

## The Good News Club - Guide to Christian Living

### **OVERCOMING FEAR - WHAT THE BIBLE SAYS**

Fear invades and underlies the whole of life's activities such as: fear of failure, of change, of success, of rejection, of being abandoned, of loneliness, of the future, of the unknown and the endless list of phobias.

Gen.3:9-10 ; 1 John 4:18 - Fear is the first emotion expressed by man, and the first emotion dealt with by the Cross of Christ. Fear is replaced by love, faith is operated or powered by love, the actions generated by love destroys the feelings of fear.

Heb.3:12-13 - The main causes of fear are self-concerns, self-interest and self-protection. For a Christian (someone who has faith in God, fear is really not believing that Christ is living within you, or if you believe He is, that He hasn't the power or ability to do what He said He would do.

Matt.6:33 ; 25:26 ; Prov.16:9 ; Eph.5:15-17 ; Col.3:23-24 - Worry is like wickedness and laziness, reveals a lack of trust in God. To overcome worry, make a plan to accomplish today's task and do each task heartily as unto the Lord.

Gen.4:7 ; 15:1 - Fear, worry, anxiety along with anger, bitterness, resentment, guilt, envy, and other sins are just feelings. It is faith acting on God's word by one's will, an act of love, that supersedes feelings. So when God commands us to "Fear Not !", He is addressing our will and our mind, not our emotions. We can work through our fear by an act of our will because God is with us, willing us to love, and love casts out all fear.

Phil.4:13 ; 2 Cor.12:7-9 - Fear is part of living. We will always fear changes, new situations, and a sense of inadequacy will surround all situations. All this does is reveal the creaturehood of our being and to remind us that we can't handle anything in our own strength and wisdom. Rejoice that you can't handle it because in each and every circumstance that you call upon the Lord Who is your strength, the more and more you grow into Him.

Gen.1:26-28 - God commands us to replenish and to subdue. Fear is a necessary part of our design. Fear tells me something or someone who appears bigger than I am is approaching and affecting my mind and my emotions. Fear is a red light that tells us danger is about, a signal to remind us now is the time to call upon God, to face the thing we fear in Him and with His strength and ability to overcome it, swallow it up and go on to the next thing. We are to replace the fear with a deliberate trust and rest in God Who lives in us, drawing upon Him wisdom, strength and ability so that it becomes our wisdom, strength and ability. So turn fear around on itself, not allowing it to be a trigger for defeat but the trigger to one more way in which God is able to be manifested and revealed in our behaviour.

Rom.12:1-2 - Most of us have a belief bank full of junk. We are to renew the mind, get the junk out, and replace it with thoughts of God's Presence. "He is my Light, my Salvation, whom shall I fear, for He will give me all I need as I seek His righteousness".

Ps.42:1-11 - How to attack fear - talk to self, tell self who God is, rehearse this reality and the fear will properly disappear because God can now be revealed in the situation.

Ps.23 , 24 , 27 , 91 ; Deut.28 - Feelings only obey what we think. If we think despair, then despair comes, if we think fearful then we elicit more of the same, etc. Truth in God must be learned, that we know within that He is our strength, our adequacy, our wisdom, and that His angels are all about us! We control fear by believing the truth in God.

Heb.13:20-21 - God is with us at all times, He will never leave or forsake us. God loves you, accepts you and approves of you regardless of what you or others say or think.

Matt.5:43-44 ; 1 John 2:9-10 - Regardless of what others do or not do, be always in a state of forgiving offenses, develop a permanent state of reconciliation. Choose to love, develop this disposition to love. It takes time for this idea to grow and develop into the image of Christ because it is what Jesus did. Our blueprint states that we were made to love, otherwise life does not work.

1 John 1:9 ; 1 Cor.13:4-8a ; Col.3:12-14 ; 2 Cor.5:14-15 ; Phil.4:6-9 ; 1 John 4:18 - In order to deal biblically with fear, you must confess your self-centered fear (awesome respect) to God and fulfill your responsibilities in Christlike love regardless of your feelings.

1 John 3:17 - Love is an action, activated by compassion. We don't have to pray about it, just do it! We don't have to ask for God's help, Holy Spirit is already in us, and it is our choice to respond God's way allowing His love to be manifested.

1 Cor.1:30 - By faith and not by feelings, call upon the Lord and ask Him that His thoughts become your thoughts, His strengths your strengths, His adequacy your adequacy. This is what is called a normal christian life.

Prov.24:10 ; 21:22 - With diligence and perseverance you can be victorious in all new situations and changes that life offers. The enemy will challenge your growth. Use the barriers he sets up as opportunities to strengthen your faith until you become perfect and complete, lacking in nothing.

John 14:21 ; 16:33 - He will guide us into the unknown, new territories, new ideas, new situations, and new revelations. Look forward to great opportunities to reveal your potential in Christ. Areas that frighten, God has already given it to us in Christ. As with Moses with just a staff in hand, go with whatever you have in hand, and see miracles.

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