

Sunday, 31 January 2021

You Can Overcome Series – Part 3: You Can Overcome Fear

God does not want His people to be afraid. When God said fear not the Israelites were either facing or getting ready to face a difficult circumstance that would cause people to fear. But God said “do not fear”. If God said to not fear, then it is possible to overcome fear. Today we will learn four simple truths that will enable us to overcome fear.

1. Do not ignore the fear - Psalm 56:3

1.1. You cannot defeat something you ignore or deny.

2. Choose to believe God instead of fear – Psalm 56:3, Mark 5:36

2.1. David responded to fear by trusting in God.

3. Strengthen your faith with God's Word – Ephesians 6:18, Psalm 46:1-2, Isaiah 41:10, Isaiah 54:14, Hebrews 13:5-6

3.1. Prepare yourself to overcome fear with God's Word.

4. Resist Fear –James 4:7, Matthew 4:10, Philippians 2:9-10, (Matthew 16:18-19)

4.1. Resist fear with the Word and the Name of Jesus.

Conclusion: God does not want you to live with fear. You can overcome fear. Do not ignore the fear. Choose to believe God. Strengthen your faith with God's Word. And, resist fear when it comes. If you apply these four Bible principles, you will overcome fear. You do not need to fear because God is with you and He will help you in every situation.

Discussion Questions:

1. Why should we not ignore fear?

2. From points 2 and 3, how can we choose to believe and how can we strengthen our faith?

3. How do we resist fear?