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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-DICSIPLINE**

- 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.”*