

FREEDOM FROM FEAR

2 Timothy 1:7 – For God has not given me a spirit of fear but of power, love and a sound mind.

- I. **POWER** – Jesus has defeated the enemy. taken away his power against us, completely disarmed him and given us the authority over him.
 - A. Colossians 1:13 – We are delivered from the authority and dominion of darkness.
 - B. Matthew 28:18 – All authority in heaven and earth was given Him (and us in Him). (See Ephesians 1:20-22; 2:6)
 - C. Luke 10:19 – We have power over all the power of the enemy, and nothing shall harm us.
 - D. Colossians 2:15 – God has disarmed the principalities and powers against us.
 - E. Hebrews 2:14 – Jesus broke the power of fear over us. (Romans 8:15)
 - F. Ephesians 4:27 – Give no place to the devil. He can't take it unless we give it.
 - G. 1 Peter 5:8-9 – He is seeking whom he may devour. This implies that there are those who he can't devour. (Proverbs 28:1; 30:30; Phil 1:28)
 - H. James 4:7 – Resist the devil, and he will flee from you. Stand up to him, and he will turn and run.
 - I. 1 John 4:4 – Greater is He who is in me that he who is in the world. (2 Kings 6:14-17)
 - J. 1 John 3:8 – Jesus came to destroy all of the works of the enemy. This includes the ones in me.
 - K. 2 Corinthians 10:3-5 – I have mighty and effective weapons to tear down any stronghold.

L. 1 John 5:4 – Whatever is born of God overcomes the world. And this is the victory that has overcome the world, even our faith.

- II. **LOVE** – Knowing the love that God has for us in an important key to walking without fear.
 - A. 1 John 4:16-18 – Fear has torment. Perfect love casts out fear. Come to know and to believe the love God has for you.
 - B. Philippians 1:28 – A lack of fear on our part is a sign of the enemy's defeat.
 - C. 1 Peter 5:7 – Cast your care because He cares. You replace the fear with heart trust in God and full assurance of trust in His Word.
 - D. Luke 8:50 – Fear not; only believe.
 - E. Ephesians 6:16 – The shield of faith will quench fear.
 - F. Deuteronomy 31:1-8 – Thoughts like these are a sure remedy to fear.
 - G. Isaiah 26:3 – He will keep in perfect peace the one whose mind is set on Him.
 - H. Romans 8:15-16, 31-37 – We have not received a spirit of bondage to fear again, but of sonship. When we are assured of our relationship with God, when we know the reality of God being for us, we are not afraid of anyone being against us. He is the One who justified us and gave His all. Who can stand against Him, the Creator of all? We become more than conquerors through this love.
 - I. If God is for me, who can be against me?
 1. Psalms 112:6-8 - Surely he will never be shaken; the righteous will be in everlasting remembrance. He will not be afraid of evil tidings; his heart is steadfast, trusting in the Lord. His heart is estab-

lished; he will not be afraid, until he sees his desire upon his enemies.

Living - Such people will not be overcome by evil circumstances. Those who are righteous will be long remembered. They do not fear bad news; they confidently trust the LORD to care for them. They are confident and fearless and can face their foes triumphantly.

2. Romans 8:31-32 - What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?
3. Psalms 118:6-7 - The Lord is on my side; I will not fear. What can man do to me? The Lord is for me among those who help me; therefore I shall see my desire on those who hate me.
4. Ephesians 1:17-20 - that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, that the eyes of your understanding being enlightened; you may know... what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places.

V. 19 (Living) – I pray that you will begin to understand the incredible greatness of His power for us who believe Him.

5. The more assured you are of God's presence with you, there to help you in all of life's problems, the less fear you will have.

J. RIGHTEOUSNESS CONSCIOUSNESS – This is the same as coming to know and believe His love for you.

1. Isaiah 54:14 – In righteousness you will be established; you will be far from oppressions for you will not fear and from terror, for it will not come near you.

Established – rooted, grounded, settled permanently, immovable.

Righteousness – right standing with God.

Being established in righteousness is being rooted and grounded immovably in the reality of having right standing with the God of the universe! It is knowing that since God be for me, who can be against me?

