

“Fear Factor”

Preached January 25, 2015

Pt. 2 “Conquering Fear”

2 Timothy 1:7-9

INTRODUCTION

Everyone knows what its like to be afraid. We all have things that we’re afraid of - I can remember as a child being afraid of the dark - a fear I think we have all had at one time or another. For my wife its definitely got to be spiders!! For some of you it may be storms, an extreme height, traveling in airplanes, or dogs.

There are hidden fears that motivate us too - Fear of failure causes many people to never start, or try anything that is not completely safe. Fear of rejection makes us afraid to do anything that could draw criticism or give someone a chance to laugh at us.

I could go on an on talking about fears and phobias and in the course of naming these different fears we’d probably find that all of them fall into two kinds of fear.

Two kinds of fear:

1. **Fear that is good** - keeps us from driving 200kph, picking up a rattler snake, jumping off the side of a building, or other foolish things that you can think of...
2. **Fear that is harmful** - This is the "spirit of fear" mentioned in this particular passage.
 - a. This fear paralyzes us, keeps us from doing things we could or should do.

SATAN’S PURPOSE FOR OUR FEAR

A. Satan is a master at using our fears.

He can keep us from being an effective Christian, or happy person by using our own fears... He uses the "spirit of fear" to:

1. Make our lives miserable.

- Worry and fear can make our life miserable!!

Illustration:

There was a lady who died in 1916 name Hetty Green. She was called America’s greatest miser. When she died in 1916, she left an estate valued at \$100 million. But she was so miserly that she ate cold oatmeal in order to save the expense of heating the water. When her son had a severe leg injury, she took so long trying to find a free clinic to treat him that his leg had to be amputated because of advanced infection. I am sure she was worried about losing her wealth, so she didn’t even enjoy her life!!- We can be so afraid of losing our wealth or job that we never enjoy our life...

- Some people are so afraid that something is going to happen to their marriage, that they never get close, or have the intimacy they could have...

- Have you ever met a "worry wart" who wasn’t miserable?

2. He also makes us ineffective

- a. Many times we do not share our faith with someone because of fear.

What will they think of me?

What if I turn them off?

What if I mess up?

They probably won't listen to me anyway!

- These are the common fears Satan uses to make us ineffective witnesses!

- b. Sometimes we don't get involved in service because of fear

I can't teach a Sunday School class I can't help in the nursery...

I could never be a pastor or a missionary...

I can't sing on the praise team... I can't play an instrument on the praise team...

I can't share my testimony... Fear can keep us from serving God

B. Satan's Method for using Fear:

1. He uses our past sins
2. He uses the possibilities of the future
3. He uses the potential of failure
4. He uses the certainty of criticism

Satan is a master at using our fears to stop us, to bind us, and to rob us!

Note: God has not given us the "spirit of fear", but He has given us three things that will help us overcome fear:

GOD'S GIFTS FOR OVERCOMING OUR FEARS

1. The gift of POWER

Through Christ Jesus, I can do anything God wants me to do!!!

Philippians 4:13

- a. Power to be saved.

John 1:12

- b. Power to be a witness for Him.

Acts 1:8

- c. Power to be Joyful.

Romans 15:13

- d. Power to make you a strong believer.

Romans 16:25

- e. Power to endure trials.

2 Corinthians 12:9

If you are trusting in, drawing from, relying on, believing in the one who has the power, He will give you the power you need!

Don't be afraid!!! Use His power!!!

2. The Gift of Love

At first glance, it does not seem that Love could be effective in conquering fear...

1 John 4:18

Here is how this works:

a. Love for God

- The more we love God, the less fear we will have.
- It is a matter of trust.
- When we realize that God will take care of us, it relieves our fear.

Those who have children would understand this - my Zachary understands this because you see he doesn't worry about having something to eat. He knows that when he's hungry he'll get food. That mommy and daddy will provide for him. He trusts us. Now if we didn't provide for him, he would get worried and it could lead to tremendous trauma and upset and FEAR in his life. But he knows that we love him and will provide for him so he isn't afraid.

This is why...

Romans 8:28

Love of God relieves our fears!

b. Love for others

- The more we love others the less fear we will have.
- Love causes us to overcome our fear for the good of others...

Rescue workers - Ambulance drivers...the parent trying to run back into a raging inferno to rescue their child...a soldier braving a hail of bullets to rescue a wounded friend...etc.

- Love causes us to tell others about Jesus. To teach a Sunday School Class. To help others in need.

The Gift of a Sound Mind

3. The Gift of a Sound Mind

a. Most of the time our harmful fears are the result of wrong thinking.

b. Something happens when we are saved and begin to trust God.

c. Our mind is renewed! Romans 12:2

d. When we think Biblically, we have a "sound mind".

How's that work....

1. In my way of thinking I may be afraid I won't make it financially - IF I trust in God and accept His way of thinking, I will be assured He will take care of me!

Luke 12:28 (NIV)

28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!

2. If I am afraid of dying...that fear is calmed by knowing:

2 Corinthians 5:8 (NIV)

8 We are confident, I say, and would prefer to be away from the body and at home with the Lord.

When we think Biblically, we have a "sound mind".

When we have a sound mind fear just doesn't make sense.

CONCLUSION:

1. Conquering fear is not a matter of self determination,
2. It is a matter of dependence on the God whom we can trust and love.
3. It is a matter of belief in His words, His promises, and His gifts to you.
4. It is a matter of recognizing the devils pitiful attempts at crippling you with fear and God's majestic grace in giving you POWER, LOVE and SOUND MIND.