

Dealing with

FEAR

An in-depth Bible study by Pastor Steve Akers

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DEALING WITH FEAR!

If we relate to a problem of weak or poor faith then we must address fear because we will find that this is the force behind our problem.

FEAR TOLERATED IS FAITH CONTAMINATED

Two kinds of fear:

REVERENTIAL FEAR:

to fear, revere, to stand in awe of, be awed, reverence, honor, respect, a fear, concern of dishonoring or displeasing God
Psa_33:8 Let all the earth fear the LORD: let all the inhabitants of the world stand in awe of him.

TORMENTING FEAR:

to put to flight, to flee, to fear, be afraid, to be struck with fear, to be seized with alarm, of those startled by strange sights or occurrences, of those struck with amazement, to fear, be afraid of one, to fear (i.e. hesitate) to do something (for fear of harm) (to be put in fear) fear, dread, terror, that which strikes terror

Torment: rooted in torture, a method used to reveal the truth. vex with pain, harass, distress
A touchstone used to test the purity of gold or silver.

Terror: intense fear

Synonyms: **TIMID:** shy, bashful, coy, blushing, retiring, shrinking, dastardly **IRRESOLUTE:** indecisive, vacillating, capricious, unstable, irresponsible **SHY:** withdrawn, modest, humble, reticent

WHAT IS FEAR?

THE DEFINITION

- The warning or the anticipation of danger. The immanent presence of danger or calamity. A painful emotion or passion excited by an expectation of evil, or the apprehension of impending danger. Fear is accompanied with a desire to avoid or ward off the expected evil. Fear is an uneasiness of mind, upon the thought of future evil likely to befall us.

FEAR IS . . . twisted or perverted faith. It is faith in something other than God concerning a given need or issue. Fear is faith in the devil. - Fear is believing that God cannot do it. Fear is devastating, immobilizing, confusion in decisions, produces chaos, will effect emotional (fear can bring about depression, anxiety, hopelessness) and physical well being. (fear can cause the attraction of sickness or disease – our bodies in fear is not in peace)

I John 4:18 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.

I John 2:5-7 5 But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. 6 He that saith he abideth in him ought himself also so to walk, even as he walked. 7 Brethren, I write no new commandment unto you, but an old commandment which ye had from the beginning. The old commandment is the word which ye have heard from the beginning.

Torment: - HOPELESSNESS, TOTAL INABILITY TO DO ANYTHING TO CHANGE THE SITUATION

AFFLICT - Worry, anxiety, stress, improper decisions, improper actions, wrong thought, open door to deception or lies, immobility, isolation, given to our own understanding, walking after the flesh.

Fear is defined as torture. Punishment. - It is just that a punishing torture.

WHAT ARE THE MANIFESTATIONS OF FEAR?

Panic, withdrawal, confusion, doubt, worry, overwhelmed, indecisive, double minded, unstable, irresponsible, irrational, apprehensive, immobile - At the moment fear happens, love is overwhelmed, stopped, covered over, forgotten, overlooked, passed by - Trust is replaced by mis-trust and love is replaced by hate - Security is gone, we feel lost, we are confused, undone, doubting, unsure, unstable, panicky, retreat from God, tend to seek help from all sources but God.

What does the bible say about Fear?

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

Note: the word fear is used only in II Tim 1:7 in this meaning. Timidity, fearfulness, cowardice (dread) - timid, fearful

Fear comes from the devil, it is a spirit and must be cast out.

It is used in 3 verses as "**fearful**"

I John 4:18 - 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.

In this verse, the word "torment" means punishment. The word **fear** is used 2 times and means dread, terror.

Matt 8:26 - And he saith unto them, Why are ye **fearful**, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.

Mark 4:40 - And he said unto them, Why are ye so **fearful**? how is it that ye have no faith?

Reve 21:8 - But the **fearful**, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

Some verses about fear:

Exod 14:13 And Moses said unto the people, **Fear** ye not, stand still, and see the salvation of the LORD, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever.

