



## The Two Sides of Fear

### Problem & Provision

Genesis 3:8-10 - 2 Timothy 1:6-7 - Mark 4:35-41

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The most common emotional struggle is anxiety and fear.

Anxiety has no object.

Fear has an object (a reaction to a perceived and pending threat).

Not all fear is bad.

Healthy fear is normal, temporary, and rational fear that keeps us from doing what we should not do.

Unhealthy fear is abnormal, ongoing, and irrational fear that keeps us from doing what we should do.

Fear has many sources.

### ■ The Problem: The Root of Fear

Genesis 3:8 Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. 9 But the Lord God called to the man, "Where are you?"<sup>10</sup> He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." (NIV)

As a result of sin, our core emotion is fear.

Many of the problems in our lives are rooted in our fears.

### ■ The Provision: The Rescue from Fear

Hebrews 2:14 Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death - that is, the devil - 15 and free those who all their lives were held in slavery by their fear of death. (NIV)

The work of Jesus Christ on the cross broke the power of Satan and sin and frees us from the slavery of fear.

Do I need to repent of sin?

2 Timothy 1:6 Therefore I remind you that you stir up the gift of God, which is in you by the laying on of my hands. 7 For God has not given us the spirit of fear; but of power, and of love, and of a sound mind. (NKJV)

Fear does not come from God.

Fear is not just an emotion, but a spirit.

Fear must be addressed spiritually.

To defeat fear, I must stir up my spiritual resources:

- Power dominates fear.
- Love drives out fear.

1 John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 19 We love because he first loved us. (NIV)

- Sound Mind disciplines fear.

Mark 4:35 That day when evening came, he said to his disciples, "Let us go over to the other side." 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" 39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?" 41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!" (NIV)

When fear is in control:

I doubt God's goodness.

My problems overshadow God's promises.

I commit to choosing faith over fear.