

Overcoming Fear

School of Prayer

“The beginning of anxiety is the end of faith and the beginning of true faith is the end of anxiety.”

George Mueller

First Mention:

Genesis 3:10

And he said, “I heard the sound of Thee in the garden, and I was ***afraid because*** I was naked; so ***I hid myself.***”

- When we are aware of sin—we have an opportunity
- The Spirit is given to convict concerning sin, righteousness, and judgment—John 16:8-11
- In submission—we can confess—repent—be forgiven—be healed
- Rebellion—will turn us away from God—accusing Him
- Fear—will turn us toward ourselves—our own resources or defenses

Psalm 27:1-3

The Lord is my light and my salvation; whom shall I fear? The Lord is the defense of my life; whom shall I dread? When evildoers came upon me to devour my flesh, my adversaries and my enemies, they stumbled and fell. Though a host encamp against me, my heart will not fear; though war arise against me, in spite of this I shall be confident.

Numbers 14:8-9

If the Lord is pleased with us, then He will bring us into this land, and give it to us—a land which flows with milk and honey. Only do not rebel against the Lord; and do not fear the people of the land, for they shall be our prey. Their protection has been removed from them, and the Lord is with us; do not fear them.

- Isaiah 8:12-14
- Do not fear is a command—so it must be more than an emotion
- This command is often partnered with command: Do not be discouraged

Deuteronomy 20:1-4,8

When you go out to battle against your enemies and see horses and chariots and people more numerous than you, do not be afraid of them; for the Lord your God, who brought you up from the land of Egypt, is with you. Now it shall come about that when you are approaching the battle, the priest shall come near and speak to the people. And he shall say to them, ‘Hear, O Israel, you are approaching the battle against your enemies today. Do not be fainthearted. Do not be afraid, or panic, or tremble before them, for the Lord your God is the One who goes with you, to fight for you against your enemies, to save you....Then the officers shall speak further to the people, and they shall say, “Who is the man that is afraid and fainthearted? Let him depart and return to his house, so that he might not make his brother’s hearts melt like his heart.

- Fear is contagious
- Words stoke fear or faith
- The enemy will always use tactics of fear to guard and control his territory
- His territory is never to include your heart

Zephaniah 3:15-17

The Lord has taken away His judgments against you, He has cleared away your enemies. The King of Israel, the Lord, is in your midst; you will fear disaster no more. In that day it will be said to Jerusalem: "Do not be afraid, O Zion; do not let your hands fall limp. The Lord your God is in your midst, a victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.

- Quit playing 'worse case scenario' with the evil one
- Fear exaggerates an outcome of the enemy's design and minimizes the power of the Living God.

Strategic Truth—New Covenant:

I John 4:16-19

And we have come to know and have believed the love which God has for us. God is love, and the one who abides in love abides in God, and God abides in him. By this, love is perfected with us, that we may have confidence in the day of judgment; because as He is, so also are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because He first loved us.

- Come to know—relational, progressive, transforming
- Love is perfected—brings to completion—maturity
- This is dependent on new commandment given by Jesus—John 13:34-35
- Different than the greatest commandment in the Law—Matthew 22:36-40

Steps to Freedom

Become aware of the presence of fear

Identify the Fear

What are you afraid of?

When did this start?

Acknowledge—Give it a name

Can't fight a vague feeling

Interrogate

Which of your thoughts are producing (reproducing) fear?

How accurate are your perceptions?

Magnify the Lord instead of your fears

Remove the obstacles that block your return to joy