2. Isaiah 32:17 – Righteousness produces peace, quietness and confidence. If you are plagued with fear, terror, worry, oppression, turmoil or lack of confidence – THIS IS THE SURE AND PERMANENT WAY OUT! (Matthew 11:28-30)
3. Isaiah 30:15 – In returning and rest you shall be saved, in quietness and confidence shall be your strength.
4. 2 Kings 6:15-16 – An example of someone who was not afraid because of his relationship with God and because he knew the truth and put it higher than what he saw.
5. Hebrews 11:27 – Moses endured seeing Him who was invisible. The spirit realm should be as real to you as the world around you.

K. POWER OF TRUST

1. Psalms 91 – Dwelling in His presence; resting in His shelter; making Him your refuge and fortress, the One in Whom you trust – this is what makes

the rest of the wonderful promises in this psalm work for you. Could Jesus in John 15 when speaking of abiding in Him have been speaking of the same thing?

2. Proverbs 29:25 – Fear of man brings a snare, but if you trust in the Lord, you will be safe. Trust in the Lord repels calamity and disaster, but fear draws it in.
3. Proverbs 18:10 – The Name of the Lord is a strong tower; the righteous runs into it and is safe. How can you be safe from the calamities and snares in the world? Trust in the Lord. Take refuge in the Most High. The Name of the Lord speaks of His character, of His love and mercy and entire provision. .
4. Job 3:25 – In a place of trust is safety, but fear draws calamity.
5. Psalms 9:10 – And those who know Your Name will put their trust in You; for You, Lord, have not forsaken those who seek you.
6. Psalms 28:7 – My heart trusts in Him, and I am helped.
7. Psalms 32:10 – Lovingkindness, mercy, the Lord's unfailing love, surround the man who trusts in the Lord.
8. Psalms 33:18-22 – His eyes are on those who hope in His mercy, to deliver them from death and keep them alive in famine. V. 21 - True trust brings joy. V. 22 - ...let your mercy be upon us according to our hope in you.
9. Psalms 37:40 – The Lord helps and delivers the righteous from with wicked because they trust in Him.

10. Psalms 147:11 – The Lord favors those who fear Him, those who hope in His mercy.
11. Jeremiah 9:23-24 - Thus says the LORD: let not the wise man glory in his wisdom, let not the mighty man glory in his might, nor let the rich man glory in his riches; but let him who glories glory in this, that he understands and knows Me, that I am the LORD, exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight," says the LORD. GOD DELIGHTS IN THOSE WHO KNOW AND UNDERSTAND HIM, THAT HE IS A GOD MERCY.

III. SOUND MIND

- A. A sound mind includes the knowledge of the truth; it comes from having a renewed mind.
 1. Jeremiah 23:1-4 - ...and I will set up shepherds over them which shall feed them; and they shall fear not more nor be dismayed neither shall they be lacking, says the Lord.
 2. Jeremiah 3:15 – And I shall give you shepherds according to my heart which shall feed you with knowledge and understanding. True knowledge and understanding defeat fear. Fear comes from a lack of knowledge of the Word. It is a product of not knowing and not being assured of what the Word says.
 3. John 8:31-32 – Continue in the Word, and you will know the truth, and the truth will make you free. Study the areas of the Word that the devil is trying to get you to fear in. Faith will come and drive fear out. Fear of accidents is a lack of knowledge of Psalm 91. Fear of sickness is a lack of knowledge of the Lord's provision for healing. Don't try

to fight fear as much as get into the Word and let the faith run the fear out.

This is the long-term, permanent answer to fear. But what do you do about fear while you are building faith up? It takes time to renew the mind.

- B. A sound mind also includes having a disciplined mind.
1. You need to measure and control your thoughts according to the Word and cast down those thoughts that don't measure up to the Word. The Word is the ruler we use to measure. If it doesn't measure up, throw it out!
 2. 2 Corinthians 10:3-5 – You need to pull down strongholds and demolish arguments, bringing every thought captive to the Word.
 - a. Pull down strongholds (any thought or thought pattern that has a strong hold).
 - b. Cast down imaginations. Your imagination is a powerful part of your make up. The devil wants to use it against you. People cooperate with the devil and become his greatest weapon against themselves. But rather use your imagination against him. Pull down wrong imaginations by replacing them with truth (the Word).
 - c. Bring your thoughts captive to obedience to Jesus.
 3. The devil's weapons: circumstances, symptoms, thoughts, and imaginations. Fear is merely a thought. If the thought alone doesn't work, he may try a symptom or circumstance with it. But resist the devil; don't be deceived. Walk by the truth. Walk by faith.

