

# Conquering Fear

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***2 Timothy 1:7 “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”***

# Introduction:

- We all have things that we are afraid of - me - storms, wives – husbands and spiders, some people are terrified of snakes, peaches, eggs, cucumbers, ...
- There are hidden fears that motivate us too –
- Fear of failure causes many people to never start, or try anything that is not completely safe. Fear of rejection makes us afraid to do anything that could draw criticism or give someone a chance to laugh at us
- There is an abundance of fears and phobias ...

## **There are two kinds of fear :**

- Fear that is good 'God's driving force' Self preservation-e.g Keeps us from driving 100 mph, or other thoughtless things that you can think of.
- Fear that is harmful - This is the "spirit of fear" mentioned here . This fear paralyzes us, keeps us from doing things we could or should do.

**Perhaps there is a fear that you need to overcome today.**

- Black Bart was a professional thief whose very name struck fear as he terrorized the Wells Fargo stage line. From San Francisco to New York, his name became synonymous with the danger of the frontier. Between 1875 and 1883 he robbed 29 different stagecoach crews. Amazingly, Bart did it all without firing a shot. Because a hood hid his face, no victim ever saw his face. He never took a hostage and was never trailed by a sheriff. Instead, Black Bart used fear to paralyze his victims. His threatening presence was enough to overwhelm the toughest stagecoach guard.
- 5-year old Johnny was in the kitchen as his mother made supper. She asked him to go into the pantry and get her a can of tomato soup, but he didn't want to go in alone. "It's dark in there and I'm scared." She asked again, and he persisted. Finally she said, "It's OK--Jesus will be in there with you." Johnny walked cautiously to the door and slowly opened it. He peeked inside, saw it was dark, and started to leave when all at once an idea came, and he said: "Jesus, if you're in there, would you hand me that can of tomato soup?"
- Two explorers were on a jungle safari when suddenly a ferocious lion jumped in front of them. "Keep calm" the first explorer whispered. "Remember what we read in that book on wild animals? If you stand perfectly still and look the lion in the eye, he will turn and run." "Sure," replied his companion. "You've read the book, and I've read the book. But has the lion read the book?"

# I. Satan's Purpose For Our Fear

A. Satan is a master at using our fears. He can keep us from being an effective Believer, or happy person by using our own fears ...

- He uses the "spirit of fear" to:
  1. Make our lives miserable.

Worry and fear can make  
our life miserable!

We can be so afraid of losing our wealth or job that  
we never enjoy our life.

## 2. He also makes us ineffective

- a. Many times we do not share our faith with someone because of fear.

What will they think of me?

What if I turn them off?

What if I mess up?

They probably won't listen to me anyway!

These are the common fears Satan uses to make us ineffective witnesses!

**b. Sometimes we don't get involved in church service because of fear-**

I can't teach at Sunday School class

I can't ask questions bible study,

I can't help in the nursery ...

I could never be a pastor, missionary ...

**Fear can keep us from serving God**

## B. Satan's technique for using Fear:

1. He uses our past sins
2. He uses the possibilities of the future
3. He uses the probability of failure
4. He uses the conviction of criticism

**Satan is a master at using our fears to stop us,  
to bind us, and to rob us!**

**Satan is a master to make us council our fears.**

## II. God's Gifts for Overcoming Our Fears

- David praised God for delivering him from all his fears Psalm 34:4 *'I sought the LORD, and He heard me, And delivered me from all my fears'*.
- Note: God has not given us the "*spirit of fear*", But He has given us three things that will help us overcome fear:

# A. The gift of Power

I can do anything God wants me to do!!! (Phil 4:13) *I can do all things through Christ which strengtheneth me.*

**That means anything God wants me to do, I can do it through Christ Jesus,**

1. **Power to be saved** - (John 1:12) *But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:*
2. **Power to be a witness for Him** - (Acts 1:8) *But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.*
3. **Power to be Joyful** - (Rom 15:13) *Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.*
4. **Power to make you a strong believer** - (Rom 16:25) *Now to him that is of power to stablish you according to my gospel, ...*
5. **Power to endure trials** - (2 Cor 12:9) *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.*

## B. The Gift of Love

- At first thought, It does not seem that Love could be effective in conquering fear...
- But we see in (1 John 4:18) *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.*

# 1. Love for God

- The more we love God, the less fear we will have. It is a matter of trust.
- When we realize that God will take care of us, it relieves our fear.
- My kids do not worry about having something to eat.
- All these years we have provided for them. They trust in me. Now if I had not provided for them, they would be worried. But they know I love them and will provide for them, so they are not afraid about that... Romans 8:28 says
- Why? Because through Christ we are His Children
- Love of God relieves our fears!

## 2. Love for Others

- The more we love others the less fear we will have. Love causes us to overcome our fear for the good of others ... Rescue workers-Doctors Nurses - Ambulance drivers etc.,
- Love causes us to tell others about Jesus. To teach a Sunday School class. To help others in need...

# 3. Love Yourself

- Jesus prayed for Himself. John 17
- David praise God for Himself. Psalm 139: *'I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.'*
- We are the temple of the Holy Spirit. 1COR 3:16 *Do you not know that you are the temple of God and that the Spirit of God dwells in you?*
- Matthew 22:39 *"And the second is like it: 'You shall love your neighbor as yourself.'"*

## C. The Gift of a Sound Mind

- Most of the time our harmful fears are the result of wrong thinking or wrong decisions.
- But something happens when we are saved and begin to trust God. Our mind is renewed! -  
(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.”*

1. In my way of thinking, I may be afraid I won't make it financially - IF I trust in God and accept His way of thinking, I will be assured He will take care of me!

*(Luke 12:28) If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven; how much more will he clothe you, O ye of little faith?*

2. If I am afraid of dying... That fear is calmed by knowing -  
*(2 Cor 5:8) We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord. We could go on and apply this to every other fear we may have.*

When we think Biblically, we have  
a "sound mind".

- Psalm 34:4 *'I sought the LORD, and He heard me, And delivered me from all my fears.'*
- When David had mental problems, he sought the Lord in prayer and praise.

# Conclusion:

Conquering fear is not a matter of self determination, It is a matter of dependence on the God whom we can trust and love.

**In Jesus Christ you can  
conquer your fear.**