each one of them squeezed their skunk! I’ve been told that skunks don't like to be squeezed! And these skunks were no exception. **APPLY:** Before their mother came home, the children were playing quietly. They were still. There’d been no danger, because they hadn’t frightened the skunks... yet. But once the mom came home and panicked, life got unpleasant really quick. That is what panic does. It is what fear does. Fear stinks, learn its smell and you will find it and be able to get rid of it.

Conclusion:

- We are called as believers to Crush fear!
- Worry, cowardice, and panic are three main types of fear. They are from the pit and are designed to steal, kill and destroy! Jn 10:10.
- Jesus addresses these three types of fear and the common remedy is faith in God.
 - Trust Him to do what He said He will do.
 - Rest in Him! Don’t panic, worry or be afraid.
 - Act with courage.