

# Conquering Fear – Study Notes

## Fear

- Fear – definition
  - 1. *A painful emotion or passion excited by an expectation of evil, or the apprehension of impending danger.* (Websters 1828)
  - Notice fear is based on an “expectation” of evil or “apprehension” of impending danger. We are anticipating or expecting something bad “might” happen.
  - Fear can be beneficial in limited scenarios but most of the time we fear, anticipate, and expect bad things that never happen and that fear over hypothetical “what ifs” can be debilitating.
- The natural, chemical response of fear in our body can be a good thing, that is why God gave us the response of fear. Fear can cause us to have a heightened sense of alertness that can be beneficial if we are in a position of danger or other critical situations.
  - Natural fear is what motivates us to run out of a burning building or take shelter during a thunderstorm. Fear can help us identify a situation in which we might be in physical danger.
    - The cause of fear in the brain starts in the area of the brain called the Amygdala, which is the center of emotion. Once we see the sight of a predator, then a response is triggered to “fight or flight”. Our brains are constantly recording information. This data burrows pathways from what we have learned in the past, and we remember the triggers for those fears. When our body senses fear triggers, our body begins to respond with fear.
  - “Fear is a normal response to threat. Like pain, it is a gift of God intended to keep us safe. Feeling guilty for feeling fear in a situation of threat is like feeling guilty for feeling hungry when you haven’t eaten. It’s something your body does, not your will. The challenge is to respond appropriately.”
- You are not alone in feeling fear; everyone does. It’s natural to be fearful. Paul came preaching to the church at Corinth in fear and much trembling. Even the apostle Paul was fearful in service to God and certain situations, but just like us, he had to learn to control that fear.
  - 1 Cor. 2:3 – *And I was with you in weakness, and in fear, and in much trembling.*
  - 2 Cor 7:5 – *For, when we were come into Macedonia, our flesh had no rest, but we were troubled on every side; without were fightings, within were fears.*
- Life without fear would be like life without pain. Pain identifies when there is something wrong so we can try to fix the cause of pain. Fear is similar. Fear has its usefulness but can be extremely destructive in our lives if not managed and controlled.
  - Fear is a beneficial thing, but left unchecked, fear has great “torment” and “bondage” and can be debilitating and crippling to both our physical health and our faithful walk with Jesus Christ.
- It can be very difficult to control the natural, bodily response of fear for some people. After consulting with a medical professional, it might be helpful to use some form of medication to help control the body’s responses to fear and anxiety.
  - Medical help and prescriptions can sometimes help control the body’s harmful responses to fear. However, I would caution against medication being the first treatment when we struggle with fear and anxiety. Many times we seek medical solutions to spiritual

## Conquering Fear – Study Notes

problems. Our first response should be to examine the spiritual causes of our fear, anxiety, and stress – not immediately revert to seeking medication.

- Therefore, it can be beneficial to use medical prescriptions to help control your body's chemical responses to fear, anxiety, and stress. I know I have done this in the past. However, first be sure to examine the possible spiritual causes of these struggles and see what things we can do in a spiritual sense to conquer the source of these fears.

### Fear Not

- In the KJV Bible, “Fear not” or “Be not afraid” is found 103 times in KJV. The word “fear” is found 501 times, and “afraid” 189 times in the KJV.
  - Therefore, fear is a very common struggle, emotion, and topic in the word of God.
  - We all have to learn to control our natural fear and “be not afraid”, and God’s word gives ample instruction for how we can conquer these inevitable fears that tempt our minds.
- Fear not
  - Isaiah 41:10-14 – *[10] Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. [13] For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee. [14] Fear not, thou worm Jacob, and ye men of Israel; I will help thee, saith the Lord, and thy redeemer, the Holy One of Israel.*
    - Why should we not fear? Because God is with you; God will strengthen you; God will help you; God will uphold you with his right hand.
  - Isaiah 43:1-5 – *[1] But now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. [2] When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. [4] Since thou wast precious in my sight, thou hast been honourable, and I have loved thee: therefore will I give men for thee, and people for thy life. [5] Fear not: for I am with thee: I will bring thy seed from the east, and gather thee from the west;*
    - Our eternal security should be a significant reason for not fearing
  - Isaiah 35:3-4 – *[3] Strengthen ye the weak hands, and confirm the feeble knees. [4] Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you.*
  - Deut. 31:6-8 – *[6] Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee. [7] And Moses called unto Joshua, and said unto him in the sight of all Israel, Be strong and of a good courage: for thou must go with this people unto the land which the Lord hath sworn unto their fathers to give them; and thou shalt cause them to inherit it. [8] And the Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.*
  - Josh. 1:5-9 – *[5] There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee. [6] Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them. [7] Only be thou strong and very*

## Conquering Fear – Study Notes

*courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest. [8] This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. [9] Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.*

- Num. 14:8-9 – *[8] If the Lord delight in us, then he will bring us into this land, and give it us; a land which floweth with milk and honey. [9] Only rebel not ye against the Lord, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the Lord is with us: fear them not.*
- Psalm 23:4 – *Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*
  - Why do I fear no evil? Because God's rod and staff comfort and protect me.
- Psalm 46:1-2 – *[1] God is our refuge and strength, a very present help in trouble. [2] Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;*

### The Fear of God vs The Spirit of Fear

- 2 types of fear:
  - 1) "fear of God" – reverential awe of God (reverential love)
  - 2) "the spirit of fear" from the world – timidity and cowardice
- The Fear of God
  - Eccl. 12:13 – *Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.*
    - Man (not just the children of God, but all of mankind) was made with the duty to:
      - 1) fear God, and 2) keep his commandments.
      - Man was made with a perfect fear of God in the garden of Eden. However, that purity of godly fear was corrupted when Adam chose to disobey God's commands.
      - Then, when they disobeyed God's commandments, then Adam and Eve experienced "the spirit of fear" for the first time, which caused them to hide from God in sinful fear, instead of walking in the fear of the Lord in perfect fellowship with God.
    - We are not "afraid" of God, but we "reverentially fear and love" God.
    - A proper reverence and love and fear of God will lead us to obey God's commandments because we desire to be obedient to our Heavenly Father
  - Deut. 10:12 – *And now, Israel, what doth the Lord thy God require of thee, but to fear the Lord thy God, to walk in all his ways, and to love him, and to serve the Lord thy God with all thy heart and with all thy soul.*
    - Here we see the connection between the fear of God and the love of God. We display a "reverential love" of God when we respect God as our Heavenly Father, and we love him enough to be obedient to his commandments and to serve him.

