

Facing Your Fears

Living the Life God had in Mind

Message Title: The Fear Factor

Message Text: 2 Tim 1.7 "For God did not give us a Spirit of fear but of power and love and self-control."

Message Outline: The Paralyzing Effects of Fear
 Moving from Fear-based living to a Faith-based life
 The Power to overcome
 The Love that conquers
 The Discipline to stay the course

What do I want God's people to understand about God?

God has called his people to be his witnesses--people of faith, power, and love. Knowing we are human and can't do this on our own He has given us His Spirit. And it is through the Spirit that we are able to face life's challenges and fears so that we may live the Christian life victoriously.

What do I hope will change?

It is practically impossible to totally rid ourselves of emotions like fear--but we can become people of faith that are not driven and controlled by fear. We should live our lives trusting in a sovereign God that loves us and will enable us through the power of the Spirit to be faithful to carry out His purposes for our lives.

The Paralyzing Effects of Fear

Reality TV. I know its scary. The Fear factor---would you face your worst fears for a million dollars? Take a moment and **turn to the person next to you and share with them your greatest fear**...spiders, laid off, my sermon going too long>

We journeyed through the story of Israel in the **past sermon series with Pastor John**. Their destination was the Promise Land but often it was their fears---their mistrust of God & Moses that took them the long way around.

Even **our church faces one of our greatest challenges** as we venture into a faith building step to **add to our facilities**. What we have to do is trust God in our decisions as we move to see His Kingdom work being furthered in the years to come because of our investments and not allow our fears to hinder our work or focus.

We live in a culture of fear—some say we are the most fearful-worried society in the history of our nation. I wonder if the church statistics are much different. We are people who believe in a God that can do all things, but limit ourselves by our very own fears.

Look at this:

Our life expectancy has almost doubled in America in the last hundred years.

We've cured more diseases than any other time in history
Yet if you track the media it would tell you this:

59 million have heart disease. 53 million have migrains 25 million osteoporosis. 16 million life threatening obesity 12 million brain disorders...that is 543 million Americans sick. Only 295 million people in the USA. (Over 50% doctor visits caused by stress)

We are conditioned to fear (Son crossing the road—riding his scooter dressed like a football player)

We've got more phobias than we know what to do with:

530 total phobias:

Ablutophobia – Fear of bathing
Achluphobia – fear of darkness
Agliophobia – fear of pain
Alektorophobia – fear of chickens
Arachibutyrophobia – fear of peanut butter sticking to the roof of your mouth?

Moving from Fear-based living to a Faith-based life

But fear often has a stronghold on the Christian community. It paralyzes us and hinders us from our potential and the life that God intended for us. Paul speaks boldly when he tells young Timothy in 2 Tim 1.7 "7 **For God did not give us a Spirit of fear but of power and love and self-control.**"

This encouragement was given to Timothy after Paul had commissioned him to go forth and live out God's calling in his life. Very similar to Jesus' own commission over the disciples when he departed and left them the **Holy Spirit**. *God also has given you this calling—to live out his purposes in your life and Kingdom work--a focus on your life as it relates to God's purposes for mankind. He has given you life to worship, serve, and live for him---a life of faith, not one of fear.*

But God has not left you on your own to live this life of faith. Like the disciples you too have been given the Spirit of God in your life. At the very moment you came to Christ and received the Lord the Holy Spirit filled your life and made you a new creation. He is the one that sustains you until the day of redemption---Ephesians tells us that he sealed us. He also empowers us to live out the Christian life.

Paul knew what Timothy would face and God knows what you and will face. So he tells us what to look for instead of fear. So let's take a moment and examine these 3 things that Paul contrasts fear with. I'll read this verse again. **"For God did not give us a Spirit of fear but of power and love and self-control."**

The Power to overcome

Where does our power to overcome fear originate? It's not Dr Phil, our reasoning, or a how to book. Ultimately **it will be found in the Holy Spirit**. Okay you may be asking but how does the H.S. help us with fear---we must first look at the word spirit.

The word-Spirit: It is interesting that the word describing God's Spirit is the same word that describes the spirit of fear. There are many spirits in the world today—which one controls your life? If we are to move from fear based to faith based then we must live in step with the Spirit—

allowing Him to fill our lives and direct our paths. He is our great comforter our source of strength.

It is the power of the Spirit as it overflows in our life that enable s us to overcome fear. This becomes an issue of faith and as Paul says staying in step with the Spirit—waking in God's will—living the Life God has created you for. What I call **Spirit-walking and Christ- following**.

We live a life totally different that one of faith. Look at how we live our life---from a perspective of —if I get that job, marriage, car, par raise, house, then I'll be living the good life. This isn't a life of faith but of expectation and fear—a life never really lived.

Rom 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."

[Bondage of fear---we live as slaves to those things that make us fearful yet, we are heirs to the Kingdom of God—we've already received everything we need to live the Christian life and God will care for us.

Fear Break Point: **David, the people of Israel and their encounter with Goliath.**

Fear was the one thing that kept the Israelites from facing Goliath and his people. The question is, "Was David fearless to the giant? and if that's the case, How did he manage to ultimately kill the big dude and deliver the nation from the hand of the foreign nations?"

Here is what I think actually happened:

The antidote or solution to human fear is God's vision. I believe God's vision was the one thing David used to defeat Goliath. How did David get it?

1. Vision is formed in the secret: I believe God's vision in David was formed from the time he spent shepherding his father's flock. It

did not happen when decided to face Goliath nor when he became a king.

2. The unknown is part of the vision of God: God's vision was formed without a yearly planner in the life of David, he simply moved and lived by faith. TRUST!!!

3. Be ready to face vision killers: His very own brother confronted him and tried to discourage him by calling him arrogant when he intended to face Goliath.

The Love that conquers

Next we have love—what does love have to do with fear? I struggled with this as well---so I got this video clip to paint the picture of what love does to fear.

Video clip- Vertical limit

1 John 4.16-18 “And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. ¹⁷In this way, love is made complete among us so that we will have confidence on the day of judgment, because in this world we are like him. ¹⁸There 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.”

While the context of this is regards to our future state—it has meaning here and now. When love comes, fear goes.

My Son is afraid of storms—Texas a lot of them. Near Amarillo we have a lot of Tornadoes. I hugged him and told him I loved him and would not let anything in my power happen to you. Even if I have to give up my life. This is what Jesus did for us. God is a Father that loves his children.

The Discipline to stay the course

Self-controlled--Purposeful @ at peace with yourself. The word means literally to restore one to his senses; To hold fast.

Gal 5.22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit. ²⁶

I believe we fear because we are far from the Father. We must re-center our selves. “restore one to his senses”

Lets spend some time in prayer & silence. I will read a few passages as you meditate on His word and lift your prayers to him and practice giving your fears to Him. Identify one area of your life where fear is holding you back—as we continue to worship lets take all of our cares and worries to the Lord.

--"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. ² Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. ³ Give ear and come to me; hear me, that your soul may live.

-- “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God” (Php.4:6). “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Php.4:7).

—Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? O you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek

first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:25-27

--But I call to God, and the LORD saves me.

¹⁷ Evening, morning and noon I cry out in distress,
and he hears my voice. ¹⁸ He ransoms me unharmed
from the battle waged against me, even though many oppose me.

¹⁹ God, who is enthroned forever, will hear them and afflict them
men who never change their ways and have no fear of God
Cast your cares on the LORD and he will sustain you;
earth- ⁷ everyone who is called by my name, whom I created for
my glory, whom I formed and made."