

# OVERCOMING FEAR

(PART 1)

## Fear Not!

Matthew 8:23-27; Psalm 118:1-21 By Pastor David Smith July 25, 2010

A reassuring characteristic of God revealed clearly in the Bible is that He helps people overcome fear when they trust in Him.

### \* How can we overcome fear?

#### 1. **Stop living in denial and do a fear**

\_\_\_\_\_.

He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. Matthew 8:26

*We must answer Jesus' question to His disciples: Why are you so afraid?*

The psalm writer wrote: "In my anguish I cried to the LORD, and he answered by setting me free." Psalm 118:5

#### 2. **Be \_\_\_\_\_ for sudden fear-causing situations.**

A. Keep learning more and more about \_\_\_\_\_.

The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!" Matthew 8:27

B. Regularly \_\_\_\_\_ what you know about God.

Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing. Psalm 34:8-9

C. Remember that God is with us during life's \_\_\_\_\_.

D. Never doubt that Jesus is \_\_\_\_\_ over everything.

It is better to take refuge in the LORD than to trust in man. Psalm 118:8

E. God's strength overpowers the \_\_\_\_\_ of \_\_\_\_\_.

The LORD is with me; I will not be afraid. What can man do to me? The LORD is with me; he is my helper. I will look in triumph on my enemies. Psalm 118:6-7

#### 3. **\_\_\_\_\_ in God is the antidote for \_\_\_\_\_.**

I was pushed back and about to fall, but the LORD helped me. The LORD is my strength and my song; He has become my salvation. Shouts of joy and victory resound in the tents of the righteous: "The LORD's right hand has done mighty things! The LORD's right hand is lifted high; the LORD's right hand has done mighty things!" Psalm 118:13-16

I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; He saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Psalm 34:4-7

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#### **Overcome your fears . . .**

1. Have you ever thought about your fears, worries, or insecurities and what causes them? Have you tried to pretend they don't exist by refusing to think about your fears?
2. How can you overcome your fears without ever identifying them? Do a fear inventory, and then think about how you can trust God with each fear you have instead of worrying.
3. Trusting God in the face of fears is an on-going process. How will you be intentional this week in trusting God with fears you deal with? How can you use the Word of God and prayer as you trust Him in these situations?

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All Scriptures are from the New International Version unless otherwise indicated.