

RESPONDING TO FEAR

Psalm 56:3-4

- ³ *When I am afraid, I will trust in you.*
⁴ *In God, whose word I praise,
in God I trust; I will not be afraid.
What can mortal man do to me?*

FEAR is False Evidence Appearing Real.

1. ACKNOWLEDGE YOUR FEARS

"When I am afraid" (What time I am afraid, KJV)

2. ACKNOWLEDGE THE IMPLICATIONS OF YOUR FEARS

One implication of our fears is that we are out of control.

3. DON'T RUN (Psalm 55:5-8)

⁵ *Fear and trembling have beset me; horror has overwhelmed me.* ⁶ *I said, "Oh, that I had the wings of a dove! I would fly away and be at rest — ⁷ I would flee far away and stay in the desert; Selah ⁸ I would hurry to my place of shelter, far from the tempest and storm."*

"Many people are so filled with fear that they go through life running from something that isn't after them."

4. TRUST IN GOD

"..in God I trust"

5. PERSONALIZE YOUR FAITH THROUGH PRAYER

"I will trust in you"

6. FOCUS ON GOD'S PROMISES WITH PRAISE

"In God whose word I praise"

Faith without praise is not faith at all!

7. DETERMINE TO NOT BE AFRAID

"When I am afraid I will not be afraid."

"The function of fear is to warn us of danger,
not to make us afraid to face it."

8. SUBSTITUTE FAITH FOR FEAR

2 Cor. 10:5 "we take captive every thought to make it obedient to Christ."

"Both faith and fear sail into the harbor of your mind,
but only faith should be allowed to anchor."

9. KEEP A PROPER PERSPECTIVE ON THE CAUSE OF YOUR FEAR.

"What can mortal man do to me?"

10. FIGHT FEAR WITH FEAR.

Matthew 10:28 *Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.*

"The man who has lost his fear of God will be subject by default to a thousand lesser fears." - Jack MacGorman

"The greater fear will always break the power of the lesser fear in your life." - Brad Jones (Vision to Victory)