



APRIL 6, 2020

## **Anchored: Finding Peace Freedom From Fear**

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### **Absolutes We Hold As Believers:**

1. God is God and as our Heavenly Father, He watches over us.
2. God is in control of our lives.
3. No weapon formed against us shall prosper.
4. God is our Healer, our Refuge, and our Deliverer.

**Fear of the Lord:** the beginning of wisdom and brings insight, protection, riches, and honor.

**Fear:** fright, terror, dread, anxiety, or timidity. An unpleasant and strong emotion caused by anticipation or awareness of danger.

**I. God had not given you the Holy Spirit who equips you to overcome fear. He equips you to walk in His power, in love, and in self-control. // Timothy 1:7**

1. The Holy Spirit is in you to help you.
2. He will help you step into a new boldness and courage like never before.

**II. God will never give you a spirit of fear.**

1. Fearful thoughts or dreams are not from God.
2. Insert Jesus into the situation and fear will go.

**III. You are not alone in dealing with fear.**

1. Many times we think we are alone in dealing with fear, but all through the Bible great men and women of God faced fear. Don't give into fear because God is with you!
  - a. **Abraham - Genesis 15:1**
  - b. **Hagar – Genesis 21:17; Genesis 16:13**
  - c. **Isaiah – Isaiah 41:10**
  - d. **Joshua – Joshua 1:9**

**IV. Don't feed fear. 1 Corinthians 10:5**

1. You feed fear by your words or by meditating on fearful thoughts.



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2. You have to starve negative thoughts because the more you dwell on them, the bigger they get.
  - a. **A negative and fearful thought is exalting itself above the truth of God's Word.** *Isaiah 14:12-16*
  - b. **We are to take these negative and fearful thoughts captive.**
  - c. **When we continue to dwell on negative thoughts, they will produce VAIN IMAGINATIONS.** *1 John 4:18; Romans 8:6; Jeremiah 23:29*
3. When you continue to meditate on words of fear, you are actually magnifying the LIE and giving Satan place in your life.
4. When you meditate of words of faith and hope, you are magnifying GOD and allowing Him to bring peace and joy into your life.

**V. Fear is an evil force.** *John 10:10*

1. Fear is tormenting. *1 John 4:18*
2. Either fear will control you or you will control fear. *Luke 4:1-13*

**If You Have Been Dealing With Fearful Thoughts, Start Saying:**

- Something good is going to happen to me!
- Start meditating on this Scripture in Isaiah 30:18: The Lord longs to be gracious to me; He rises to show me compassion.
- You need to begin to say, God is longing to be good to me!

**How To Win Over Fear:**

1. Recognize fear for what it is and confront it head on.
2. Resist fear in the Name of Jesus. *1 Peter 5:9*
3. Meditate on God's Word—don't meditate on fearful thoughts.
4. Take the words FEAR and AFRAID out of your vocabulary.
5. Act against fear.