Deut 1:21 Behold, the LORD thy God hath set the land before thee: go up [and] possess [it], as the LORD God of thy fathers hath said unto thee; **fear** not, neither be discouraged.

2Ki 6:15 And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! how shall we do?

2Ki 6:16 And he answered, **Fear** not: for they that be with us are more than they that be with them.

2Ki 6:17 And Elisha prayed, and said, LORD, I pray thee, open his eyes, that he may see. And the LORD opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha.

Job 4:14 **Fear** came upon me, and trembling, which made all my bones to shake.

Psal 23:4 Yea, though I walk through the valley of the shadow of death, I will **fear** no evil: for thou [art] with me; thy rod and thy staff they comfort me.

Psa 27:1 A Psalm of David. The LORD is my light and my salvation; whom shall I **fear**? the LORD is the strength of my life; of whom shall I be afraid?

Psa 27:2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

Psa 27:3 Though an host should encamp against me, my heart shall not **fear**: though war should rise against me, in this will I be confident.

Psal 34:4 I sought the LORD, and he heard me, and delivered me from all my **fears**.

Psa. 34:19 Many are the afflictions of the righteous, but God delivers us from them all.

Psal 48:6 **Fear** took hold upon them there, [and] pain, as of a woman in travail.

Psal 56:4 In God I will praise his word, in God I have put my trust; I will not **fear** what flesh can do unto me.

Psal 118:6 The LORD [is] on my side; I will not **fear**: what can man do unto me?

Prov 1:33 But whoso hearkeneth unto me shall dwell safely, and shall be quiet from **fear** of evil.

Prov 3:25 Be not afraid of sudden **fear**, neither of the desolation of the wicked, when it cometh.

Prov 3:26 For the LORD shall be thy confidence, and shall keep thy foot from being taken.

Pro. 22:13 The slothful [man] saith, [There is] a lion without, I shall be slain in the streets.

Prov 29:25 The **fear** of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

Isa 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 recompence; he will come and save you.

Isa 41:10 **Fear** thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isa 41:13 For I the LORD thy God will hold thy right hand, saying unto thee, **Fear** not; I will help thee.

Mark 4:40 Jesus calms the storm and **fears** of the disciples

Hebr 13:6 So that we may boldly say, The Lord [is] my helper, and I will not **fear** what man shall do unto me.

Luke 1:74 That he would grant unto us, that we being delivered out of the hand of our enemies might serve him without **fear**,

Luke 12:7 But even the very hairs of your head are all numbered. **Fear** not therefore: ye are of more value than many sparrows.

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

Roma 8:15 For ye have not received the spirit of bondage again to **fear**; but ye have received the Spirit of adoption,

whereby we cry, Abba, Father.

- Roma 8:16 The Spirit itself beareth witness with our spirit, that we are the children of God:
Roma 8:17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with [him], that we may be also glorified together.
Luke 21:26 Men's hearts failing them for **fear**, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.
Reve 21:8 But the **fearful**, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

God said in the Bible in 63 verses. "**FEAR NOT**" The word fear appears in 385 verses in the Bible.