## Conquering Fear – Study Notes

- That is why “perfect love” casts out fear (1 John 4:18) because when we love God perfectly, we will reverence him (not fear the world) and thus give the spirit of fear no foothold. But when we are distracted and let the “reverential love” of God slip in our minds, then the spirit of fear will creep in and cause torment.
- Our love and fear of God causes us to desire to serve him acceptably with reverence and godly fear.
  - Heb. 12:28 – *Wherefore we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve God acceptably with reverence and godly fear.*
- A proper fear and “reverential love” of our Heavenly Father will make us love the things he loves and hate the things he hates. We desire to obey God’s commandments, and thus the expression of godly fear is that we hate evil, pride, arrogancy, the evil way, and the forward mouth.
  - Prov. 8:13 – *The fear of the Lord is to hate evil: pride, and arrogancy, and the evil way, and the forward mouth, do I hate.*
- (We will consider the fear of God more in depth in a later section – see page 18)
- The spirit of fear
  - 2 Tim. 1:7 – *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*
    - “fear” – this Greek word means “timidity, cowardice, fearfulness”
      - The opposites of these are “boldness, courage, and faith”, which come from God.
    - When we are fearful, nervous, or anxious, we need to pray for God to fill us with His Spirit of power, of love, and of a sound mind (wisdom).
  - This spirit of fear comes from Satan, not from God.
    - Satan works in fear.
      - Neh. 6:9,13,19 – Neh. 4:14
      - If we are afraid, our hands will be weakened from the work of the kingdom. (Isaiah 35:3-4)
    - The spirit of fear will cause “bondage” and “torment” – those two things come from the devil, not from God.
      - In contrast, the Lord and the Holy Spirit always provides “liberty” (2 Cor. 3:17) – not bondage – and “peace” (Phil. 4:7) – not torment.
  - The love of God is the foundation that casts out fear (1 John 4:18), if we see God’s love demonstrated towards us eternally, that he willingly offered the One most dear to him, that he gave his only Son for our sins, based on that demonstration of his love towards us, we should never fear that he will forsake us, because if he was willing to pay the ultimate sacrifice eternally for our sins then he will certainly not abandon us now.
- Effects of the spirit of fear
  - **Bondage** – the spirit of bondage to fear
    - Rom. 8:15 – *For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.*
      - The spirit of bondage to fear is contrasted here with the Spirit of adoption sent by God in the new birth.
      - The natural spirit of this world leads us to “fear”, not to the peace of God.
    - The fear of death makes us “subject to bondage”.

## Conquering Fear – Study Notes

- Heb. 2:15 – *And deliver them who through fear of death were all their lifetime subject to bondage.*
- The Spirit of God gives “liberty”, never causes the “bondage” of the spirit of fear.
  - 2 Cor. 3:17 – *Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.*
- The truth of God gives freedom, to be free from the bondage of the spirit of fear
  - John 8:32,36 – [32] *And ye shall know the truth, and the truth shall make you free. [36] If the Son therefore shall make you free, ye shall be free indeed.*
- **Torment** – fear has torment
  - 1 John 4:18 – *There is no fear in love, but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.*
  - Fear can be a punishment and judgment from God. If we live in sin, then God will take away all peace from our soul, and we will live in perpetual, unrelenting fear.
    - Deut. 28:65-66 – [65] *And among these nations shalt thou find no ease, neither shall the sole of thy foot have rest: but the Lord shall give thee there a trembling heart, and failing of eyes, and sorrow of mind: [66] And thy life shall hang in doubt before thee; and thou shalt fear day and night, and shalt have none assurance of thy life.*
  - There will be crippling, debilitating fear in the last days of the earth.
    - Luke 21:26 – men’s hearts “*failing them for fear*”
- Fear can be contagious. Therefore, if any men were “fearful and fainthearted” they were sent home to not let fear take hold and grow and spread among the army
  - Deut. 20:8 – *And the officers shall speak further unto the people, and they shall say, What man is there that is fearful and fainthearted? let him go and return unto his house, lest his brethren's heart faint as well as his heart.*
  - Judges 7:3 – In Gideon’s army, he sent home 22,000 soldiers who were fearful and afraid
    - There is no room for fear as soldiers of Christ in the spiritual battlefield in the kingdom of God (2 Tim. 2:3-4) because our weakness and fear can cause others to stumble as well.
- 4 specific ways in which the spirit of fear manifests itself in our lives:
  - 1) Fear of the unknown
  - 2) Fear of being overwhelmed (stress)
  - 3) Fear of man
  - 4) Fear of death

# Conquering Fear – Study Notes

## 1) Fear of the Unknown

- Anxiety – definition
  - 1. *Concern or solicitude respecting some event, future or uncertain, which disturbs the mind, and keeps [the mind] in a state of painful uneasiness.* (Websters 1828)
  - This “anxiety” is caused by a fear of the unknown – the fear of something that might occur in the future disturbs the mind and keeps our mind in a state of painful uneasiness.
    - This fear that causes anxiety is not based on real events, but instead based an expectation of what I think some “future or uncertain” event that “might” happen. That expectation and assumption of the future is what causes fear, and it certainly disturbs the mind and causes painful uneasiness.
  - Faith in God should help ease the fear of the unknown and anxiety. If we truly trust that God’s grace is sufficient for whatever tomorrow holds, then it will absolve the fear of the unknown and fear of future and deliver us from this painful uneasiness of the mind.
  
- The fear of the unknown is the fear of “WHAT IF?” – the fear of what “MIGHT” happen
  - Fear of what “might” happen;
    - Fear of a million different hypothetical scenarios that most likely will never come to pass
      - Much of this fear of the unknown is based on my own expectations or assumptions about what “might” happen, not dealing with the reality of each situation as they arise.
    - Fear of what I think that people “might” think, fear of what people “might” say
      - We reach assumptions about how people might react, might say, might get upset, etc. We need to deal with the reality of each situation as they actually occur, and God will give us grace sufficient to deal with the actual needs of every day.
  - Fear of the future
    - The fear caused by our “expectation” or “assumption” of what “might” happen later today or tomorrow or months or years from now.
      - If we live in fear of what might happen in the future, that is a lack of faith and trust in God to provide grace sufficient and daily bread for what might come tomorrow.
    - Matt. 6:34 – *Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.*
      - We cannot take excess thought (worry) for tomorrow or the future because sufficient unto the day is the evil thereof.
      - There’s plenty of real problems to deal with today. We cannot also bear the burden of what might happen in the future. Today’s real problems plus the fear of what might happen tomorrow will crush us.
    - Prov. 27:1 – *Boast not thyself of to morrow; for thou knowest not what a day may bring forth.*
      - While we can make reasonable plans for tomorrow, we also have no idea what may come today that might impact our plans tomorrow. Therefore, we ought not boast of what we will do tomorrow, but instead simply defer that if the Lord will, I will do this or that.
    - James 4:13-15 – *[13] Go to now, ye that say, Today or to morrow we will go into such a city, and continue there a year, and buy and sell, and get gain: [14]*

## Conquering Fear – Study Notes

*Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away. [15] For that ye ought to say, If the Lord will, we shall live, and do this, or that.*

- We can make plans for the next year, but ultimately things can change on a dime. Therefore, we say if the Lord will, then we will do this or that.
- We have to bring every thought into captivity to not let our minds be consumed with fearful and doubtful thoughts of hypothetical scenarios that might never come to pass.
  - 2 Cor. 10:5 –  *Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.*
    - Our thoughts will naturally gravitate to worry, anxiety, and fear of what might happen in the future. We have to bring those thoughts into captivity and control them and replace those thoughts with thinking about things that are “*true, honest, just, pure, lovely, good report, virtuous, and praise worthy*” (Phil. 4:8)
  - Phil. 4:6-7 – *[6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*
    - If we are diligent to offer our fear of the unknown over to God in prayer (v.6), then the peace of God with passes all understanding shall “keep” our hearts and minds through Christ (v.7)
    - The peace of God will “keep” – guard, protect, defend – your heart and mind from the debilitating torment and bondage of fear when we trust God and cast our fears upon him in prayer.
- The fear of the unknown or the fear of what might happen is a lack of faith in God’s will and lack of faith in the God who holds tomorrow in his hands.
  - Our faith in God’s provision, faith in God’s grace sufficient and daily bread should quench debilitating tormenting fear about the future.
  - The main remedy for our fear (not knowing what will happen or if God will be faithful to us) is our eternal salvation that Paul emphasizes in 2 Tim. 1:9 (just two verses after the spirit of fear in 2 Tim. 1:7).
    - If God did not forsake us eternally, when we were in a totally helpless condition (Ezek. 16:1-8) and enemies toward him (Rom. 5:10), then we should never doubt that he will provide for us temporally, especially as he has promised he would never leave us or forsake us (Heb. 13:5).
    - Faith is based on evidence, and if we have evidence that Jesus did not forsake us, but had compassion on us to save us eternally, we should have supreme confidence, based on that evidence, that God will never forsake us temporally, here in this world.
- Don’t fear what might happen because God has promised to care for our needs.
  - Matt. 6:25-34
    - *[25] Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?*