The devil will try to build fear pictures in your mind of what you are praying for, what you are concerned about, about what you are facing. He tries to make it look and feel like God's mercy doesn't cover you, that His promises don't apply to you, that His Word won't work for you.

The enemy has to get us to fear in order to defeat us.

2 Samuel 17:2 – I will come upon him while he is exhausted and weak and cause him to panic...

2 Chronicles 32:18 - ...to frighten and terrify them that we might take the city.

Philippians 1:28 – Not being terrified of the enemy is a sign of his defeat.

Job 39:22 – He mocks at fear and is not dismayed or terrified; neither does he turn back from the sword.

Proverbs 28:1 – Bold as a lion – the mightiest among beasts who turns not back before any.

Proverbs 29:25 – The fear of man brings a snare, but whoever leans on, trusts in and puts his confidence in the Lord is safe and set on high.

Jeremiah 17:5-8 – If you don't learn to trust and rely on the Lord, you shall dwell in parched places in the wilderness. The one who trusts in the Lord doesn't fear heat nor is anxious in drought nor does he cease to yield fruit.

4. You cannot keep the fear thoughts from passing through your mind, but you can control what you allow to stay. When a thought comes, measure it by the truth you know; recall what the scriptures say in that area. And don't say the fear thought. Say the Word instead. Matthew 6:24-31 – Don't take the thought, saying...

5. The less you listen to the devil and obey what he says, the weaker his voice and hold will be to you. Do the opposite of what the devil says; it will break his power.

Make a decision to act like you feel good, to act like the Word is true, to act like God is honest and means what He says. The more you act like this, the weaker the feelings and strongholds will be. Usually, the way out of a stronghold is not instantaneous; it is a step by step process, just like building up the stronghold. (Deuteronomy 7:22-24)

6. YOU BUILD UP STRONGHOLDS BY MEDITATING ON THE THOUGHTS IN YOUR MIND AND MAKING THEM YOURS. Worry is meditation on the thoughts of the enemy. Instead, meditate on the WORD OF GOD.
7. Matthew 4:1-12 – Defeat fear in the same way Jesus defeated the enemy. “It is written!”
8. Philippians 4:8 – God teaches us what we are to think about.

IV. Scriptures saying to “fear not.”

God knew the temptations to fear we would face. And He gave us many, many scriptures telling us not to fear. Below are some of them.

Genesis 15:1 – Fear not, Abram, I am your shield and your exceeding great reward.

Genesis 26:24 – Fear not, for I am with you and will bless you and multiply your seed for my servant Abraham’s sake.

Genesis 43:23 – Peace be to you, fear not; your God, the God of your father, has given you treasure in your sacks.

Genesis 46:3 – I am God, the God of your father: fear not to go down into Egypt; for I will there make of you a great nation.

Genesis 50:19 – And Joseph said unto them, fear not; for am I in the place of God?

Exodus 14:13 – Moses said unto the people, fear not, stand still and see the salvation of the Lord, which He will show you today. They were in a hopeless situation. In the natural, defeat was inevitable.

Exodus 20:20 – Moses said unto the people, fear not; for God is come to prove you and that His fear may be before your faces, that you sin not.

Numbers 14:9 – Rebel not against the Lord, neither fear the people of the land; for they are bread for us. Their defense is departed from them, and the Lord is with us: fear them not.

Numbers 21:34– The Lord said unto Moses, fear him not: for I have delivered him into your hand.

Deuteronomy 20:3 – Hear, O Israel, you approach this day unto battle against your enemies: let not your hearts faint, fear not, and do not tremble, neither be terrified because of them.

Deuteronomy 31:8 – And the Lord, He it is that goes before you; He will be with you, He will not fail you neither forsake you: fear not, neither be dismayed.

Joshua 1:9 - Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.

Joshua 8:1 – The Lord said to Joshua, fear not, neither be dismayed.

Judges 6:10 – I am the Lord you God; fear not the gods of the Amorites.

