

FEAR: THE ENEMY OF FAITH

(2 Tim 1:7 KJV) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

1. FEAR OF THINGS COMING UPON THE EARTH.

1. *Pestilences.*

2. *Plagues.*

1. Definition: Anything that afflicts or troubles; any contagious, epidemic disease that is deadly; to vex, harass, trouble, torment.

2. *And in that same hour he cured many of their infirmities and plagues, and of evil spirits; and unto many that were blind he gave sight.*

3. *Famines.*

4. *Natural disasters.*

1. Tornadoes.

2. Hurricanes.

3. Earthquakes.

5. *Work of fear.*

1. Fear of a thing can be as devastating as the thing itself.

2. Creates feeling of despair and hopelessness.

2. FEAR IS NOT OF GOD.

1. *Differentiating between fear of God and fear of man.*

2. *Fear is an enemy of faith.*

1. Exercise of negative faith.

2. Job - *The thing I have most feared has come upon me.*

1. Job=s hedge.

2. Fearful that something would befall children.

3. The shield of faith.
 3. Planting negative seeds.
 3. *Fear has torment.* (1 John 4:18 KJV) There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.
 4. *Fear will grow.*
 1. Oppression.
 2. Obsession.
 3. Possession.
 5. *Development into unrealistic fears.*
3. REALISTIC VS. UNREALISTIC FEARS.
1. *Realistic fears.*
 1. Realistic fear means you have respect for something.
 2. Some thing I will not do:
 1. I will not walk into a lion=s den; but if I am thrown into the den, I will trust God.
 2. I will not handle snakes; but if I inadvertently pick up one, I will trust God.
 3. I will not drink any deadly poison, but if I accidentally drink it, I will trust God.
 4. I will not take unreasonable risks.
 2. *Unrealistic fears.*
 1. Imagined fears.
 2. Fear of things which are unlikely to happen.
 3. Fear of things I have no control over.
4. WE SHOULD DO SOMETHING ABOUT WHAT WE HAVE CONTROL OVER.
1. *Fear of not making it economically, and yet we violate every principle.*
 1. Not working.

2. Not giving to God; not being a proper steward of God.
 2. *Fear of marriage failure, and yet do little about it.*
 3. *Fear of not getting a girlfriend or boyfriend and doing nothing to make yourself more attractive and appealing.*
5. MEN'S HEARTS FAILING BECAUSE OF FEAR.
1. *Fear of destruction.*
 2. *Fear of the future; the unknown.*
 3. *Fear of bringing children into world.*
 4. *Fear of the inner city.*
 5. *Fear of the freeways.*
 6. *Fear of death* (Heb. 2).
 7. *Fear of failure.* (Therefore, take no risks).
 8. *Fear of rejection.*
 9. *Fear of not being able to live up to expectations.*
 10. *Fear of diseases.*
 1. Heart attack.
 2. Cancer.
 3. Aids.
6. PHOBIAS. (An exaggerated and often disabling fear).
7. WORRY IS A FORM OF FEAR.
1. *A story:* Barbara is a chronic worrier. There=s seldom a day that goes by that she doesn=t worry about something. If her teenage children are out with friends, she worries about a dreadful accident. If guests are coming over for an evening meal, she worries that she won=t prepare the food to their liking. She=s worried about getting older and her employer no longer

wanting her in a key position. She thins, "What if my children reject me and what if my husband no longer wants me around?" It results in many sleepless nights worrying about situations. People are beginning to avoid her because when they leave her presence, they are burdened with her worries. Her downcast attitude is contagious. Enough people have pointed out her worry patterns, that she finally realizes something must be done. But, she's wondering what can be done to overcome this problem.

2. *Worriers are usually locked into the past or the future--they seldom enjoy the present.*
 1. When focusing on the past, they relive past crisis situations over and over.
 2. When looking to the future, they look at situations in the worst possible way. They expect future events to be far worse than they ever turn out to be. In fact, to them, most events are seen as life or death situations.
3. *Worriers suffer from the "if only"s and the "what if"s. "If only" I had done this in the past, or "what if" this happens in the future.*
4. *The Word of God.*
 1. "Do not worry about tomorrow, for tomorrow will worry about itself, Each day has enough trouble of its own." Matthew 6:34 NIV
 2. "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6 NIV.
 3. "The Lord hasn't given me a spirit of fear, but of love, power and a sound mind."
 4. "No weapon formed against me shall prosper."
 5. "Greater is He who is in me than he who is in the world."
 6. "I can do all things through Christ who strengthens me."

7. ⒶIf God be for me, who can be against me?Ⓜ
8. ⒶWhen the enemy comes in like a flood, the Lord will raise up a standard against him.Ⓜ
9. Rephrase previous scripture: ⒶWhen the enemy comes in, like a flood, the Lord will raise up a standard against him.Ⓜ

5. *Conducting a reality check.*

1. What IF these things really happen? What is the worst possible thing that could happen? Does the threat justify the level of worry I am experiencing? Is this really a life or death situation?

6. *Earl Nightengale reports the time people spend worrying about the wrong problems.*

1. Things that never happen (40%).
2. Things over and past that can not be changed with all the worry in the world (30%).
3. Needless worries about our health (12%).
4. Petty miscellaneous worries (10%).
5. Real, legitimate worries (8%).
6. 92% of the average person=s worries take up valuable time, cause painful stress, and are absolutely unnecessary.

7. *Of the real, legitimate worries, there are two kinds.*

1. Problems we are solve.
2. Problems beyond our ability to personally solve.

8. *Several things to do to stop worrying.*

1. Take control of thoughts.
 1. Say, ⒶSTOP! This isn=t reasonable. Quit harassing me or get out.Ⓜ
 2. Words are powerful and forceful, even when spoken to ourselves.

3. Speak to the negative situations in your life and let them know they will no longer control your life. This process may need to be repeated hundreds of times, but eventually there will be positive results.
2. Set up a daily worry period.
 1. Set aside a short period of time each day to do nothing but worry.
 2. When worries surface at any other time, remind yourself that you will think about it only during the worry period.
3. Keep count of worry thought.
 1. At the end of the day, the worry thoughts can be tracked to determine what hour worry thoughts are most likely to occur.
 2. Reviewing thoughts at the end of the week can also help identify which day of the week produces the most worries.
4. Know your limits.
 1. There are things within our control and things beyond our control.
 2. Learn the difference between what can and what can't be changed.
 - (1) If it can be controlled, take action to change it.
 - (2) If it can't be controlled, learn the relief of saying, "Oh, well."