## Conquering Fear – Study Notes

- *[26] Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?*
- *[27] Which of you by taking thought can add one cubit unto his stature?*
- *[28] And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:*
- *[29] And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.*
- *[30] Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?*
  - Don't fear about where your clothing or food will come from "O ye of little faith", because God has promised he will provide all your needs
- *[31] Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?*
- *[32] (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.*
- *[33] But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*
- *[34] Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.*
- Phil. 4:19 – *But my God shall supply all your need according to his riches in glory by Christ Jesus.*
- Luke 12:6-7 – *[6] Are not five sparrows sold for two farthings, and not one of them is forgotten before God? [7] But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.*
- I Know Who Holds Tomorrow (hymn – OSH #462)
  - Verse 1 – I don't know about tomorrow, I just live from day to day. I don't borrow from its sunshine, For its skies may turn to gray. **I don't worry o'er the future, For I know what Jesus said, And today I'll walk beside Him, For He knows what is ahead.**
  - Chorus – **Many things about tomorrow, I don't seem to understand; But I know who holds tomorrow, And I know who holds my hand.**
  - Verse 2 – Every step is getting brighter, As the golden stairs I climb; Every burden's getting lighter; Every cloud is silver lined. There the sun is always shining, There no tear will dim the eye, At the ending of the rainbow, Where the mountains touch the sky.
  - Verse 3 – I don't know about tomorrow, It may bring me poverty; But the one who feeds the sparrow, Is the one who stands by me. And the path that be my portion, May be through the flame or flood, But His presence goes before me, And I'm covered with His blood.



# Conquering Fear – Study Notes

## 2) Fear of Being Overwhelmed (Stress)

- Stress – definitions:
  - 1) *pressure or tension exerted on a material object (ie the distribution of stress is equal across the bar of steel), 2) a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances* (Google)
    - Notice how the 1<sup>st</sup> definition sets the tone for the 2<sup>nd</sup>. The pressure or tension exerted on an object that can cause it to break – too much stress upon an object can cause the object to break (like the bar of steel).
      - Stress (like fear) can be a positive thing in limited situations because it heightens our focus and alertness to where we can do things we might not if we weren't stressed.
        - The mother lifting a car, etc.
    - If we allow too much pressure to build on us, just like with any object, we will break as well.
      - We have to release pressure and distribute stress by casting our care upon God and allowing Christ to bear the yoke with us.
- Stress is a result of fear – Stress is the pressure and fear that the obligations and responsibilities upon us are more than we can bear.
  - Stress is a fear that God that will not provide for me to hold up under all the pressures, obligations and responsibilities of life.
  - Stress is doubting that God's grace will be sufficient for our daily needs.
    - God has promised us "*grace sufficient*" for our daily needs (2 Cor. 12:9)
      - Actually, he's promised us even more – "*grace for grace*" (John 1:16) and "*more grace*" (James 4:6) and grace that "*much more abounds*" (Rom. 5:20)
  - If we have prayed for "*our daily bread*" in the morning (Matt. 6:10), we should not doubt that God will provide us the grace we need for our daily obligations, that he will provide for our daily bread
    - Excessive stress can cause us to doubt that God will provide what we need to meet the obligations of the day and provide our daily bread and grace sufficient.
    - So many of these fears grow and build upon one another
      - One reason we may feel overwhelmed today is because of the fears of the unknown, fear of what might happen, and the fears that the pressures of tomorrow are more than we can bear.
      - That is why we have to commend tomorrow and the future over to God in faith. If we try to take the pressures and our fears of tomorrow upon ourselves today, then we will fold under the stress
        - Matt. 6:34 – that is why we don't take the burdens of tomorrow on ourselves today. Take no thought for the morrow, sufficient unto the day is the evil thereof
  - Our faith in God's provision, faith in God's grace sufficient and daily bread should quench debilitating tormenting fear. We should trust that God will provide for our needs on a daily basis, and then that should absolve our fear.

## Conquering Fear – Study Notes

- When we feel overwhelmed (feel that the stress of life is greater than we can bear), it should lead us to prayer, and to humbly submit to God's strength in our weakness.
  - Ps. 61:1-2 – *[1] Hear my cry, O God; attend unto my prayer. [2] From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.*
    - When our heart is “overwhelmed”, that should lead us to prayer first.
      - Ps. 142:1-3 – *[1] I cried unto the Lord with my voice; with my voice unto the Lord did I make my supplication. [2] I poured out my complaint before him; I shewed before him my trouble. [3] When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me.*
      - Ps. 143:1-4 – *[1] Hear my prayer, O Lord, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness. [4] Therefore is my spirit overwhelmed within me; my heart within me is desolate.*
    - Then, in our broken state, overwhelmed, realizing the pressures of life are too great for me to bear, that should “*lead me to the rock that is higher than I*”
      - It is not in our best interest to falsely believe we are sufficient to hold up under all the stress and pressures of this life. God knows – and we have to learn – that if we keep the stress of this life on our shoulders, we will break.
      - Therefore, we need to learn the same lesson as the Apostle Paul with his thorn in the flesh. He felt his insufficiency to bear up under this painful burden. He felt his weakness.
        - That led him to rely on Christ's strength, not his own strength. His own insufficiency to bear up under life's stresses lead him to rely on Christ's strength in his weakness.
        - 2 Cor. 12:9-10 – *[9] And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. [10] Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.*
      - We can do all things through Christ's strength working in me, not through my own strength.
        - Phil. 4:13 – *I can do all things through Christ which strengtheneth me.*
- When we are overwhelmed with all the stresses and cares of this life, we have to cast all our care upon God and allow Christ to help bear the yoke of the burdens of this life.
  - We all have a yoke, stresses, burdens and cares in this world. The question is do we try to bear that yoke ourselves in our own strength? Or do we give that yoke up to Christ and allow him to bear that yoke for us?
    - If we do give the yoke of life's stress up to Christ, then Christ's yoke is easy and his burden is light. We will still have burdens, but those burdens are now “light”, instead of stressful and heavy. Then, when we take Christ's yoke upon us, then we shall find “rest unto our souls”
    - Matt. 11:28-30 – *[28] Come unto me, all ye that labour and are heavy laden, and I will give you rest. [29] Take my yoke upon you, and learn of me; for I am meek*

## Conquering Fear – Study Notes

*and lowly in heart: and ye shall find rest unto your souls. 30) For my yoke is easy, and my burden is light.*

- Casting all your care on God
  - 1 Pet. 5:7 – *Casting all your care upon him; for he careth for you.*
  - Ps. 55:22 – *Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.*
- We cast our cares upon God in prayer
  - Phil. 4:6-8 – *[6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. [8] Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*
- God will be with us when we pass through the rivers, they will not “overflow” us because God is with us in the midst of the waters.
  - Isaiah 43:1-2 – *[1] But now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. [2] When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.*
- God will not suffer you to be fully overwhelmed and crushed with the stress of this life. God is faithful and will make a way to escape, to give you strength to bear the burdens of this life.
  - 1 Cor. 10:13 – *There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*
- Psalm 102 – a prayer for the overwhelmed
  - The subtitle for Psalm 102 says “A Prayer of the afflicted, when he is overwhelmed, and poureth out his complaint before the Lord”
    - If we are afflicted and overwhelmed, we need to pray unto God and pour out our complaint unto the Lord. If we don’t know how to pray in that moment, Psalm 102 might be a good prayer to read aloud as a prayer to express our heart to God when we are overwhelmed

