

Facing And Overcoming Fear With Faith

“Do not fear; for I am with you; do not look anxiously about you, for I am your God. I will strengthen you, surely I will help you. Surely I will uphold you with My righteous right hand.”
Isaiah 41:10

“But immediately Jesus spoke to them saying, “Take courage, it is I; do not be afraid.”
Matthew 14:27

No one likes to feel afraid.

Fear is a formidable foe that we must face and overcome if we are to live a victorious Christian life. Fear is a powerful paralyzer. If you have ever been held in fear’s icy, disabling grip, you know how fear works to prevent you from taking steps of faith that will propel you forward in your walk with God.

Fear is not of God. II Timothy 1:7 states *“For God has not given us a spirit of fear, but of power, love and a sound mind.”* I don’t know about you, but I like that sound mind stuff! Think with me for a moment. What flies out the window first when we are gripped by fear? Power, love and a sound mind do. When afraid we feel powerless, lose sight of God’s love and think we are going insane when fear screams at our souls. Clever strategy, huh?

Fear never comes from our Heavenly Father. Overcoming fear is a spiritual battle. We can fight effectively and victoriously when we know that fear is neither of God, nor of our own making, but is of the devil. The devil and the fear he inspires can be decisively defeated by faith in Jesus Christ. The Lord gives us power, love and a sound (a disciplined, self-controlled) mind which will trump fear every time.

Jesus knew His first followers (and us too!) would be tempted to be fearful. So He told them to not fear. Don’t let your heart be troubled and filled with anxiety and fear. I am with you and I have overcome the world and everything that would cause you to be afraid. Jesus was saying we can overcome fear because He overcame it.

When we are fearful, we become anxious and look around worrying about things that might hurt us. Isaiah tells us in Isaiah 41:10 that we don’t have to be afraid at all. Why? Our God is with us, He will strengthen us, help us and hold us up with His mighty right hand. What an awesome promise from God for combating fear!

Satan is the source of fear. The evil one is the enemy of our souls. Fear is one of his favorite weapons that he launches against us. Someone has said “Fear is the handle that fits every tool of the devil.” Fear is always present when Satan attacks. Fear, whether real or imagined, obscures our faith. Fear intimidates and immobilizes. The devils desire is that fear will scare us into losing our faith and joy.

When we are filled with fear, it is hard to be full of faith.

Therefore, when fear comes knocking on the door of our minds and heart, we must answer it with faith. Fear must be rejected and replaced with our trust in the Lord. Faith always chases fear away. Fear cannot stand in the presence of faith.

Common Fears That Cause Spiritual and Emotional Paralysis

FEAR OF REJECTION	FEAR OF ABANDONMENT
FEAR OF FAILURE	FEAR OF SUCCESS
FEAR OF ILLNESS	FEAR OF DEATH
FEAR OF LOSS	FEAR OF DISAPPROVAL
FEAR OF FINANCIAL LOSS	FEAR OF DISPLEASEING GOD
FEAR OF BEING ALONE	FEAR OF BEING LEFT BEHIND
FEAR OF AGING	FEAR OF NOT BEING LOVED
FEAR OF BEING FORGOTTEN	FEAR OF WHAT OTHERS THINK

Name your fears _____.

Why do these fears make you afraid? _____

_____.

How do you feel when you are afraid? _____

_____.

How do you usually respond to being afraid? _____

_____.

How would you like to handle fear in the future? _____

_____.

Four Simple Steps For Overcoming Fear

Because fear paralyzes and immobilizes, it is imperative that we have an action plan for counter attacking fear when it attacks us. There was a time in my life when I was overcome with a disabling and discouraging spirit of fear. The Lord delivered me and showed me four steps that help me keep fear at bay. I like to call them FEAR BUSTERS!

FEAR BUSTER #1 FACE YOUR FEAR

Don't turn your back on fear. Never flee from what you fear. Stand up to it. Get in fears face. Stare it down. When you and I face a fear head and don't back down, fear's grip will be broken. Fear will retreat like a whipped dog!

