

I. FEAR AND THE SPIRIT OF FEAR

- A. Fears is an emotion characterized by alarm, anxiety, concern, awareness of danger. There are legitimate concerns, but we need to bring our cares to God.

(NKJV) 1 Peter 5:6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you.

- B. A spirit of fear is a form of bondage, a stronghold. Fears or phobias cripple us from being effective in serving God.

- C. The only one we're told to fear in the Bible is God himself. It's a reverential fear.

2 Tim. 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

II. PERSONAL TESTIMONY OF FREEDOM FROM FEAR

- Worship God, don't focus on the fear
- Repent and turn from your sin and forgive any people involved.
- Meditate on (and memorize) Scripture, the truth that sets you free.
- Rebuke the spirit of fear, command it to leave in Jesus' name.
- Ask God to strengthen you with His power (Eph 3:16)

III. GOD'S PROVISION IN THE FACE OF FEAR

- A. **Power** (dunamis). God is a God of power. Power over sin, over fear. God is stronger than your fear and what you fear (Acts 1:8; 1 Jh. 4:18; Eph. 3:16)

Acts 1:8 But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

- B. **Love** (agape) Know and trust in God's love.

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Rom. 8:15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

- C. **Self-discipline** (sophronismos) sound mind. Other translations: self-control, sound mind. To think and act properly and orderly (word not used in other Scriptures in the Bible).

Gal. 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law.

- D. The antidote to fear is trust in God.

Psa. 56:3-4 Whenever I am afraid, I will trust in You. ⁴ In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?