## Conquering Fear – Study Notes

### 3) Fear of Man

- Fear of man
  - Prov. 29:25 – *The fear of man bringeth a snare: but whoso putteth his trust in the Lord shall be safe.*
  - Psalm 118:6-11 – *[6] The Lord is on my side; I will not fear: what can man do unto me? [8] It is better to trust in the Lord than to put confidence in man. [9] It is better to trust in the Lord than to put confidence in princes. [10] All nations compassed me about: but in the name of the Lord will I destroy them. [11] They compassed me about; yea, they compassed me about: but in the name of the Lord I will destroy them.*
  - Rom. 8:31 – *What shall we then say to these things? If God be for us, who can be against us?*
  - Matt. 10:17-28 – *[17] But beware of men: for they will deliver you up to the councils, and they will scourge you in their synagogues; [22] And ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved. [26] Fear them not therefore: for there is nothing covered, that shall not be revealed; and hid, that shall not be known. [28] And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.*
  - Psalm 31:13-14 – *[13] For I have heard the slander of many: fear was on every side: while they took counsel together against me, they devised to take away my life. [14] But I trusted in thee, O Lord: I said, Thou art my God.*
  - Heb. 13:5-6 – *[5] Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. [6] So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.*
  - Isaiah 51:7 – *Hearken unto me, ye that know righteousness, the people in whose heart is my law; fear ye not the reproach of men, neither be ye afraid of their revilings.*
  - Psalm 56:4,11 – *[4] In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me. [11] In God have I put my trust: I will not be afraid what man can do unto me.*
  - Ps. 3:6 – *“I will not be afraid of ten thousands of people”* because God is my shield and the lifter up of my head (v.3), God heard my prayers (v.4), and salvation belongs unto the Lord (v.8).
- “Whom” shall I fear? There is no person – no “who” – that should make us afraid with God on our side.
  - Psalm 27:1 – *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?*
  - Rom 8:31-39 – *[31] What shall we then say to these things? If God be for us, who can be against us? [33] Who shall lay any thing to the charge of God's elect? It is God that justifieth. [34] Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. [35] Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? [38] For I am persuaded, that*

## Conquering Fear – Study Notes

*neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, [39] Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.*

- Problems encountered when the fear of man dictates and controls our decisions instead of the fear of God.
  - Many did not confess Jesus because they were afraid of the Jewish leaders and afraid of being cast out of the synagogue – John 7:13 & John 9:22
  - Peter got afraid when others accused him of knowing Jesus, and his fear caused him to deny the Lord three times – Matt. 26:69-75
  - Abraham lied to Pharaoh because he was afraid of being killed, instead of trusting God's promise that he would have a great seed – Gen. 12
  - Isaac lied to Abimelech because he was afraid they would kill him and take Rebekah, instead of trusting in God's protection – Gen. 26:7
    - Isaiah 57:11 – *And of whom hast thou been afraid or feared, that thou hast lied, and hast not remembered me, nor laid it to thy heart? have not I held my peace even of old, and thou fearest me not?*
  - Fear of not doing the acceptable thing to his lord (who was "austere", very strict and harsh), led to the servant not doing anything, and that poor decision was motivated by the fear of his master – Luke 19:21-22
  - Even the wicked Pharisees feared making the people upset by denouncing John as a prophet; their lack of an answer was determined by fear of the people, not by the truth of John's witness. (Even unregenerate men's decisions are influenced by the fear of man) – Matt. 21:26-27
  - Many more examples of sin and foolish decisions made when we get afraid
  
  - Even in the face of natural danger
    - Israel was conquering Canaan, a land that had giants for warriors and the enemy had much more skilled fighters; however, despite the fact they were physically overpowered by the enemy, Israel was commanded to trust in God for the victory and He gave them triumph over even the giants
      - Deut. 3:2,22
      - Josh. 10:8

### Fear of Man's Opinions

- The fear of man
  - Fear of what man will think about me.
  - Fear that other people will think I'm stupid or a failure
- If we are more concerned about what man and others think about me than about what God thinks about me, then I will be prone to allow that fear of other men's opinions dictate my actions, instead of the Lord and his word dictating my actions.
  
- God Pleasers, Not Man Pleasers
  - We must learn to be content to please God, and not to please men.
    - If we fear the disapproval of men more than the disapproval of God, then we will soon fall into sin and compromise.

## Conquering Fear – Study Notes

- “If we can have the approbation of God, together with a placid conscience, we can afford to be indifferent to the opinions of men, whether they commend or condemn. If we cannot reach this point, we are babes and not men.” C.H. Spurgeon
- Gal. 1:10 – *For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ.*
- 1 Cor. 4:1-4 – *[1] Let a man so account of us, as of the ministers of Christ, and stewards of the mysteries of God. [2] Moreover it is required in stewards, that a man be found faithful. [3] BUT WITH ME IT IS A VERY SMALL THING THAT I SHOULD BE JUDGED OF YOU, OR OF MAN’S JUDGMENT: yea, I judge not mine own self. [4] For I know nothing by myself; yet am I not hereby justified: but he that judgeth me is the Lord.*
  - We cannot let the opinions of men be the primary determining factors in our lives. We should still be kind and courteous. Listen to others’ opinions and stand up for truth as we have opportunities to defend ourselves.
  - But we much approach this attitude with great HUMILITY, knowing that we can be wrong and develop pride and a hard heart, thinking we can never be wrong.
  - We should not totally ignore the opinions of men. We should acknowledge them, and make personal changes if the criticism is valid. But in comparison to the opinion of God, we count it a VERY SMALL THING to be judged of men
  - We are ultimately concerned with the opinion of God upon our actions and life, not the opinions of men
- Rom. 14:4 – *Who art thou that judgest another man’s servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand.*
- 1 Thess. 2:4-6 – *[4] But as we were allowed of God to be put in trust with the gospel, even so we speak; not as pleasing men, but God, which trieth our hearts. [5] For neither at any time used we flattering words, as ye know, nor a cloke of covetousness; God is witness: [6] Nor of men sought we glory, neither of you, nor yet of others, when we might have been burdensome, as the apostles of Christ.*
- 2 Tim. 4:2 – *Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine.*
- Acts 5:29 – *Then Peter and the other apostles answered and said, We ought to obey God rather than men.*
- We are all prone – even the Apostle Peter – to allow the fear of men, and the fear of other men’s opinions affect how we conduct ourselves, and we can sin
  - Gal. 2:11-14 – *[11] But when Peter was come to Antioch, I withstood him to the face, because he was to be blamed. [12] For before that certain came from James, he did eat with the Gentiles: but when they were come, he withdrew and separated himself, fearing them which were of the circumcision. [13] And the other Jews dissembled likewise with him; insomuch that Barnabas also was carried away with their dissimulation. [14] But when I saw that they walked not uprightly according to the truth of the gospel, I said unto Peter before them all, If thou, being a Jew, livest after the manner of Gentiles, and not as do the Jews, why compellest thou the Gentiles to live as do the Jews?*
    - Peter’s fear of man and the fear of being ostracized by legalistic brethren who were in the wrong caused him to sin.
    - The fear of man can cause us to sin and to show favoritism and partiality and hypocrisy very easily.