- Gen 15:1 After these things the word of the LORD came unto Abram in a vision, saying, **Fear not**, Abram: I [am] thy shield, [and] thy exceeding great reward.
Gen 21:17 And God heard the voice of the lad; and the angel of God called to Hagar out of heaven, and said unto her, What aileth thee, Hagar? **Fear not**; for God hath heard the voice of the lad where he [is]. 18 Arise, lift up the lad, and hold him in thine hand; for I will make him a great nation.
Gen 26:24 And the LORD appeared unto him the same night, and said, I [am] the God of Abraham thy father: **fear not**, for I [am] with thee, and will bless thee, and multiply thy seed for my servant Abraham's sake. 25 And he builded an altar there, and called upon the name of the LORD, and pitched his tent there: and there Isaac's servants digged a well.
Exod. 20:19 And they said unto Moses, Speak thou with us, and we will hear: but let not God speak with us, lest we die. 20 And Moses said unto the people, **Fear not**: for God is come to prove you, and that his fear may be before your faces, that ye sin not.
Deut. 1:21 Behold, the LORD thy God hath set the land before thee: go up [and] possess [it], as the LORD God of thy fathers hath said unto thee; **fear not** neither be discouraged.
Deut 20:3 And shall say unto them, Hear, O Israel, ye approach this day unto battle against your enemies: let not your hearts faint, **fear not**, and do not tremble, neither be ye terrified because of them; {faint: Heb. be tender} {tremble: Heb. make haste} 4 For the LORD your God [is] he that goeth with you, to fight for you against your enemies, to save you.
Jos 8:1 And the LORD said unto Joshua, **Fear not**, neither be thou dismayed: take all the people of war with thee, and arise, go up to Ai: see, I have given into thy hand the king of Ai, and his people, and his city, and his land:
Jud 6:23 And the LORD said unto him, Peace [be] unto thee; **fear not**: thou shalt not die. I Kings 17:13 And Elijah said unto her, **Fear not**; go [and] do as thou hast said: but make me thereof a little cake first, and bring [it] unto me, and after make for thee and for thy son. 14 For thus saith the LORD God of Israel, The barrel of meal shall not waste, neither shall the cruse of oil fail, until the day [that] the LORD sendeth rain upon the earth. {sendeth: Heb. giveth}
II Chro 20:17 Ye shall not [need] to fight in this [battle]: set yourselves, stand ye [still], and see the salvation of the LORD with you, O Judah and Jerusalem: **fear not**, nor be dismayed; to morrow go out against them: for the LORD [will be] with you.
Isa 34: 3 Strengthen ye the weak hands, and confirm the feeble knees. 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 recompence; he will come and save you. {fearful: Heb. hasty} 5 Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. 6 Then shall the lame [man] leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.
Dan 10: 12 Then said he unto me, **Fear not**, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.
Matt 1: 20 But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, **fear not** to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost. {conceived: Gr. begotten}
Luke 1: 13 But the angel said unto him, **Fear not**, Zacharias: for thy prayer is heard; and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John.
Luke 1:30 And the angel said unto her, **FEAR NOT**, Mary: for thou hast found favour with God.

- Luke 5: 9 For he was astonished, and all that were with him, at the draught of the fishes which they had taken: 10 And so [was] also James, and John, the sons of Zebedee, which were partners with Simon. And Jesus said unto Simon, **Fear not**; from henceforth thou shalt catch men.
- Luke 8: 50 But when Jesus heard [it], he answered him, saying, **FEAR NOT**: believe only, and she shall be made whole.
- Luke 12: 7 But even the very hairs of your head are all numbered. **Fear not** therefore: ye are of more value than many sparrows.
- Luke 12:32 **FEAR NOT**, little flock; for it is your Father's good pleasure to give you the kingdom.

WHAT IS THE BASIS OF ALL FEARS?

- Heb. 2: 15 And deliver them who through **fear of death** were all their lifetime subject to bondage. Delivered from sin (which brings death) but from the sting of death which is fear.
- Job 18:1 Here we find a description of the result of fear and the state of the wicked man. Fear is connected with wickedness, evil, pain, trouble, loss, destruction, etc.

WHAT DO WE FEAR?

- Death
- Loss
- Sickness
- Terrorism
- Atomic bombing
- Being lonely
- Being without
- Flying
- Heights
- People
- Having money
- Not having money
- Being robbed
- Being hurt or attacked
- The unknown
- The new
- Change
- Rejection
- Failure
- Success
- Pain
- Words of others
- Wrong fear of God
- dogs
- snakes
- Lizards
- Spiders
- Water
- Devil

Fear is a spirit and it will enter our lives at any given opportunity, whether fair or unfair.

