

What to Do About Fear

Reading Psalm 27: Key Verse: *I sought the LORD, and he answered me, and delivered me from all my fears.* Psalm 34.4

Fear is a natural God given human emotion. It was our fear of God that first drove us to Him. See for example Jude 1.23, Luke 12.4&5 and Acts 9.31.

Twas grace that taught my heart to fear, and grace my fears relieved

Fear saves us from doing foolish things, like crossing a ten lane freeway in peak traffic. Fear arises when we observe a danger in our environment and it allows us to avoid the hazard. However there are times when fear becomes inordinate. We tend to fear any one or every situation; things with which we ought to be able to deal. Sometimes we may need help from a godly pastor or counsellor, or may be a nutritionist, or our physician if we are run down physically. However the Christian has a resource in the Lord, that others do not have, and like King David, should seek His face first in every time of need or danger.

What are the things that cause us to fear? There are the things that are out side our control, as well as those over which we have a measure of control.

We may fear war or the course of international events Luke 21.26 is certainly true today. We may fear the violence and lawlessness that is in society. There is the state of the economy and the rate of inflation and its impact on our well being. There is our state of health, or the onset of death. We may fear failure in our studies, or in our employment prospects. There are many things which may impact upon us. What is it with you?

Remember that the Lord may deliver us out of the thing which we fear or

He may protect us through the experience, as David testified in Psalm 23.3. Hear His word to Peter and each one of us too, *"Be of good cheer; it is I; be not afraid"*. Matthew 14.27

What does inordinate fear do to us? Fear robs us of all that God in Christ wants to do for us and in us. Consider this (incomplete) list.

Fear robs us of faith. When fear comes in, faith goes out. Matthew 8.26.

Fear hinders the love of God being perfected in us. 1 John 4.18

Fear robs us of effective service. 2 Timothy 1.7

Fear robs us of the freedom that belongs to God's children

Romans 8.15

Fear robs us of peace of heart.

John 14.27

Fear robs us of confidence.

Proverbs 3.25&26

Fear robs us of composure. Job 4.14

Fear robs us of sleep. Proverbs 3.24

Fear also upsets our ability to cope with life. It can cause all manner of illnesses. It makes us timid, saps strength, erodes confidence and steals our enjoyment of life.

How can the Christian deal with fear? If you are fearful what must you do.

First, recognise that you are in the grip of fear. If you have not correctly diagnosed the problem, you cannot adequately deal with it.

Second, some people hide behind their fears and failures to avoid facing their responsibilities. What did Jesus mean by asking the question in John 5.6. Do you really want to be free of your fears?

Third, realize that fear is a natural emotion and that your fear needs to be brought under the control of the Holy Spirit so that it may function in your life correctly. See Acts 4.31.

Fourth, recognise that inordinate fear is a sin and must be confessed and forgiven and removed. 1 John 1.9.

Fifth, you must take your fears to the Lord and leave them there. Are you really able to do that? Read Psalm 34.4.

Sixth. Read Colossians 3.16 and start to put this verse into action in your life. Read God's word regularly and join a bible believing study group. Cultivate the habit of building God's word into your daily life. Psalm 119:148 *My eyes are awake before the watches of the night, that I may meditate upon thy promise.*

Seventh. Keep your eyes upon Jesus, and not upon the waves that surround you Matthew 14.30. Cultivate the habit of walking in the presence of the Lord every moment of every day. Talk to Him about life's problems and thank Him for His fellowship. Draw on His strength moment by moment.

Eighth. Begin enjoying living as a Christian on the victory side of life. Has fear been your problem? Then Isaiah 12.2&3 is just for you! *"Behold, God is my salvation; I will trust, and will not be afraid; for the LORD GOD is my strength and my song, and he has become my salvation." With joy you will draw water from the wells of salvation.*

Welcome

Glen Park Gospel Church

Lower Road, Eltham North

Sundays 10.30 am

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