## Conquering Fear – Study Notes

- We have to have enough faith to entrust our reputation to God in faith. Even if men view us negatively, then that's okay if the Lord approves of us
  - We are made a spectacle unto the world, to angels, and to men (1 Cor. 4:9)
  - We are fools for Christ's sake, but ye are wise in Christ (1 Cor. 4:10)
  - We are despised, but ye are honorable (1 Cor. 4:10)
  - Being reviled, we bless (1 Cor. 4:12)
  - Being persecuted, we suffer it (1 Cor. 4:12)
  - Being defamed, we intreat (1 Cor. 4:13)
  - We are made as the filth of the world, and are the offscouring of all things unto this day (1 Cor. 4:13)
  - By honour and dishonour (2 Cor. 6:8)
  - By evil report and good report (2 Cor. 6:8)
  - As deceivers, yet true (2 Cor. 6:8)
  - As unknown, yet well known (2 Cor. 6:9)
  - Some people said Paul was rude in speech (2 Cor. 11:6), his speech contemptible and his bodily presence was weak (2 Cor. 10:10)
  - Some slanderously reported that Paul believed and affirmed things that were not true (Rom. 3:8)
- In all this, Paul considered these false assumptions and rumors about him to be A VERY SMALL THING to be judged of men's judgment (1 Cor. 4:3)
  - God will defend our reputation – God is faithful enough to entrust with our reputation. He can defend us and our reputation much better than we could ourselves.
- But the Lord approved of Paul's ministry. That is why despite the false things that people said or assumed about Paul, he was able to view these things as "a small thing" to be judged of man's judgment (1 Cor. 4:3)
- Be not afraid of the faces or looks of men
  - Jer. 1:8 – *Be not afraid of their faces: for I am with thee to deliver thee, saith the Lord.*
  - Ezek. 3:8-9 – *[8] Behold, I have made thy face strong against their faces, and thy forehead strong against their foreheads. [9] As an adamant harder than flint have I made thy forehead: fear them not, neither be dismayed at their looks, though they be a rebellious house.*

### Fear of Governmental Authorities

- One specific aspect of the fear of man that can cripple our faith is our fear of the persecution of governmental authorities
  - This stems from the fear of man
  - But also might stem from the fear of death
- Fear of man, specifically the fear of government authorities
  - 1 Peter 3:14 – *But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled;*
- Faith and the fear of God gives us courage to not fear the king
  - Heb 11:23,27 – *[23] By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's*

## Conquering Fear – Study Notes

*commandment. [27] By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible.*

- Moses' parents conquered the fear of man through faith in God, They deemed the fear of God greater than the fear of the king's commandment
- Exodus 1:17 – *But the midwives feared God, and did not as the king of Egypt commanded them, but saved the men children alive.*
  - Fear of God outweighs any fear of man
  - The Egyptian midwives ignored the command of Pharaoh to kill the infant babies because their fear of God outweighed any fear of the punishment of the Pharaoh
- *We ought to obey God rather than man* – Acts 5:29
  - Dan. 3 – Three Hebrew men, even though it meant being cast into the fiery furnace
  - Dan. 6 – Daniel not changing his prayer routine, even though he was cast into lions' den
  - Acts 7 – Stephen boldly preaching to the Sanhedrin, even though they stoned him

### Fear of Failure

- Not necessarily biblical or addressed in scripture, but the fear of failure is common in our culture
- The fear of failure is a combination of other fears
  - The fear of man
    - Fear of what man will think about me.
    - Fear that other people will think I'm stupid or a failure
  - Fear of the unknown
    - If I fail, what will happen in the future, what will people think, how that will affect the future
- If we are serving God, putting the kingdom first, loving God and loving others, then we will never be a failure
  - We might make a mistake in our jobs or our career. Everyone does. No one is perfect.
  - However, if we put our identity in our jobs instead of our identity in Christ, then we might be tempted to allow a career failure to cause us to think we are a failure overall
  - No, we do not find ultimate fulfillment or completeness in career success, but we are complete in Jesus Christ
    - Col. 2:10 – *And ye are complete in him, which is the head of all principality and power.*
  - If we are complete in Jesus Christ, then when we inevitably fail in our career or other areas, we don't feel like a total failure in our life because our true identity, our true completeness and joy is in Jesus Christ



## Conquering Fear – Study Notes

### 4) Fear of Death

- Fear of harm – culminating in the fear of death
  - The fear of the unknown, the fear of what might happen, of how we might be hurt, and how we might lose our life can put us in bondage and fear of our life.
- Fear of death will lead us to sin and lies.
  - Abraham lied to Pharaoh because he was afraid of being killed, instead of trusting God's promise that he would have a great seed. – Gen. 12
  - Isaac lied to Abimelech because he was afraid they would kill him and take Rebekah, instead of trusting in God's protection. – Gen. 26:7
  - Peter's gaze shifted off of Jesus to the boisterous waves, caused him to doubt, he became afraid, and began to sink in the water. Peter was afraid of drowning and dying and cried out for the Lord to save him. Peter's fear of death led his faith to be diminished and he sank down before Jesus saved him. – Matt. 14:28-33
  - Many Christians over the years have recanted their profession in Christ due to the fear of man and fear of governmental authorities that have threatened them with death unless they recanted.
- Christ has delivered us from the fear of death, from the bondage of the fear of death
  - Heb. 2:14-15 – *[14] Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; [15] And deliver them who through fear of death were all their lifetime subject to bondage.*
- God has destroyed death, so we don't have to be afraid of death
  - 1 Cor. 15:54-57 – *[54] So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. [55] O death, where is thy sting? O grave, where is thy victory? [56] The sting of death is sin; and the strength of sin is the law. [57] But thanks be to God, which giveth us the victory through our Lord Jesus Christ.*
  - 1 Cor. 15:26 – Jesus Christ has destroyed our "last enemy" of "death" by his resurrection from the dead
  - Rev. 1:18 – Jesus Christ controls the "keys of death and hell" – He has the keys to open the door to liberate his people not just from death and hell, but to also liberate them from the bondage of the fear of death in our lives
  - Rom. 8:38-39 – Death is the very first thing listed that cannot separate us from the love of God
- Even if we are walking close to death, in the shadow of death, we should not fear any evil that might take our natural life. Why should we not fear evil and not fear death? Because God is with us, and God's rod and staff comforts us.
  - Psalm 23:4 – *Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*
- We should not be afraid of what we might suffer, culminating in maybe even our death. Instead, we should be willing to be faithful unto God even "unto death"

## Conquering Fear – Study Notes

- Rev. 2:10 – *Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life.*
- One significant aspect of the fear of death, may not be us fearing our natural death but us being afraid of our loved ones dying and the fear of living life without our loved ones.
  - Mark 5:36 – *Be not afraid, only believe.* (to Jairus whose daughter had died)
    - The death of a loved one will cause great fear, but we need to believe in the one who has the keys of death and hell
      - The death of a loved one will cause great fear, but we have to channel that fear through faith
    - He will not raise our family member from the dead here in this life, but we do believe in Christ as the resurrection that he will raise them at the last day.
  - John 11 – Mary and Martha were afraid of having to live the rest of their life without their beloved brother, Lazarus. They even blamed Jesus for not coming to heal Lazarus earlier because they let the fear of Lazarus' death diminish their faith to trust Jesus Christ as the resurrection and the life.
- When we walk by faith in Jesus Christ, we are liberated from the bondage of the fear of death that Satan tries to bind us with. Because of Christ's resurrection, we should not fear death, but instead view death as a blessed privilege to end our toils of this world and be forever with our God.

