

What Do I Do with Fear?

What is Fear?

an unpleasant often strong emotion caused by anticipation or awareness of danger

What is the Use of Fear?

- Fear gives a warning that we might be in danger

Genesis 9:2–3 (NKJV)

And the fear of you and the dread of you shall be on every beast of the earth, on every bird of the air, on all that move on the earth, and on all the fish of the sea. They are given into your hand. Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.

What is the Use of Fear?

- Fear gives a warning that we might be in danger

What to do if you Feel Fear

- Determine if you are actually in danger
- If you are, take appropriate precautions
 - Assess how much danger
 - Assess how necessary the risky action is
 - Make a plan to mitigate or avoid the risk
- If you are not in danger, don't let fear immobilize you
- Either way, do what needs to be done!

Don't let Fear Immobilize You

- Fight false fear

Stinkin' Thinkin' that leads to False or Exaggerated Fear

- Emotional reasoning
- Magnification
- Labeling
- Jumping to conclusions
- Mental filter
- Disqualifying the positive

Stinkin' Thinkin'

"I'm going to make a total fool out of myself."

"This will never work."

"I just know I'm having a heart attack / cancer / some other health disaster."

"They're all laughing at me."

"It's happening all over again!"

"I can't do this."

"No good could come of this."

"I'm doomed to failure."

Philippians 4:8 (NKJV)

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— meditate on these things.

Don't let Fear Immobilize You

- Fight false fear
- Learn from the rat



Genesis 1:26–28 (NKJV)

Then God said, “Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.” **27** So God created man in His own image; in the image of God He created him; male and female He created them. **28** Then God blessed them, and God said to them, “Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.”

Don't let Fear Immobilize You

- Fight false fear
- Learn from the rat
- Learn God's reasons for being unafraid

God's Reasons for being Unafraid

- It is the command and will of God

Jesus says, “Fear Not”

Luke 12:7 – “Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.”

Luke 12:32 - “Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.”

John 14:27 – “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”

God's Reasons for being Unafraid

- It is the command and will of God
- There is Someone greater/better to fear

Isaiah 8:12-13

“Do not call conspiracy all that this people calls conspiracy, and do not fear what they fear, nor be in dread. But the LORD of hosts, him you shall honor as holy. Let him be your fear, and let him be your dread.”

Matthew 10:28

And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.

Revelation 21:8 (NKJV)

But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death.”

God's Reasons for being Unafraid

- It is the command and will of God
- There is Someone greater/better to fear
- God is with us

Deuteronomy 20:1

“When you go out to war against your enemies, and see horses and chariots and an army larger than your own, you shall not be afraid of them, for **the Lord your God is with you**, who brought you up out of the land of Egypt.

Acts 18:9–10

And the Lord said to Paul one night in a vision, “Do not be afraid, but go on speaking and do not be silent, **for I am with you**, and no one will attack you to harm you, for I have many in this city who are my people.”

Isaiah 41:10

fear not, **for I am with you**; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

God's Reasons for being Unafraid

- It is the command and will of God
- There is Someone greater/better to fear
- God is with us
- We can trust in God

Jeremiah 17:7–8 (NKJV)

“Blessed is the man who trusts in the LORD,
And whose hope is the LORD.
For he shall be like a tree planted by the waters,
Which spreads out its roots by the river,
And will not fear when heat comes;
But its leaf will be green,
And will not be anxious in the year of drought,
Nor will cease from yielding fruit.

Psalm 27:1–3 (NKJV)

The LORD is my light and my salvation;
Whom shall I fear?

The LORD is the strength of my life;
Of whom shall I be afraid? ...

Though an army may encamp against me,
My heart shall not fear;
Though war may rise against me,
In this I will be confident.

God's Reasons for being Unafraid

- It is the command and will of God
- There is Someone greater/better to fear
- God is with us
- We can trust in God
- Risk has a reward

Revelation 2:10

Do not fear what you are about to suffer. Behold, the devil is about to throw some of you into prison, that you may be tested, and for ten days you will have tribulation. Be faithful unto death, and I will give you the crown of life.

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