

# Fear

## There are many types of fear

#1 Fear (reverence) of the Lord is the beginning of wisdom. We should fear the Lord. He made us and is God. **Deut 13.4** It is the Lord your God you must follow, and Him you must revere. Keep His commands and obey Him; serve Him and hold fast to Him. Job (1:8) feared God. **Psm 115:11** You who fear the Lord, trust in the Lord: He is their help and their shield.

#2 Fear (caution) in dangerous situations is a God-given safety net. It is most courageous to feel cautious but put trust in God. **Psm 56:3** When I am afraid, I will put my trust in You.

#3 Wrong fear:

a) There is a spirit of fear that satan sends to badger you. When you become afraid suddenly and there is no apparent danger this could be the reason.

b) Another way satan gets you with fear is to take a rational fear and exaggerate it into an irrational one. A fear of heights or flying as an example, one should be careful in these situations.

On the flip side, this is NOT a license to tempt God. Doing stupid or careless things and then expecting God to take care of you will get you hurt. (Matt 4:7, ... 'Do not put the Lord your God to the test.')

c) Hysteria (worry) over whatever is man's latest wisdom is also a ploy of satan. In 2019 it was COVID19 in 2009 it was H1N1. In 2001 it was mad cow's disease. The year before it was Y2K. Everyone was panicked.

d) Fear of rejection, or fear man (of what others think of you) are also common. These can be paralyzing and keep you from experiencing the good things God has for you. This type of fear is actually focus on yourself...and is sin.

e) Fear is focus on the wrong thing...your thoughts (satan's lies), yourself, circumstances, fearing something else more than you revere God.

\*All these types of fear will keep you from living the life God has for you.

\*Fanning the flame of fear will render you paralyzed in many dimensions, physically, emotionally and spiritually.

\*When you fear it is as if you are saying that God won't or can't take care of you. It is a slap in His face.

**You can use fear to learn to press in to God's presence or to learn to trust God more by praying to Him every time fear rises within you.**

(Psa 121:2-8 NASB) My help comes from the LORD, Who made heaven and earth. {3} He will not allow your foot to slip; He who keeps you will not slumber. {4} Behold, He who keeps Israel Will neither slumber nor sleep. {5} The LORD is your keeper; The LORD is your shade on your right hand. {6} The sun will not smite you by day, Nor the moon by night. {7} The LORD will protect you from all evil; He will keep your soul. {8} The LORD will guard your going out and your coming in From this time forth and forever.

**Psm 46:1-3 NIV**) ...God is our refuge and strength, an ever-present help in trouble.  
{2} Therefore we will not fear, though the earth give way and the mountains fall  
into the heart of the sea, {3} though its waters roar and foam and the mountains  
quake with their surging.

### **Steps to be free from fear**

- 1) Examine our hearts and minds for worry and fear
  
- 2) Must confess your sin (self-centeredness, lack of trust, focus on the wrong thing, worry)
  
- 3) Ask forgiveness
  
- 4) **Tell yourself the truth.** It matters what God thinks of you. If you are doing what He wants you to, all will be well. God IS in control. He will take care of you.
  
- 5) Rebuke these thoughts or worries (capture your thoughts) and just change your mind (renew your mind). When changing your mind it is always best to turn the focus to God, praise Him, be thankful (list things you are thankful for), quote scripture. If you do this, these wrong thoughts and worries will go away faster and return less.
  
- 6) Praise: (see #5) God inhabits the praise of His people. Satan cannot stand to be there. Satan can stand in God's presence (**Job 1:6**) and he can quote the Bible (Satan did this when tempting Jesus. **Mathew 4**). But Satan cannot inhabit God's praise. God inhabits the praise of His people and fear cannot coexist.

**When you fear, you give Satan permission to work in that fear and to cause what you fear most to happen or come to be.**

This world is Satan's dominion (**Matt 4:8**) at least for now...

**Philippians 4:6-9** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally brethren whatever is TRUE, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, PRACTICE these things, and the God of peace will be with you.