Name your fear and shame your fear by calling it what is and calling on the name of the Lord Jesus Christ to chase your fear away. Never cower to fear because God has given you power to overcome fear!

FEAR BUSTER #2 DON'T FEED YOUR FEAR

Stop dwelling on your fear. Don't give fear attention. Stop taking about being afraid. Refuse to acknowledge it. Stop rehearsing and nursing what makes you fearful. Don't give what you fear power over your life that it doesn't have.

Starve your fear to death. If you don't feed fear, it can't grow. Do a little weed and feed.....weed your fears and feed your faith!

FEAR BUSTER #3 FIGHT YOUR FEAR

It was Emerson who said "Do the thing you fear and the death of fear is certain." Never surrender to your fears. Don't lie down and let fear triumph over you. Refuse to hide out and hunker down. Rise up. Prepare to fight. Put on your spiritual armor (Ephesians 6:10-20). Stand behind the shield of faith. Charge what you fear.

Conquer fear with the sword of the Spirit. Plant the flag of the King of Kings and Lord of Lords over your conquered for!

FEAR BUSTER #4 FOCUS YOUR FAITH

David declared in Psalm 56:3 *“Whenever I am afraid, I will trust in You.”* Psalm 34:4 says *“I sought the Lord and He delivered from all my fears.”* Faith negates fear. Therefore, when fear rears its ugly head, look to Jesus (see Hebrews 12:1-3).

Trust Him to protect you from fear. Intentionally choose to allow faith to rise up in your heart. Call upon the Lord with faith to overcome fear. Take every one of your fears to God, trust Him to deal with it, and then watch your fears disappear.

Fear free, victorious living belongs to those who walk by faith and not by sight (II Corinthians 5:7).

Scriptures For Overcoming Fear

Our fears are overcome by faith when we stand on the promises of God’s Word. The following Scriptures will help you transform your fears into cheers because of your faith in God who is faithful to deliver you from fear.

II Timothy 1:7	Romans 8:15
I John 4:18	Psalm 91:1
Psalm 91:4-7	Psalm 91:10-11
Proverbs 3:25-26	Isaiah 54:14
Psalm 56:11	Psalm 23:4-5
Romans 8:29, 31, 35-39	Psalm 31:24
Psalm 27: 1-3	Hebrews 13:6
Deuteronomy 31:6	Psalm 118:6-7
I John 4:1-4	Proverbs 29:25
Jeremiah 17:7	Psalm 112:7-8
Psalm 56:3	Isaiah 12:2

OVERCOMING FEAR EXERCISE

1. Write out all of the above scriptures. Seeing them on paper puts God’s promises right in our spiritual face. That is a good thing!

2. Take three or four of these scriptures and write out how they apply to your life. How will you draw upon them the next time you feel fearful?

. Commit to memory some of these scriptures to maximize victory over fear.

One of my favorite passages of scripture about overcoming fear is found in Zephaniah 3:14-17.

“Shout for joy, O daughter of Zion! Shout in triumph, O Israel! Rejoice and exult with all your heart, O daughter of Jerusalem.

The Lord has taken away His judgment against you. He has cleared away your enemies. The King of Israel, the Lord is in your midst. You will fear disaster no more.

In that day it will be said to Jerusalem, Do not be afraid, O Zion. Do not let your hands fall limp. The Lord your God is in your midst, a victorious warrior. He will exult over you with joy, He will quiet you in his love, He will rejoice over you with shouts of joy!”

How in the world can we walk in fear when we have a promise for overcoming fear like this? If you confess Christ as your personal Lord and Savior, there is no reason for you to be afraid and fear disaster anymore. There is every reason to face and overcome your fear with faith in Jesus’ fearless name!

Confession of Faith Over Fear

I will not be afraid of anything or anyone because I belong to God. Jesus Christ has defeated every fearful and hurtful thing that can come against me.

Therefore, I choose right now to affirm my faith in Him. With the Holy Spirit’s help, I draw upon the spiritual power, unlimited love of God, and the stability of my sound mind in Christ as I conquer my fears in Jesus’ name!

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

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