### Remedies for Fear – The Fear of God

- 2 types of fear which oppose and conflict:
  - 1) fear of God – reverential awe of God (reverential love)
  - 2) the spirit of fear from the world – timidity and cowardice
  - What fear dictates our decision making? The fear of God – or this world's spirit of fear?
    - If we let the fear of man dictate our decision making more than the fear of God, then that proves we truly desire the approval of men more than the approval of the Lord.
- Fear of God
  - Eccl. 12:13 – *Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.*
    - Man (not just the children of God, but all of mankind) was made with the duty to:  
1) fear God, and 2) keep his commandments.
    - A proper reverence and love and fear of God will lead us to obey God's commandments because we desire to be obedient to our Heavenly Father
  - Deut. 10:12 – *And now, Israel, what doth the Lord thy God require of thee, but to fear the Lord thy God, to walk in all his ways, and to love him, and to serve the Lord thy God with all thy heart and with all thy soul.*
    - Here we see the connection between the fear of God and the love of God. We display a "reverential love" of God when we respect God as our Heavenly Father, and we love him enough to be obedient to his commandments and to serve him.
    - That is why "perfect love" casts out fear (1 John 4:18) because when we love God perfectly, we will reverence him (not fear the world) and thus give the spirit

## Conquering Fear – Study Notes

- of fear no foothold. But when we are distracted and let the “reverential love” of God slip in our minds, then the spirit of fear will creep in and cause torment.
- Our love and fear of God causes us to desire to serve him acceptably with reverence and godly fear
    - Heb. 12:28 – *Wherefore we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve God acceptably with reverence and godly fear.*
    - Ps. 2:11 – *Serve the Lord with fear, and rejoice with trembling.*
    - Col. 3:22 – *Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing God.*
  - Prov. 8:13 – *The fear of the Lord is to hate evil: pride, and arrogancy, and the evil way, and the forward mouth, do I hate.*
    - Prov. 16:6 – *By the fear of the Lord men depart from evil.*
    - Prov. 3:7 – *Be not wise in thine own eyes: fear the Lord, and depart from evil.*
    - David desired to teach his children the fear of the Lord (Ps. 34:11). What is the direct application of the fear of God in our lives? “[13] *Keep thy tongue from evil, and thy lips from speaking guile. [14] Depart from evil, and do good; seek peace and pursue it.*” (Ps. 34:13-14)
  - Do not fear man, but fear God
    - Isaiah 8:12-13 – [12] *Say ye not, A confederacy, to all them to whom this people shall say, A confederacy; neither fear ye their fear, nor be afraid. [13] Sanctify the Lord of hosts himself; and let him be your fear, and let him be your dread.*
    - Fear him who is able to destroy both body and soul in hell
      - Luke 12:5
  - Do not fear other gods, but God Almighty
    - 2 Kings 17:35 – *With whom the Lord had made a covenant, and charged them, saying, Ye shall not fear other gods, nor bow yourselves to them, nor serve them, nor sacrifice to them:*
  - 1 Pet. 2:17 – *Honour all men. Love the brotherhood. Fear God. Honour the king.*
  - Prov. 24:21 – *My son, fear thou the Lord and the king: and meddle not with them that are given to change.*
    - Both are coupled with fear and honor of the king as well; we must reverence God as our King of Kings, and submit to his Kingship as well as his Lordship in our lives
  - Heb. 10:31 – *It is a fearful thing to fall into the hands of the living God.*
- The fear of the Lord is the beginning of wisdom
    - Prov. 9:10 – *The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding.*
    - Prov. 1:7 – *The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.*
    - Job 28:28 – *The fear of the Lord, that is wisdom; and to depart from evil is understanding*
    - Prov. 15:33 – *The fear of the Lord is the instruction of wisdom; and before honour is humility.*
    - Prov. 2:1-5 – You must seek wisdom and knowledge to “*understand the fear of the Lord and find the knowledge of God*”

## Conquering Fear – Study Notes

- The fear of God is an evidence of a child of God
  - God places the fear of God in our hearts at the new birth – Jer. 32:39-40
  - No fear of God evidence of the unregenerate – Ps. 36:1, Rom. 3:18
  
- Cannot serve God acceptably if we fear anything other than God
  - Cannot preach God's word if we fear man
    - Boldness to preach without fear
    - Phil. 1:14
  - No man that was fearful or fainthearted could fight for the army of Israel
    - Deut. 20:8 – in God's spiritual army we cannot fight a good fight to the end when we live in fear
  
- Promises to those who fear God
  - God will teach his way to us; Peace in your soul (his soul shall dwell at ease); his seed shall inherit the earth
    - Psalm 25:12-13 – *[12] What man is he that feareth the Lord? him shall he teach in the way that he shall choose. [13] His soul shall dwell at ease; and his seed shall inherit the earth.*
  - God's goodness is bestowed on them
    - Psalm 31:19 – *Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!*
  - God's mercy is upon them from everlasting to everlasting. Our fear of the Lord can even impact and be a blessing unto our grandchildren.
    - Psalm 103:17 – *But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children.*
  - No lack or need
    - Psalm 34:9 – *O fear the Lord, ye his saints: for there is no want to them that fear him.*
  - Tendeth to life, shall abide satisfied, shall not be visited with evil
    - Prov. 19:23 – *The fear of the Lord tendeth to life: and he that hath it shall abide satisfied; he shall not be visited with evil.*
  - The eye of the Lord is upon them; deliver their soul from death and famine.
    - Psalm 33:18 – *[18] Behold, the eye of the Lord is upon them that fear him, upon them that hope in his mercy; [19] To deliver their soul from death, and to keep them alive in famine.*
  - Angel of the Lord encamps round about them
    - Psalm 34:7 – *The angel of the Lord encampeth round about them that fear him, and delivereth them.*
  - Riches, honour, and life
    - Prov. 22:4 – *By humility and the fear of the Lord are riches, and honour, and life.*
  - Contentment
    - Prov. 15:16 – *Better is little with the fear of the Lord than great treasure and trouble therewith*
  - Prolongeth their days
    - Prov. 10:27 – *The fear of the Lord prolongeth days: but the years of the wicked shall be shortened.*

## Conquering Fear – Study Notes

- Blessed, his seed might on the earth; wealth and riches in his house
  - Ps. 112:1-3 – *[1] Praise ye the Lord. Blessed is the man that feareth the Lord, that delighteth greatly in his commandments. [2] His seed shall be mighty upon earth: the generation of the upright shall be blessed. [3] Wealth and riches shall be in his house: and his righteousness endureth for ever.*
- Fear of the Lord is God's treasure
  - Isaiah 33:6 – *And wisdom and knowledge shall be the stability of thy times, and strength of salvation: the fear of the Lord is his treasure.*
- Strong confidence and a fountain of life to depart from the snares of death
  - Prov. 14:26-27 – *[26] In the fear of the Lord is strong confidence: and his children shall have a place of refuge. [27] The fear of the Lord is a fountain of life, to depart from the snares of death.*
- When the early church was growing exponentially, one of its hallmark traits was that the church feared the Lord
  - Acts 2:43
  - Acts 5:11

### Remedies for Fear – Power of Christ

- 2 Tim. 1:7 – *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*
  - Power of Christ and power of the Holy Spirit
    - God has not given us the spirit of fear, but given us Jesus Christ and Holy Spirit in our soul
    - The Spirit that God has given us is greater than the spirit of fear from Satan and the world
- Col. 1:27 – *To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory:*
  - Christ in you the hope of glory
    - The power of Jesus Christ resides inside the child of God to conquer fear. We tap into that power of Christ by faith.
  - Perfect love to quench fear resides inside of you in Christ – perfect faith resides inside of you in Christ – resurrection power resides inside of you (Eph. 1:20)
- Eph. 1:19-20 – *19) And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, 20) Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places.*
  - Working of his mighty “power” in us. The “power of Christ” works in us to believe.
  - It takes the same power of Christ for us to believe in Jesus Christ as it took to raise Jesus from the dead.
- Eph. 3:16 – *That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man*
  - Paul's prayer for the church is to be strengthened with “might” by his Holy Spirit in the inner man, in our heart and soul
    - “might” = dunamis = power
    - We are strengthened with power by the Holy Spirit in the inner man

