"Overcoming Fear"
Jesus and the 12

- In preparing His disciples for His imminent arrest, trial, and crucifixion, Jesus sought to reassure the twelve by expressing His own confidence:

- “Indeed the hour is coming, yes, has now come, that you will be scattered, each to his own, and will leave Me alone. And yet I am not alone, because the Father is with Me,” (Jn 16:32).
Overcoming FEAR

• Whether real or imagined. Whether already pressing or only potentially so...

  *Fear is an enemy of faith*...

• Some forms of anxiety (e.g., panic disorders), can have a debilitating effect on peoples' lives, both physically and spiritually.
Some FEARS are Healthy

- *Jesus taught us whom to fear and why* –
- *28 “And do not fear those who kill the body, but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell.”*
- *Paul wrote of the need for “fear and trembling” in Phil 2:12*
- “[Brethren] just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling;”
Understanding FEAR

• FEAR DEFINED...

• Again, according to the **Word of God**: FEAR may be defined as “good” or “bad,” “healthy” or “unhealthy” *depending on its object*.

• The writers of **Prov.** make it clear there is a **necessary**, even **healthy** kind of fear *regarding God’s Authority*. 
Proverbs: On FEAR of the Lord

1) The "fear of the Lord" is the beginning of knowledge - Prov 1:7

2) The "fear of the Lord" will cause one to hate evil - Prov 8:13

3) The "fear of the Lord" will prolong one’s life - Prov 10:27

4) The "fear of the Lord" provides strong confidence and is a fountain of life - Prov 14:26-27

5) The "fear of the Lord" prompts one to depart from evil - Prov 16:6

6) The "fear of the Lord" leads to a satisfying life, and spares one from much evil - Prov 19:23

7) The "fear of the Lord" is the way to riches, honor, and life! - Prov 22:4
Oswald Chambers said: "The remarkable thing about fearing God is that when you fear God, you fear nothing else, whereas if you do not fear God, you fear everything else."
WRONG UNHEALTHY Kind of FEAR

- Fear which is groundless.
- Fear which is imagined or concocted.
- Many social and specific phobias fall into this category...
Top 12 Fears Scientific Name

1) Speaking before a group (40%)  **Topophobia**
2) Heights (30%)  **Acrophobia**
3) Insects and bugs (20%)  **Entomophobia**
4) Financial problems (20%)  **Atephobia**
5) Deep Water (20%)  **Bathophobia** (a lot of kids have around bath time)
6) Disease (20%)  **Phathophobia**
Top 12 Fears Scientific Name

• 7) Death (20%)  *Thanatophobia*

• 8) Flying (20%)  *Aerophobia* (you thought is HIGH-drophobia)

• 9) Loneliness (15%)  *Monophobia*

• 10) Dogs (10%)  *Cynophobia*

• 11) Driving/riding in a car (10%)  *Ochophobia*

• 12) Dark (10%)  *Nyctophobia*

Dennis Waitley

F A R
false
evidence
appearing
real
“With exaggerated fears comes an exaggerated sense of doom.”

- **FEAR** can cause us to think that we will never succeed again...

- **FEAR** can even prevent us from enjoying the genuine blessings we already have.

“He who fears death cannot enjoy life.”
(Spanish proverb)

“He who lives in fear will never be a free man.”
(Horace, 65-8 B.C.)
Teenage Poll Reveals Teens FEAR...

• **1) Failing in School** - 44% *(justification for cheating)*

• **2) Loneliness** - 33% *(justification for unwed pregnancy)*

• **3) Not Having a Boyfriend/Girlfriend** *(justification for promiscuity)* - 30%

• **4) Rejection** – *(the justification for numerous illegal and immoral acts/ drug use/vandalism/Violent Hazing/Senior “Pranks”/ etc.)* - 28%
Don’t Give Satan the “Leverage”

• Unless we can overcome the wrong unhealthy kind of fear, the devil will have leverage in his arsenal to use against us.

• If we are going to be victorious over him and also overcome the world, then we will have to understand how...
JESUS HELPS US TO OVERCOME FEAR

• **JESUS TAUGHT THAT FEAR IS INDICATIVE OF LITTLE FAITH...**

• When Jesus’ disciples were fearful of the storm at sea - Mt 8:23-27, *He asked the 12 to HAVE FAITH!*

• When Peter faltered as he went to Jesus walking on the water - **Mt 14:25-33**  *He questioned the 12’s “little faith.”*

• In these and so many other instances Jesus taught the 12 **not to have fearful anxiety** concerning their safety [or] any of necessities of life - **Lk 12:27-32**

• As the Bible teaches us God will not forsake us (**Heb. 13:5**).
"Unhealthy Fear - is simply unbelief parading in disguise."
JESUS ADDRESSES OUR WORST FEAR

• Mt 28:20 - “I am with you **always**, even to the end of the age.”

• Josh 1:9 – “Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your **God is with you** wherever you go.”

• Heb 13:6 **“The Lord is my helper, I will not be afraid. What shall man do to me?”**
Christ’s Victory Over Death= Our Victory

• Heb 2:14-15 reads-
• 14 “Since then the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil;
• 15 and might deliver those who through fear of death were subject to slavery all their lives.”
What About **AFTER** Death?

• **IF** we have been immersed in Him, and if we are living in His grace, walking in His light... **YOU ARE SAVED!**

• John 14:1-3 - "Let not your heart be troubled; believe in God, believe also in Me.

• 2 "In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you.

• 3 "And if I go and prepare a place for you, I will come again, and receive you to Myself; that where I am, {there} you may be also.

• FAITH makes ALL the difference...
For I am already being poured out as a drink offering, and the time of my departure has come.

I have fought the good fight, I have finished the course, I have kept the faith;

in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing.
In Conclusion…

• Someone has rightly said;
• “Where there is faith, fear cannot abide.”
• “Fear and faith cannot keep house together; when one enters, the other departs.”
Harry Emerson Fosdick

• “Fear imprisons, faith liberates;

• Fear paralyzes, faith empowers;

• Fear disheartens, faith encourages;

• Fear sickens, faith heals;

• Fear makes useless, faith makes serviceable (and, most of all),

• Fear puts hopelessness at the heart of life, while Faith rejoices in its God.”
Faith in Jesus Christ is the Victory that Overcomes the World!