As a believer, Fear finds its entrance into our lives by sin, which interrupted is, we either allow it to enter or to remain.

- Courage is the operation of strength
- Cowardice is the operation of weakness
- Timidity will cause us to stop in our tracks and make us unwilling to go forward, obey or trust God.

BOLDNESS

Pro. 28:1

Our hope and strong confidence in God and what He says is our weapon to begin to walk in boldness and to cast out the spirit of fear from our lives.

How do we overcome and get rid of fear?

God is not the source, and to drive out fear we need to take our authority and CAST the fear out of us and off of us. Then focus on the love and grace of God to keep us from fear as we keep ourselves in obedience to His commands.

Psalm 91

- Trust – TOTAL RELIANT UNCHANGING SAVING TRUTH
- Confession – WHAT DOES God SAY? Matt. 12:34, 37
- Faith- NO WAVERING, NO DOUBLE-MINDEDNESS, UP ONE DAY DOWN THE NEXT – Rom.4:21, Jam. 1:8
- Standing – UNMOVABLE, IRREGARDLESS OF I Cor. 15:58
- Recognizing – BE QUICK TO SEE WHEN FEAR ATTACKS – AND ATTACK BACK – Psa. 56:3,4,11
- Applying – MOMENT BY MOMENT , DAY BY DAY, MINUTE BY MINUTE WHAT EVER IT TAKES.

Psa 56:3 What time I am afraid, I will trust in thee.

Psa 112:7 He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.

1. **Know the source of fear** It did not come from God so we don't want it in our lives. Know that the devil will put fear on you and in you with any opportunity. Do not allow this to happen. Keep your guard up and stay focused on the Word of God and the promises He made to you. Let God's Word Rule over emotions, feelings, and what you see.
2. **Know what fear is** Fear is a spirit - It is not something you catch or is it a learned experience. Experience can contribute to the action of fear, but fear is a spirit and must be acknowledge as such.
3. **Know what to do with fear** - Fear must be cast out – period -You cannot grow out of fear, learn how to cope with it. Or pray it out by normal prayer. It must be CAST OUT by the name and the blood of Jesus declaring your authority by the Word.

Once dealt with keep your freedom Do not allow the enemy to find an entrance into your life again with fear. Keep watch. Stay sharp and do not let the enemy catch you unawares with his schemes, devices or strategies, his deception, seduction or lies.

NO FEAR HERE!

Refuse to fear!

JESUS IS LORD!

Benefits of fearing God:

- Prov 8:13 The **fear** of the LORD [is] to hate evil: pride, and arrogance, and the evil way, and the froward mouth, do I hate.
- Prov 9:10,11 The **fear** of the LORD [is] the beginning of wisdom: and the knowledge of the holy [is] understanding. For by me thy days shall be multiplied, and the years of thy life shall be increased.
- Prov 10:27 The **fear** of the LORD prolongeth days: but the years of the wicked shall be shortened.
- Prov 15:33 The **fear** of the LORD [is] the instruction of wisdom; and before honour [is] humility.
- Prov 19:23 The **fear** of the LORD [tendeth] to life: and [he that hath it] shall abide satisfied; he shall not be visited with evil.
- Prov 22:4 By humility [and] the **fear** of the LORD [are] riches, and honour, and life.
- Job_28:28 And unto man he said, Behold, the **fear** of the Lord, that is wisdom; and to depart from evil is understanding.
- Psa_19:9 The **fear** of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.
- Psa_111:10 The **fear** of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever.
- Pro_1:7 The **fear** of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.
- Pro_14:26 In the **fear** of the LORD is strong confidence: and his children shall have a place of refuge.
- Pro_14:27 The **fear** of the LORD is a fountain of life, to depart from the snares of death.
- Pro_15:33 The **fear** of the LORD is the instruction of wisdom; and before honour is humility.