## Conquering Fear – Study Notes

- 2 Cor. 12:9-10 – 9) *And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. 10) Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.*
  - It's in our weakness, that the power of Christ rests upon us the strongest. When we are weak, then are we actually "strong (powerful) because the power of Christ abides on us.
  - Since Jesus Christ is the author and finisher of our faith (Heb. 12:2), then its through the power of Christ in us manifested through faith that we can do great things that we never thought we could in our own weakness.
    - Heb. 11:11 – *Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised.*
      - In Heb. 11, it can be helpful to insert "the power of Christ in the inner man" (see Eph. 3:16), each time we see "faith". It was not through the strength of these men and women's faith that they did these great deeds of faith. Rather it was through the power of Christ working through their weakness that they did they great accomplishments of faith
      - Through [the power of Christ in the inner man] Sara received strength [power] to conceive seed..
        - Sarah had no ability to conceive in her natural body or even to believe that she would have a child. Instead, it was through the power of Christ in her inner man that her weakness of faith was strengthened to have her son Isaac
    - Heb. 11:34 – *Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens.*
      - In concluding Heb. 11, we have a listing of a lot of faith heroes very quickly and some anonymously. They were all characterized by this – "out of weakness were made strong (powerful)"
      - In their own weakness, the power of Christ in the inner man was able to shine through in their lives to quench fear and to walk by faith.

### Remedies for Fear – Perfect Love

- 2 Tim. 1:7 – *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*
  - God has given us the Holy Spirit of love to quench and conquer the spirit of fear
- PERFECT LOVE CASTS OUT FEAR
  - 1 John 4:18 – *There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.*
    - Just like most other failures in our Christian life, fear is a symptom of the underlying cause – a lack of perfect love towards Christ
    - The first – and only commandment because you have to obey the first commandment perfectly to be able to obey perfectly the second commandment to love your neighbor – is to "love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind" (Matt. 22:37)

## Conquering Fear – Study Notes

- When we fear, it's a symptom that we are not loving God perfectly (completely) because the one we love the most, is the one we trust the most, and the one we love and trust the most is the one we "respect" the most
- We have no fear for the one we love the most that what they are doing are always for our best benefit, even if we don't understand it; and the One under consideration is not sinful men who are prone to failure and bad motives; it's a perfect God who will never leave us nor forsake us
- Love vanquishes out all fear of man:
  - A newly engaged bride has no fear about telling anyone about her groom or showing off her ring; her unbridled, unabashed love for her groom overrules any fear or shyness she has for anyone else
  - When I was at ICC, my friend, (Rob Chittom, now a Southern Baptist preacher) was upset with a football player (Pernell McPhee, now a NFL linebacker with the Baltimore Ravens) who had supposedly said something inappropriate to Rob's girlfriend. Rob was ready to fight a man who was twice his size, with no fear because he was motivated by defending his girlfriend and his love for her
    - Me and another friend were with him and backed away when Rob confronted McPhee because he was with two other large football players
    - We were not motivated by any love that vanquished the fears, but only motivated by fear of three football players that could break us in half
- We "perfect" our love towards God by actions of love towards others and obedience to God
  - We perfect our love to God by keeping his word
    - 1 John 2:5 – *But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him.*
  - We perfect our love to God by loving one another
    - 1 John 4:12 – *No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us.*
    - Matt. 25:40 – *And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.*
    - We perfect our love to God by showing God's love through our expression of charity to others
      - 1 Cor. 13:4-8 – *[4] Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, [5] Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; [6] Rejoiceth not in iniquity, but rejoiceth in the truth; [7] Beareth all things, believeth all things, hopeth all things, endureth all things. [8] Charity never faileth:*
  - We perfect our love to God by believing God
    - 1 John 4:13-17 – *[13] Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit. [14] And we have seen and do testify that the Father sent the Son to be the Saviour of the world. [15] Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God. [16] And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him. [17] Herein is our*

## Conquering Fear – Study Notes

*love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.*

- See “Faith Worketh by Love” section under “Faith” section below

### Remedies for Fear – Sound Mind

- 2 Tim. 1:7 – *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*
  - Sound mind = a “disciplined mind”, a “self-controlled mind”
  - Sound mind = wisdom – the fear of the Lord is the beginning of wisdom (Prov. 1:7)
  - We reason by faith (reason by our spiritual sound mind) that if God sent his Son to die for me, he will not leave me destitute here in time.
- In our flesh, our carnal mind is prone to sin, to lead us contrary to God’s word, and following our carnal mind will lead to death and
  - Rom. 8:6-7 – *[6] For to be carnally minded is death; but to be spiritually minded is life and peace. [7] Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.*
    - If we allow the carnal mind to control our thoughts it leads us to sin and death, but to be spiritually minded will allow us to live in life and peace
  - Rom. 7:23-25 – *[23] But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. [25] I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.*
  - Eph. 2:3 – *Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the mind desires of the flesh and of the mind; and were by nature the children of wrath, even as others.*
- When God’s children are born again, God puts his laws in their minds
  - Hebrews 8:10 – *For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:*
- We are commanded to love God with all our mind, which is the greatest commandment
  - Matt. 22:37 – *Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.*
- Satan is in a battle to blind and deceive our minds to prevent us from living the abundant life
  - 2 Cor. 4:4 – *In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.*
- Our calling is to be transformed from this world by the renewing of our mind
  - Rom. 12:2 – *And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*



## Conquering Fear – Study Notes

- We have to bring every thought into captivity unto the obedience of Christ to not let our minds be consumed with fearful and doubtful thoughts of hypothetical scenarios that might never come to pass
  - 2 Cor. 10:5 – *Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.*
- We need to control our thoughts to think on things that are true, honest, just, pure, lovely, of good report, virtuous, and praiseworthy – not let our thoughts be controlled by fears and unknowns and what if's
  - Phil. 4:6-8 – *[6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. [8] Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*
    - Our mind needs to be filled with prayers without ceasing too (v.6-7)
      - 1 Thess. 5:17 – *Pray without ceasing*
      - Eph. 6:18 – *Praying always with all prayer and supplication in the Spirit...*
- We need to be walking in the mind of Christ, filling our thoughts with Christ and spiritual things
  - Phil. 2:5 – *Let this mind be in you, which was also in Christ Jesus:*
- If we keep our mind stayed on Jesus Christ, the Lord will keep us in perfect peace
  - Isaiah 26:3 – *Thou wilt keep him in perfect peace, whose mind is stayed on thee : because he trusteth in thee.*
- Ps. 46:10-11 – *[10] Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. [11] The Lord of hosts is with us; the God of Jacob is our refuge. Selah.*
  - Be still and know that I am God
  - Take a break, slow down, get some rest, and remember that God is still sovereign over this universe.
  - He will provide for his people and his children

### Remedies for Fear – Faith (Belief in & Trusting God)

- Doubt leads to fear – fear leads to unbelief and quenches faith
  - Doubt – definition
    - 1. *To waver or fluctuate in opinion; to hesitate; to be in suspense; to be in uncertainty; respecting the truth or fact; to be undetermined.*
    - 2. *To fear; to be apprehensive; to suspect.* (Websters 1828)
  - Fear – see definition above
    - 1. *A painful emotion or passion excited by an expectation of evil, or the apprehension of impending danger.* (Websters 1828)
  - Matt. 21:21-22 – *[21] Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall*

