



**OVERCOMING
FEAR**

FEAR

an unpleasant emotion or thought that you have
when you are frightened or worried
by something dangerous, painful, or bad
that is happening or might happen

emotional

physiological

FEAR

cognitive

behavioural

**FEAR
ENSLAVES US**



Rom 8:15a

The Spirit you received
does not make you slaves,
so that you live in fear again;

(A)

**TRAPPED IN
THE WRONG FOCUS**

~ See the Wrong Things ~

Mt 14:25-31

²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear. ²⁷ But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.” ²⁸ “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

Mt 14:25-31

²⁹ “Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!” ³¹ Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

(B)

**TRAPPED IN
THE WRONG PERSPECTIVES**

~ See Things the Wrong Way ~

Num 13:27-29, 31-33

“We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. But the people who live there **are powerful**, and the cities are fortified and very large. We even saw descendants of Anak there... **We can't attack** those people; **they are stronger** than we are ...

Num 13:27-29, 31-33

... The land we explored devours those living in it. All the people we saw there are of great size. We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.”

The background features several horizontal orange lines of varying lengths and thicknesses, some of which are slightly blurred. At the bottom center, there is a large, stylized diamond shape composed of multiple concentric lines, with the innermost line being the thickest and the outermost being the thinnest.

FEAR

can handicap us and
cause us to shut down and give up.



**FAITH
RELEASES US**

Rom 8:15

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received **brought about your adoption to sonship.** And by him we cry, “Abba, Father.”

(A)

**FREEDOM IN HAVING
THE RIGHT FOCUS**

~ See the Right Things ~

(B)

**FREEDOM IN HAVING
THE RIGHT PERSPECTIVE**

~ See Things the Right Way ~

Num 14:7-9

⁷ ... “The land we passed through and explored is exceedingly good. ⁸ If the Lord is pleased with us, **he will lead us into that land**, a land flowing with milk and honey, **and will give it to us.** ⁹ Only do not rebel against the Lord. And do not be afraid of the people of the land, because **we will devour them.** Their protection is gone, but **the Lord is with us.** Do not be afraid of them.”

1 Sam 17:36-37

³⁶ Your servant has killed both the lion and the bear; **this uncircumcised Philistine will be like one of them,** because he has defied the armies of the living God. ³⁷ **The Lord who rescued me** from the paw of the lion and the paw of the bear **will rescue me** from the hand of this Philistine.”



OVERCOME FEAR

**WITH THE RIGHT FOCUS
AND THE RIGHT PERSPECTIVES**

**Drill yourself daily with the Word of God to
remind ourselves of:**

- **Who God is to us = our relationship**
- **Who we are to God = our identity**
- **Who God desires us to be = our destiny**
- **What God has called us to do = our purpose**

The Right Focus and Perspective of

Our Relationship: We have a God who is always watching out for us.

Our Identity: We have a Heavenly Father who loves us no matter what

Our Destiny: We are meant to overcome every trial to grow and become a better Christian.

Our Purpose: Everything we say and do for God has eternal value and significance.

**WHAT IS YOUR VIEW
OF GOD?**

**WHAT DO YOU
VALUE?**

Ps 27:1-6

¹ The Lord is my light and my salvation— whom shall I fear?
The Lord is the stronghold of my life— of whom shall I be
afraid? ² When the wicked advance against me to devour
me, it is my enemies and my foes who will stumble and fall.
³ Though an army besiege me, my heart will not fear;
though war break out against me, even then I will be
confident.

Ps 27:1-6

⁴ One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple. ⁵ For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock. ⁶ Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the Lord.