

Fear

You did not receive a spirit that makes you a slave again to fear, but you received the Spirit of Sonship.
And by Him we cry, "Abba, Father!" – Romans 8:15

DEFINITION

Unbelief in God's goodness and ability and belief in evil's ability to overcome.

DOORWAYS

Generational, trauma (wreck, near-death event, divorce, accident), religion, unloving, rejection, failure (athletic, romantic, financial), womb events (fear, rejection, trauma), bastard's curse in Deut 23:2 = terror toward God, legal problems, witnessing violence (real or in film), military service/hard leaders

DESCRIPTION (occurs in Bible 326 times)

- The opposite of faith. It projects trouble into the future and teams up with guilt to fear something will happen again
- A roadblock to obedience
- It's selfish (focuses on "I")
- Bait you into control. "God can't be trusted. I'll have to handle this."
- Calls God a liar. It cuts to the very core of our belief system, and is a BELIEF of its own
- "I don't believe you are who you say you are."
- "I don't believe you will provide for me."
- "I don't believe you will take care of me."
- Shame= Fear of being known
- Guilt= Fear of the past
- Worry= Fear of the future
- Stress= Fear of failure
- Nervous= Fear of stillness

Repent of:

Fear of man (Prov 29:25)

Fear of pain

Fear of deliverance!

TYPES (FEAR OF...)

Abandonment, animals, words, assault, authority, bad news, being alone, being controlled, being free, betrayal, change, children, commitment, criticism, dark, death (Heb 2:14-15), deliverance, dependency, disapproval, disease, drowning, early death (Michael Jackson), evil spirits, God, failure, humiliation, inadequacy, insanity, judgment, lack, losing salvation, man, doctors, natural disaster, own sexuality, pain/suffering, poverty, pregnancy, public speaking, races, rejection, correction, responsibility, sex, spouse, success, enemy (Ps 23:4 "though I walk through Death Valley, I will fear **no evil**"), unknown, war, water, weapons, nightmares

UNDERLINGS

performance, perfectionism, self-consciousness, shyness, speculation, superstition/occult, suspicion

HEALTH CONSEQUENCES

- There's a 69% increase in baby's asthma risk when the mother is highly stressed at 32 weeks of pregnancy –Fit Pregnancy, May 2009
- Tumors
- Toxic levels of adrenaline
- Insomnia blocks
- High blood pressure
- Asthma
- Allergies
- Immune disorders
- Short term memory loss
- Eating Disorders (anorexia, bulimia)
- Depression
- Cancer
- Brittle Bones
- Loss of appetite
- Diarrhea /constipation
- Low insulin
- Liver/pancreas problems

GOD SAYS...

Fear is Satan's perverted form of faith, and is a sin!

Zephaniah 3:16, Haggai 2:5 Do not fear.

John 14:27 Do not let your hearts be troubled, and do not be afraid.

Romans 8:15 You did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship.

II Timothy 1:7 God has not given us a spirit of fear

Revelation 21:7-8 Sons of God are not cowards; they are overcomers

I Peter 3:6 Do not give way to fear.

I John 4:18 The one who fears has not been made perfect in love

Fear is about punishment. I John 4 ¹⁸ *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*

Fear of the LORD is a proper motivator. It is respect for him, regard for his status as much higher and greater than we are. It is the consciousness that he is full of power and ALWAYS right. Prov 14:27 etc. (Ps 19:9 "The fear of the LORD is pure")

Fear is what keeps men from being real and open. Ps 19:18

If faith is the substance of things hoped for, then fear is substance of things NOT hoped for. When you project dread and fear into the future, you are putting words out there for the devil to use (Job said “What I dreaded most has come upon me”). Words have power! As God is willing to act on your faith, the enemy is willing to act on your fear.

Antidote is faith. Faith that God loves me, he’s never going to leave me. The future is in his hands. Jer 29:11-13, Prov 31 “laughing at the future”, Ps 27

Don’t speculate about the future. James 4:13-15. Don’t say “what if…” – it only leads to fear, anxiety and stress! Luke 12:23-25 And don’t try to save your life! You’ll lose it! Rev 12:11

RECEIVE

Repent for loving our lives

There’s security in holding onto something you don’t really want, but have never been without. Be bold! Go into the unknown with God!

Psalm 34:4-9⁴ I sought the LORD, and he answered me; he delivered me from all my fears. ⁵ Those who look to him are radiant; their faces are never covered with shame. ⁶ This poor man called, and the LORD heard him; he saved him out of all his troubles. ⁷ The angel of the LORD encamps around those who fear him, and he delivers them. ⁸ Taste and see that the LORD is good; blessed is the one who takes refuge in him. ⁹ Fear the LORD, you his holy people, for those who fear him lack nothing.

BELIEVE that God loves you. Receive FAITH in God’s goodness and benevolent will for you! TRUST in His favor! Psalm 124-126 ¹ *Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.*

OBEY THIS WEEK

Ask your spouse what she’s afraid of this week.

Memorize Psalm 27:1-2

*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?*

*2 When evil men advance against me
to devour my flesh,
when my enemies and my foes attack me,
they will stumble and fall.*

John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Romans 8:15 For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."

2 Timothy 1:7 For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

Hebrews 13:5-6:

⁵Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

Psalms 23:4 Even though I walk through the valley of the shadow of death, I will fear not evil, for you are with me; your rod and your staff, they comfort me.

Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

In next verses- here are the promises and direction on breaking patterns...

Vs. 7-9 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Deuteronomy 31:6

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.