

# DO NOT BE AFRAID

## I. WHAT IS FEAR?

Fear is a common emotion of distress caused by some impending difficulty or danger, whether it is real or imagined. Here are other words for fear: terror, fright, horror, alarm, panic, dread, distress, dismay, uneasiness, apprehension, anxiety or nervousness. We have fears because of our flesh, the world and the devil.

## II. EXAMPLES OF BIBLICAL CHARACTERS WHO WERE AFRAID

Joshua – Joshua 1:9, Elijah – 1 Kings 19:3, Mary – Luke 1:30,  
the disciples – Mark 4:40, Belshazzar – Daniel 5:3-9

## III. WHAT ARE PEOPLE AFRAID OF?

Heights, closed spaces, storms, sickness, pain, getting older, death (Hebrews 2:15).  
Other people, change, losing their job, not having enough money (Matthew 6:25).  
The devil, bad people, persecution, the unknown, a past trauma, a present situation,  
or a future problem (Matthew 6:34). Et Cetera

## IV. CONSEQUENCES OF BEING FEARFUL

- A. Fear is harmful to your spiritual life – it can be a spiritual disease.
- B. Fear can keep you from doing the work of God. Matthew 6:33
- C. Fear negatively affects the lives of others around you. Judges 7:3
- D. Fear does not bring glory and honor to God.

## V. HOW DOES GOD WANT YOU TO DEAL WITH YOUR FEARS?

- A. Trust the Lord. One of the primary antidotes to fear is to trust the Lord. The person who is continually afraid is often trusting in himself, or trying to figure things out himself, or trying to control the situation, or is leaning on his own understanding. Proverbs 3:5-6
- B. Know that the Lord is with you, and is your refuge and protector. Believe that God is with you, and trust Him, and depend on Him to protect you, help you and lead you. Psalm 46, Psalm 23:4, Isaiah 41:10
- C. Be thankful to God that He is with you, that He has helped you in the past, that He is in control, and that He is sovereign. You are to pray and ask God to help you, and give you grace. Philippians 4:6-7, Nehemiah 4, Psalm 56:3-4

D. God commands you not to worry. Therefore, you are to obey Him and not worry. Believe God's promises that He will take care of you. Matthew 6:25, 31, 34. Learn from the examples of how God cares for birds and flowers. Matthew 6:26-30

E. Know that worrying, that being fearful, doesn't do you or anybody else, any good. It has no benefit. It accomplishes nothing. Matthew 6:27

F. Seek first the kingdom of God. Do what God wants you to do. Serve Him, fight for Him, and He will take care of you. Matthew 6:33

G. Know that God is sovereign over your life, is in control of your life, and therefore you have nothing to fear. God is powerfully and wisely working all things together for your good. Romans 8:28, Philippians 1:6, 1 Corinthians 1:8, Genesis 50:20

H. Learn to spiritually and mentally process difficult situations from the past. Know that God was and is with you, was and is sovereign, was and is loving. Be thankful to Him, trust Him, and do what's right. Genesis 46:5-8, 50:20

I. Know and be convinced of the love that God has for you. 1 John 4:16-18

THERE IS NO FEAR IN LOVE;  
BUT PERFECT LOVE CASTS OUT FEAR,  
BECAUSE FEAR INVOLVES PUNISHMENT,  
AND THE ONE WHO FEARS IS NOT PERFECTED IN LOVE.  
1 John 4:18

SOME QUESTIONS TO ANSWER:

1. What is the main thing that you believe God wants you to learn from this lesson?
2. What kinds of things are you afraid of? Why are you afraid of them?
3. Why is continued fear bad for you, and harmful to your life?
4. Why is trusting the Lord one of the main solutions to your fears?
5. What character qualities of God do you need to know to counter your fears?
6. Why is knowing the love of God one of the main solutions to your fears?
7. When fears come up in your life, how do you plan to counter them?