## Conquering Fear – Study Notes

*be done. [22] And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.*

- Jesus walking on the water
  - Matt. 14:26-31 – The disciples saw Jesus walking on the water and were afraid (v.26-27). Then, Peter takes his eyes of faith off Jesus while walking on the water and begins to sink. Peter’s faith is quenched, and he begins to sink. *“O thou of little faith, wherefore didst thou doubt?”* (v.31)
- Jesus calms the storm – fear leads to “little faith” and ultimately “no faith”
  - Matt. 8:26 – *Why are ye fearful, O ye of little faith?*
  - Mark 4:40 – *Why are ye so fearful? how is it that ye have no faith?*
  - Luke 8:25 – *Where is your faith? And they being afraid wondered...*
- Satan’s tactic since the garden of Eden is to make God’s children doubt the faithfulness and trustworthiness of God
  - Satan made Eve doubt the word of God, and thus led her to sin
  - Satan’s chief tactics are the same today – he wants to make us doubt God’s faithfulness and quench our faith
  - (But we can quench Satan’s fiery darts of the spirit of fear by the shield of faith, Eph. 6:16)
- Faith is the most vital thing in our life
  - The just shall live by faith (Rom. 1:17) – faith is literally how we live our life every day
  - Without faith it’s impossible to please God (Heb. 11:6)
  - Whatsoever is not of faith is sin (Rom. 14:23)
  - And fear/doubt will always quench our faith, cause us to sin, and not please God
  - Therefore, it is vital that we know how to conquer fear and live by faith
- Psalm 56:3-4 – *[3] What time I am afraid, I will trust in thee. [4] In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.*
  - Isaiah 12:2 – *Behold, God is my salvation; I will trust, and not be afraid: for the Lord Jehovah is my strength and my song; he also is become my salvation.*
- Psalm 56:11 – *In God have I put my trust: I will not be afraid what man can do unto me.*
  - Believing in Jesus
    - John 14:1,27 – *[1] Let not your heart be troubled: ye believe in God, believe also in me. [27] Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*
      - Peace as the remedy for Fear (“Peace be unto you”, coupled with “Do not fear”)
        - Gen. 43:23
        - Judg. 6:23
        - Dan. 10:19
        - Luke 24:36-38
        - John 20:19
        - When we trust God as our confidence, we can “lie down” in peace with no fear
          - Prov. 3:24-26
          - Ps. 23:1-6
      - Mark 5:36 – *Be not afraid, only believe.* (to Jairus whose daughter had died)

## Conquering Fear – Study Notes

- Faith in God
  - Their “little faith” is the reason why they were “fearful”
    - Matt. 8:26
    - Matt. 14:31 – Peter was “afraid” and began to sink
  - Therefore “big faith” will dispel all fears
- We live by faith – we don’t live by fear
  - Fear cannot be the primary determining factor of our decision making. If fear is the primary determining factor of our decisions, then we will be crippled and paralyzed and never have the peace of Christ that passes all understanding.
- Psalm 115:11 – *Ye that fear the Lord, trust in the Lord: he is their help and their shield.*
- Gal. 5:6 – *Faith which worketh by love*
  - Love is the fuel and engine of faith
    - First, God’s love for us is the fuel of our faith.
      - God showed his love to me by sending his Son to die for me. Now that I know and understand God’s love for me, that love fuels my faith because God has proven I can trust him by his love for me.
    - Then, based on God’s love for me, my love to God fuels my faith.
      - Why do we trust God in faith? Because he first loved me and gave himself for me
      - My love back to God is the greatest commandment, to love God with all my heart, soul, mind, and strength (Matt. 22:37-40)
      - We trust the most those that we love the most. The way for our faith to grow is to love God better. Our faith grows by more perfect obedience to the greatest commandment to love God with all my heart, soul, mind, and strength.
        - Perfect love casts out the torment of fear – 1 John 4:18
      - Faith is the substance of things “hoped” for (Heb. 11:1), and then hope maketh not ashamed, and the “love of God” is shed abroad in our hearts through hope by the Holy Ghost (Rom. 5:5)
  - Faith is exhibited by works of love – “the work of faith”
    - Faith is not proven by just a feeling or internal belief – faith is proven authentic publicly by works of love
      - 1 Thess. 1:3 – “work of faith” and “labor of love” connected together
    - If there are no works of love exhibiting the authenticity of our faith, then our faith is empty and vain (not unregenerate, but faith is dead, dormant, and needs revival)
      - 1 Cor. 13:2 – *And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.*
        - We can supposedly have “all faith”, but if those works of faith are not motivated by love (not pride or self-exaltation), then that love and faith is nothing and empty and vain
      - James 2:14-20 – [14] *What doth it profit, my brethren, though a man say he hath faith, and have not works? can faith save him? [15] If a brother or sister be naked, and destitute of daily food, [16] And one of you say*

## Conquering Fear – Study Notes

*unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit? [17] Even so faith, if it hath not works, is dead, being alone.*

*[18] Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works.*

*[20] But wilt thou know, O vain man, that faith without works is dead?*

- We show our faith as authentic and valid in public view in our lives by actions of love to those in need (clothing the naked, providing food for the hungry)
- If we trust in God we have no fear, because what can hurt us if God is on our side?
  - Ps. 23:4 – *“I will fear no evil”* Why? Because of God’s protection: *“For thou art with me; thy rod and thy staff they comfort me.”*
- Heb. 11:1 – *Now faith is the substance of things hoped for, the evidence of things not seen.*
  - And hope maketh not ashamed but the love of God is shed abroad in our hearts – Rom. 5:3-5
- Moses and his parents conquered the fear of man through faith in God
  - Heb 11:23,27 – *[23] By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's commandment. [27] By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible.*
- We work out our faith with a correct fear and trembling of God
  - Phil. 2:12 – *Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.*
- Eph. 6:16 – we can use the shield of faith to quench all the fiery darts of the wicked
  - We can use the shield of faith to quench the fiery dart of the spirit of fear from Satan to make us doubt that we can trust God in faith.
- Trying of your faith works patience – James 1:3
  - And then we don’t fear as much the next time – Rom. 5:3-5

### Remedies for Fear – Prayer

- We must ask God to deliver us from our fears, and he will do it!
  - Ps. 34:4 – *I sought the Lord, and he heard me, and delivered me from all my fears.*
  - Ps. 64:1 – *Hear my voice, O God, in my prayer: preserve my life from fear of the enemy.*
- We pray for God to hear our prayers and deliver us from fear and feeling overwhelmed
  - Ps. 61:1-2 – *[1] Hear my cry, O God; attend unto my prayer. [2] From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.*

## Conquering Fear – Study Notes

- Ps. 142:1-3 – *[1] I cried unto the Lord with my voice; with my voice unto the Lord did I make my supplication. [2] I poured out my complaint before him; I shewed before him my trouble. [3] When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me.*
- Ps. 143:1-4 – *[1] Hear my prayer, O Lord, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness. [4] Therefore is my spirit overwhelmed within me; my heart within me is desolate.*
- We cast our cares upon God in prayer
  - Phil. 4:6-7 – *[6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*
    - If we are diligent to offer our fear of the unknown over to God in prayer (v.6), then the peace of God with passes all understanding shall “keep” our hearts and minds through Christ (v.7)
    - The peace of God will “keep” – guard, protect, defend – your heart and mind from the debilitating torment and bondage of fear when we trust God and cast our fears upon him in prayer.

### Sermons

- Follow this link to listen to sermons on Conquering Fear
  - [clearspringspbcc.com/conquering-fear/](https://clearspringspbcc.com/conquering-fear/)