

Crushing Fear

Preview

We all face fear and anxiety, but are we inviting these feelings into our lives? How can we shut the door on fear and live in victory?

“For God has not given us a spirit of fear, but of power and of love and of a sound mind” (II Timothy 1:7, NKJV).

Praise

We thank God because He is the Prince of Peace (Isaiah 9:6). He knows exactly where we are and the direction we are going (Psalm 139; Jeremiah 29:11). There is no storm—physical, spiritual, or emotional—that He cannot calm. There is no problem so great that He cannot solve and no issue so small that He will ignore. He has proven His goodness and faithfulness time and time again and will continue to do so no matter how undeserving we are. He is our Prince of Peace!

Take a moment to write down some things that God has done in your life. Remember to write not only about times when God has blessed you, but also about times that He brought you through tough situations. As people are comfortable, share with each other.

Parable

There are some crazy fears out there. Some fears are reasonable (come on, who really likes spiders anyway?), but others seem a bit outlandish. There is geliophobia, which is the fear of laughter, and dextrophobia, which is the fear of having objects to your right. Not to be outdone, anatidaephobia is the fear that somewhere a duck or goose is watching you. We could go on naming crazy fears all day, but I think we could all agree that sometimes people are afraid and anxious over some silly stuff.

Have you ever found yourself getting anxious or scared about something, but in your mind you knew it didn't make sense to be afraid? Even when we know our fears are unreasonable and unfounded, they can be hard to shake.

Present

The Bible tells us that God has not given us a spirit of fear, but instead has filled us with power, love, and a sound mind. If we aren't supposed to be filled with the spirit of fear, we must make sure that we are filled with the Spirit of God! We need to be filled with the power that comes only when we receive the Holy Ghost (Acts 1:8).

There is power in knowing that the very God who created the universe now dwells inside of us. He will not forsake us, and He will not place any more on us than we can handle (I Corinthians 10:13). As we pray and take our fears to God, situations shift and circumstances change (I John 4:4). If we are worried about something, we need to pray about it. Jesus is greater than the fears we face!

Not only do we need to be filled with the power of God, but we also need to be filled with love. We don't often associate fear and love as contrary emotions, but the Bible sets them at odds. We need to make certain that we aren't allowing fear to be the determining factor in our decision-making. Oftentimes, when God is calling us to respond to Him, we experience fear. Yet our love for God should be greater than our fear!

Peter didn't let his fear of the water keep him from stepping out of the boat and walking toward Jesus, and thankfully, Jesus didn't let His fear of the cross keep Him from giving His life for us at Calvary. Likewise, don't let your fear keep you from doing what God is calling you to do. Fear says, “Don't share the gospel; they might reject it,” but love says, “Jesus died so that everyone could have abundant life!” Fear is always looking for a reason to take the easy way out, but love calls us to do the right thing no matter the cost.

Finally, Scripture says that God has given us a sound mind. We don't have to be controlled by emotion; we can think and respond logically. We should take a moment to remember all the times when God has been faithful. If God has done it for us before, He will do it again. If God has helped us through hard times before, He will do it again. He is the same, yesterday, today, and forever (Hebrews 13:8)! If

life has knocked you down before, you are living proof that you can get back up (Micah 7:8). Let the memory of your past victories remind you to fear not!

Practice

1. If you haven't received the Holy Ghost, you need to seek it! If you have been filled with the Holy Ghost, you need to renew it. Pray about the situations, anxiety, and fear that you face. His power can liberate you from fear!
2. If you feel like God is calling you to do something, don't let fear control your actions! Pull a Nike, and "Just do it!"
3. Keep a journal and write down one thing you're grateful for each day. Write down times that God has answered prayers and helped you in the past. When you are in tough situations, read back over all the things God has done in your life.

Pray

Thank you, Jesus, for allowing us the opportunity to be filled with your Spirit. We pray that we will remember your goodness and faithfulness to us, and that we will let love determine the decisions we make. Don't allow us to be filled with the spirit of fear, but fill us with power, love, and a sound mind!

Plus

Think of something God has been calling you to do. Maybe He's calling you to share the gospel with a friend. Maybe He's calling you to be baptized in Jesus' name or seek the Holy Ghost. Maybe He's calling you to give up that bad habit or end that relationship. If you will listen, God will put something on your heart for you to do. You'll likely feel anxious about acting on the word that God has given you; you will probably feel fear. Yet, prayerfully, let your love for God be the motivation for your action. Take the step and crush your fear!