Judges 6:23 – The Lord said unto Gideon, peace be unto you, fear not: you shall not die.

1 Samuel 22:23 – Fear not: for he that seeks my life seeks your life; but with me you shall be in safeguard.

2 Samuel 13:28 – Fear not: have I not commanded you? Be courageous, and be valiant.

1 Kings 17:13 – Elijah said to her, fear not; go and do as you have said: but make me a little cake first, and bring it to me, and after make for you and for your son.

2 Kings 6:16 – Fear not: for they that are with us are more than they that are with them.

1 Chronicles 28:20 – David said to Solomon his son, be strong and of good courage, and do it: fear not, nor be dismayed: for the Lord God, even my God, will be with you; He will not fail you nor forsake you.

2 Chronicles 20:17 – Fear not, nor be dismayed; tomorrow go out against them: for the Lord will be with you.

Isaiah 7:4 – Fear not, neither be fainthearted.

Isaiah 35:4 – Say to them that are of a fearful heart, be strong, fear not: behold, your God will come with vengeance, even God with a recompense; He will come and save you.

Isaiah 41:10 – Fear not, for I am with you. Be not dismayed, for I am your God. I will strengthen you; yes, I will help you, yes, I will uphold you with the right hand of my righteousness.

Isaiah 41:13 – For I the Lord your God will hold your right hand, saying unto you, fear not: I will help you.

Isaiah 43:1 – Fear not; for I have redeemed you, I have called you by your name; you are mine. When you pass through the waters, I will be with you; and through the rivers they shall not overflow you. When you walk through the fire, you shall not be burned; neither shall the flame kindle upon you, for I am the Lord your God.

Isaiah 44:2 – Thus says the Lord that made you and formed you from the womb, which will help you: fear not.

Isaiah 44:8 – Fear not, neither be afraid.

Isaiah 51:7 – Fear not the reproach of men, neither be afraid of their revilings.

Isaiah 54:4 – Fear not; for you shall not be ashamed; neither be confounded, for you shall not be put to shame.

Jeremiah 30:10 – Fear not, O my servant Jacob, says the Lord; neither be dismayed, O Israel; for, lo, I will save you from afar and your seed from the land of their captivity.

Lamentations 3:57 – You drew near in the day that I called upon you: you said: fear not.

Daniel 10:12 – Fear not, Daniel: for from the first day that you did set your heart to understand and to chasten yourself before your God, your words were heard and I am come for your words.

Daniel 10:19 – Fear not: peace be to you, be strong, yes, be strong.

Joel 2:21 – Fear not, be glad and rejoice: for the Lord will do great things.

Zephaniah 3:16 - In that day it shall be said to Jerusalem, fear not: and to Zion, let not your hands be slack.

Haggai 2:5 – According to the word that I covenanted with you when you came out of Egypt, so my spirit remains among you: fear not.

Zechariah 8:13 – As you were a curse among the heathen, O house of Judah and house of Israel, so will I save you and you shall be a blessing: fear not, but let your hands be strong.

Matthew 1:20 – Fear not to take to you Mary for your wife; for that which is conceived in her is of the Holy Ghost.

Matthew 10:25 – Fear them not, therefore: for there is nothing covered that shall not be revealed, and hid that shall not be known.

Matthew 10:28 – Fear not them which kill the body but are not able to kill the soul; but rather fear Him which is able to destroy both soul and body in hell.

Luke 1:13 – Fear not, Zacharias: for your prayer is heard.

Luke 1:30 – Fear not, Mary, for you have found favor with God.

Luke 2:10 – The angel said to them, fear not: for, behold I bring you good tidings of great joy, which shall be to all people.

Luke 5:10 – Jesus said to Simon, fear not;: from henceforth you shall catch men.

Luke 8:50 – Jesus answered, fear not: believe only, and she shall be made whole.

Luke 12:32 – Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

John 12:15 - Fear not, daughter of Sidon; behold, you king comes, sitting on a donkey.

Acts 27:24 – Fear not, Paul; you must be brought before Caesar. And lo, God has give you all them that sail with you.

Revelations 1:17-18 – Fear not; I AM the First and the Last: I am He that lives and was dead; and, behold, I am alive for evermore, and have the keys of hell and of death.