

## Facing our Fears

1. **Intro Story:** Crashing on my skateboard effecting my vision
2. **Concept:** Three Responses to fear:
  1. Freeze
  2. Fight
  3. Flight
3. Fear may cause us to freeze
  1. Psalm 4:4, 8
  2. Concept: We can find calm stillness in knowing that God is with us
4. Fear of death can seem overwhelming
  1. Psalm 23:4
    1. God's presence and the promise of Immanuel can help us cope with illness, pain, suffering, and death
5. Jesus faced this fear in the valley of the shadow of Death
  1. Matthew 27:46
    1. "With amazement angels witnessed the Saviour's despairing agony. The hosts of heaven veiled their faces from the fearful sight." - DA 753
  2. His faith carried Him through that ordeal of fear:
    1. Luke 23:46
      1. "Through Jesus, God's mercy was manifested to men; but mercy does not set aside justice. The law reveals the attributes of God's character, and not a jot or tittle of it could be changed to meet man in his fallen condition. God did not change His law, but He sacrificed Himself, in Christ, for man's redemption. "God was in Christ, reconciling the world unto Himself." 2 Corinthians 5:19." - DA 761
6. In ancient Israel, the prophet feared that the king and the people had forsaken God
  1. Isaiah 35:4
    1. God assures His people through His prophet that salvation and deliverance will come through Him alone.
7. In the New Testament church, Paul urged them to use adequate fear as a motivation towards righteousness
  1. 2 Cor. 5:9-11; 20-21
    1. The conscience can be sensitive to the promptings of the Holy Spirit and holy fear can enhance our faith.
8. Sometimes we can be fearful of our position and station in Christ; Paul assures the Romans of their identity in Christ
  1. Romans 8:28; 37-39
    1. "It is God who causes all things to work together in our lives for ultimate good." SDABC on Romans 8
9. The Holy Spirit of God is given to us as a gift to cope with fear
  1. 2 Timothy 1:7
    1. God's personal presence can help us cope with our fears and carry us through the circumstance with power, love, and clarity of mind.
10. Paul quotes the Psalms to an early church
  1. Hebrews 13:5-6
    1. The Christian in Christ can be bold in fear claiming promises from God -
    2. God says - "I will never leave you or forsake you"
    3. We respond - "The LORD is my helper; I will not fear. What can man do to me?"
11. Epilogue to the vision story:
  1. I now wear glasses to correct my double vision, when we face fear, our emotions can cloud our focus, but the scriptures help us to cope with fear just as Jesus did, trusting in His Father to carry Him through.
12. **Appeal Text:** 2 Corinthians 1:9-11 - "Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead, who delivered us from so great a death and does deliver us; in whom we trust that He will still deliver us, you also helping together in prayer for us, that thanks may be given by many persons on our behalf for the gift granted to us through many."