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# 8 CONFUSED: HOW CAN I OVERCOME FEAR?

By Pastor John

What are we afraid of?

- Loss of health
- Loss of income
- Loss of family and Friends
- Loss of our status quo – life as we know it.

## **GOD's Message to us:**

Isaiah 41:10

“Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

## **How can we be certain:**

Paul:

God has done something in our midst:

- He raised His Son from the dead, and
- He made it possible for us to live forever!

## Jesus confirms:

Jesus:

(to Peter) *“Upon this (statement of faith) I will build my “congregation of followers – and the gates of **hell shall not overcome it!**” (Matthew 16:18)*

*“In this world you will have trouble – take heart, **I have overcome the world.**” (John 16:33)*

## One Bold Truth:

2 Timothy 1:7

*“For God has not given us a spirit of fear and timidity (showing a lack of confidence), but of power, love and self-discipline.”*

## How do we translate this?

POWER

*“In your weakness, My power works best.” (2 Cor. 12:9)*

- Depend
- Trust
- Hope

... in His promise!

LOVE

The natural reaction/expression of our heart in each circumstance.

SELF-DICIPLINE

- To practice all-things-Christ
- To be wise/knowledgeable

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On Crossway.org podcast today: *“Our society has made an idol out of controlling our health, ...think biblically about the limitations of our bodies and see wellness as a gift from God.”*

- To trust, obey, and serve

Psalm 56:3

*“When I am afraid, I put my trust in You. In God I have put my trust, I shall NOT be afraid.”*