

# **Fear**

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## I. Introduction.

- A. The thoughts control the emotions; the emotions do not control the thoughts.
- B. The person without Christ does not have the power of changing thought patterns.
- C. When Jesus comes into a person's life, it is now possible for him to be filled by the Spirit and walking in the Spirit. (1 Corinthians 3; Ephesians 5:18; Galatians 5:16-17)
- D. We can walk in the Spirit.
  - 1. Make being filled with the Spirit a daily priority.
  - 2. Develop a keen sensitivity to sin.
  - 3. Daily study the Word of God for the renewal of your mind. (Ephesians 4:23-24; Romans 12:2)
  - 4. Avoid grieving the Spirit and quenching the Spirit through fear and worry.
- E. We can deal with fear, which is anxiety, doubt, indecision, superstition, withdrawal, loneliness, overt aggression, worry, inferiority, cowardice, suspicion, hesitancy, depression, haughtiness and social shyness.
- F. The enemy of faith is fear.
- G. Fear is the dividing of the mind. (James 1:8)
- H. A lack of rejoicing, prayerlessness and a lack of thanks quenches the Spirit. (1 Thessalonians 5:16; Philippians 4:4)
- I. The first reaction after sin was fear.

## II. The source of fear.

- A. Fear is not of God. (2 Timothy 1:7)
- B. Underlying causes that make us fear prone.
  - 1. Temperament. (2 Corinthians 5:17)
  - 2. Childhood experiences.
  - 3. Excessively strict parents.
  - 4. Negative thinking patterns.
  - 5. Lack of faith.

- a. Living in the wrong direction: the past. (1 John 1:7; Isaiah 43:18)
- b. Living in the wrong direction: the future. (Luke 12:15-16; Matthew 6:44)
- c. God wants us to live in the present.

6. Selfishness.

III. The results of fear.

- A. Emotional illness.
- B. Physical stress.
- C. Social costs.
- D. Discouragement. (Proverbs 15:15, 30)
- E. Inability to please God. (Hebrews 11:6)

IV. The cure for fear.

- A. Face it as sin. (Deuteronomy 31:6; Romans 14:23)
- B. Confess it and repent.
- C. Ask God for victory over fear. (1 John 5:14-15)
- D. Saturate you mind with the Word of God. (Romans 10:17)
- E. Believe God and be thankful.
- F. Repeat the process whenever you are afraid.

V. Conclusion.

**Application questions:**

1. What are some ways that fear manifests itself in your life?

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2. How would you counsel someone struggling with fear?

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3. What do you think the greatest area of fear for Christians is? How can this be addressed on a large scale?

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