

Stepping Into...

Freedom from fear

Psalm 27:1 (NJKV)

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?

Linonophobia

Pogonophobia

Ergophobia

Decidophobia

Nomophobia

Linonophobia = *fear of string*

Pogonophobia = *fear of beards*

Ergophobia = *fear of work*

Decidophobia = *fear of deciding*

Nomophobia = *fear of being without
your mobile phone*

“I Am an Old Man and Have
Known a Great Many Troubles,
But Most of Them Never
Happened”
Mark Twain

“Ignorance is the parent of fear.”

Herman Melville, *Moby-Dick*

Psalm 91:5-6

⁵ You shall not be afraid of the terror by night,
Nor of the arrow *that* flies by day,

⁶ *Nor* of the pestilence *that* walks in darkness,
Nor of the destruction *that* lays waste at noonday.

2 Timothy 1:3-7

³ I thank God, whom I serve with a pure conscience, as *my* forefathers *did*, as without ceasing I remember you in my prayers night and day, ⁴ greatly desiring to see you, being mindful of your tears, that I may be filled with joy, ⁵ when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also. ⁶ Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. ⁷ **For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

Indicative → imperative

Objective fact or reality → Command or encouragement

What Christ has done is the basis for what the believer must do.

Colossians 3:1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.



Stepping Into...

2 steps to Freedom from Fear

1. Keep yourself in the love of God.
2. Listen to God's Narrative for your life.

Jude 20-21

²⁰ But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, ²¹ **keep yourselves in the love of God**, looking for the mercy of our Lord Jesus Christ unto eternal life.

Listen to God's narrative for your life.

Ephesians 2:

⁴ But God, who is rich in mercy, because of His great love with which He loved us, ⁵ even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), ⁶ and raised *us* up together, and made *us* sit together in the heavenly *places* in Christ Jesus,

The narrative of the Kingdom

Zephaniah 3:12

‘Your God the Lord is in your midst, A warrior who brings triumph, He will rejoice over you and be glad, He will shout over you with jubilation, He will soothe with His love’ JPS

“It is not death that a man should fear, but he should fear never beginning to live.”

Marcus Aurelius

Pastor Brian's – Preaching Notes

If God calls you to be a preacher of the Gospel, don't step down to be king.

Psalm 27:1

The LORD is my light and my salvation, whom shall I fear?

The LORD is the stronghold of my life, of whom shall I be afraid?

There are many unusual fears and phobias. (see list)

These are phobias which are different from fear. They are specific, may well need counselling.

Fear can be healthy – it is a protective mechanism in a world which has real danger. But it can also be very unhealthy and controlling.

Surveys show that 84% of people believe they will never get rid of their fears, but 89% have never tried getting any help.

Quote Mark Twain: – “I Am an Old Man and Have Known a Great Many Troubles, But Most of Them Never Happened”.

Study results: 85 percent of what subjects worried about never happened, 15 percent that did happen, 79 percent said they could handle it or learnt from it. 97 percent of what you worry is your fears exaggerating the situation.

What does the Bible say about fear?

Fear can stop your gifts from operating and prevent you from fulfilling what God has called you to do. Fear can stop us stepping into new areas.

Fear is a very powerful emotion, maybe even more powerful than love or desire.

One of the key aspects of overcoming fear is truth.

“Ignorance is the parent of fear.” — Herman Melville, Moby-Dick
Truth is an antidote to fear.

Psalm 91:5-6.

You shall not be afraid of the terror by night,

Nor of the arrow that flies by day,

⁶Nor of the pestilence that walks in darkness,

Nor of the destruction that lays waste at noonday.

There are External and internal fears.

Here is a key verse:

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

In context vs 5 and 6 are important

1. Genuine faith 2 Tim 1:5

The book of Hebrews introduces and builds on examples of faith. Hebrews 4:2 - many of the Israelites, despite seeing such miraculous things, did not profit from the word they heard Moses speak because their response was not mixed with faith.

Tim had genuine faith.

2. Stirring up of the gift that is in us. 2 Tim 1:6

There is no evidence that Tim had fallen away from his faith. He had proved his ability in God to serve with Paul and to lead.

Paul is encouraging him, it was a difficult time.

He also needed fellowship – connection with believers.

The laying on of hands shows us that we need fellowship – we need to be together as believers. We cannot overcome without the body.

3. Sound mind = discipline.

How we think about things very much guides us on how we live.

There is a pattern that Paul uses in his letters that we see right through the Bible.

In Greek Grammar there is the indicative and the imperative mood.

Indicative = A statement of objective fact or reality. For example what God has done for believers

Imperative = a command, request or encouragement to live in a certain way.

What Christ has done is the basis for what the believer must do.

Example:

Colossians 3:1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.

Because of what God has done for us. A truth that is stated in the Bible demands a reaction. I want you to see that a truth stated means that we can, and should, live in a certain way.

One major external fear today is Climate Change.

But the Biblical narrative based on Gods covenants tell us that God has the call on the end of the world not man.

The Adamic covenant – God created a perfect world with one condition – obedience. Disobedience upset the natural world, in all areas. It is cursed.

The Noahic covenant – is proof that God can destroy the world but chooses not to. Genesis 9 - God promises creation that climate will not destroy the earth.

Its not to say their won't be natural disasters along the way – that's no surprise – Jesus told us all about them in Luke 21 and Matthew 24.

However we have 2 responsibilities:

- Don't abuse the planet God has given us – from dropping litter to pollution in the seas.
- Do what you can to highlight injustice – even if its global – A21 campaign, founded by Christine Caine and Hope for Justice

But there is an example of where we can apply big picture truth to a situation.

What about us as individuals? Steps to freedom from fear:

Keep yourself in the love of God

Perfect love casts out fear.

Jude

20 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, 21 keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.

Build yourself up – it won't come overnight. .

Pray in the Holy Spirit – seek more of the fulness of the Holy Spirit – speak in tongues. Remind yourselves of God's mercy – the best word that describes this in the Bible is the word Chesed (Hesed). It describes God's attitude towards His people – faithfulness, love, grace, compassion – it is a key word in understanding God's love for His people. Remind yourself how much God loves you.

Listen to Gods narrative for your life.

What narrative are you living under?

Who are you listening to?

There are people here today who are still listening to something that a teacher said to them, or a parent that spoke hurriedly or an abusive partner.

They said something that cut deeply – and you can still hear those words as if spoken yesterday.

And when you try to move forward the fear comes.

You are not good enough, you will always fail.

Satan's narrative is this:

Fear, discouragement, loss, division, anger, strife, and he is attempting to speak it over our lives. Stop listening to his narrative – start listening to the voice of one who gave His life for you. To the one who purchased you with His blood and has put you in heavenly places in Christ.

Ephesians 2:

4 But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus,

Listen to the narrative of heaven.

Zephaniah 3:17

'Your God the Lord is in your midst, A warrior who brings triumph, He will rejoice over you and be glad, He will shout over you with jubilation, He will soothe with His love' JPS

Although this is about the Messianic kingdom it tells us something about God's character.

This is God's narrative:

2 Peter 3:18 'grow in the grace and knowledge of our Lord and Saviour Jesus Christ'.

Overcoming fear may not happen overnight, but if you grow in God's grace and the knowledge of His love for you – you will outgrow your fears.