

## Freed From Fear

I had an awesome weekend with you my family at NLF – Great interaction, hearty laughter and hopefully deep reflection on God’s Word through the story of David and Goliath. To me, that story never grows old because the Holy Spirit always has something fresh for me if I will simply take the time to quiet my heart and drink deeply from the well...

So I had another thought concerning the giants in our life; this thought centers around the issue of fear. The bible teaches us to live a fearless life; we’re given a spirit of power and a sound mind. Back in 1 Samuel 17 (v. 1) it states, “*On hearing the Philistine’s words (Goliath’s), Saul and all the Israelites were dismayed and terrified.*” Let’s talk about what we fear. One word says it all; we fear the future. No one’s afraid of the past. The past has other problems. No one’s really afraid of the present. We might be upset about the present, but we don’t fear it because we know it. Fear involves the future. Fear involves the unknown. “*Something’s up ahead and I don’t want it.*” Fear is about as accurate as the local weather forecast, but it’s scary nonetheless.

When we think about the future, we fear loss and pain...

- “ We’re afraid of losing people – *Will my spouse always love me? Will my kids walk with the Lord or go their own way?*
- “ We fear losing possessions and position – *I’m barely able to make ends meet; will I be able to keep my house? Will I have enough?*
- “ We fear emotional pain – *Somebody’s not happy with me. They don’t want me anymore.*
- “ We fear failure – *I’m not happy with myself. I could have, I should have, I would have, I didn’t, I’m not; I failed.*

Let’s agree that fear is a universal problem. It hits us like a wave, threatening to swallow us in its undertow. The Bible identifies the overwhelming emotion of fear almost 1,000 times. The word *fear* is used 441 times; *afraid*, 167 times; *tremble*, 101 times; and *terror* or *terrified*, 121 times. The words *dread*, *frighten*, and *faint* are also repeatedly used throughout the Bible.

## ***What does fear do?***

***Fear kills your direction*** – When we accept the fear we lose the sense of direction for our plans and what we know to be true. Fear causes doubt and allows us to second guess what we believe. We must not allow fear to captivate our minds and we can avoid this by knowing the Word and resting in the truth of that.

***Fear will lead you to depression*** – Fear can crush you down and cause you to cast everything away that you know to be true. Saul and his army were greatly afraid and now we see them take a worse turn to dreadfully afraid, folks that is stone cold, stiff, almost dead like fear. The prophet Elijah won a great victory over the 400 priest of Balaam and yet Jezebel was able to cause Elijah to run for his life, fearing she would kill him despite what God had just did for His name sake through Elijah.

***Fear will result in disobedience*** – When we're afraid we'll not move forward to do what God wants us to do. Fear pushes us to go in another direction and gives us a sense of rationalization in the wrong direction.

When the twelve spies went into the Promised Land, only two came back encouraged, the others were fearful of the people of the land. God told them not to fear. This fear caused the ten spies to disobey God. We must press on in the knowledge of love, that God is with us and will guide us even in the midst of great darkness.

If we continue to fear we won't be honest with people and that fear will lead to all kinds of unhealthy behavior. Fear is a motivator ***but*** in the wrong direction. The army of Israel, mighty in the past, now fears the people who God gave into their hands, so David comes and takes out the fear, Goliath, and the people's hearts are renewed. But the people looked to David, but David wanted the people to look to God! We must look to the Redeemer and Commander of our souls for the comfort and assurance of our fears.

***We face the fear by seeking the Savior*** – The best way to defeat fear is with fear. ***What?*** Yes, the right kind of fear will plug us into the power of God and rest in Him. The fear of the Lord is the beginning of wisdom, Proverbs is full of sayings addressing the word fear and to fear God is not

to fear Him with the threat of harm, **NO**; it's the reverence of love and gratefulness of the knowledge of God. We respect God that we don't want to sin against God. We need to understand that God is a lover of men and wants to give good gifts to men but without the proper perspective of God, fear of God, we can't please God and without faith we cannot please God. This all is worked through the fear of the Lord.

*Jesus said, "Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am." (John 14:1-3)*

We must rest in that wonderful promise of God and put away that fear, for God has a place for you and me and all those who trust and fear the Lord.

So ask yourself, what is there to be afraid of? What is it that you fear about trusting God? Why would you fear things that you don't know? Fear is **NOT** of God, so why fear? God is a perfect Father and no father will cast aside his son, so, why, if you are his sons and daughters, fear what God has for you? Love ones, consider who you believe in, understand who it is that made you, trust in the one who cares for your soul and **FEAR NOT!**

Be Strong, Be Courageous, Be Fearless – and remember...

Christ **IS** All!  
*Pastor Mark*