

“HE RESTORES MY SOUL - Part VIII [Overcoming Fear]”

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INTRO: What is fear? What are examples of common fears?

I. HOW DOES FEAR IMPACT OUR LIVES? 1) It keeps us from taking risks & fulfilling God’s calling. 2) Causes negative emotions & actions, exaggeration & believing lies. 3) It torments & causes heart failure (1Jn. 4:18; Lk. 21:26) and 4) can be a self-fulfilling prophecy (Job 3:25).

II. WHAT IS THE ROOT CAUSE OF FEAR? 1) Not fully trusting in God, 2) Putting more faith in the negative than the positive, 3) Believing lies, misinterpreting experiences, feeding fear instead of faith, lack of love (1Jn. 4:18) and not knowing God and His Word well enough.

III. UNDERSTANDING FEAR THROUGH BIBLICAL STORIES

A. Elijah & Jezebel (1Ki. 19:1-18)

1. Fear often attacks right after great victories.
2. When fear strikes, don’t run but face your fears head on.
3. Fear may cause you to see things as worse than they are.
4. Fear may cause you to think you’re alone in your faith.

B. Jesus’ Disciples and a Great Storm (Mark 4:35-41)

1. Storms will come to your boat; have Jesus in your boat!
2. You have authority over the storms you can sleep during!
3. In faith, rebuke the storm that’s threatening your life!
4. Put more faith in what Jesus says than in what the storm looks like (Mk. 4:35, 38; Prov. 1:33; Jn. 14:27)!
5. Choose faith over fear or you’re disobeying Jesus!

C. A Storm and Walking on Water (Matt. 14:22-33).

1. When you’re afraid, listen to what Jesus has to say.
2. Fearful people criticize people trying to walk by faith!
3. Fear focuses on the storm; faith focuses on Jesus’ Word!
4. When you’ve given in to fear, but cry out to Jesus to save you, He won’t let you sink!

IV. HOW CAN I OVERCOME FEAR?

Realize fear is disobedience to God. Identify the lies behind your fears & replace them with truth. Feed your faith & starve your fears (Phil. 4:6-9). Meditate on Ps. 27:1-3; 34:4; 46:1-3; 56:3-4; 118:5-6; 2Tim. 1:7. Will you yield them to God’s healing power?