

Overcoming Fear

March 22nd, 2015 - Gary Hutchison

SERMON SUMMARY:

So many people today are walking in fear. How can we overcome our tendency to so easily become fearful? There are two truths that we must have deep in our hearts and minds if we are going to overcome fear. In Mark 4:35-41 Jesus asks the disciples why they were so afraid of the wind and the waves? Did the disciples really think that the boat would sink and Jesus would drown? 1 John 4:18 says that perfect love casts out fear and the opposite is also true that if we embrace fear it casts out love. And the key to walking in love and casting out fear all begins with knowing that I am loved by God. This is why the apostle Paul prays in Eph 3:16-19 that they would know at a personal level the love of God.

God can't always feel lovingly towards me right? At least not since he knows all my failures and sins. But God does not deal with us according to our sins (Psalm 103:10-14) but instead this is how He treats us in Zeph 3:17, "*The Lord your God is in your midst; he is a warrior who can deliver. He takes great delight in you; he renews you by his love; he shouts for joy over you.*"

If we will place our faith in God and receive His love for us, then we will live our lives without fear.

SERMON DISCUSSION QUESTIONS:

What are some things that we have been afraid of in our lives? (Examples might include running out of money, death, loneliness, rejection, failing, terrorism, etc...) What is your most common fear right now that you struggle with?

In Mark 4:35-41 there is a scene where the disciples, fishermen used to being on the water, became afraid that they would drown. Do you think they had good reason to be afraid? Why or why not?

In Mark 4:40 Jesus challenges the disciples and asks them why they are giving in to fear? What had the disciples witnessed firsthand as they walked with Jesus prior to this moment on the boat? Did they have any reason to trust that God was with Jesus?

The Bible says that perfect love casts out fear 1 John 4:18. What does this mean and how can perfect love actually cast out fear in our lives?

Do you believe that you cannot die before your time? Read Job 14:5. Does this verse change your answer?

Gary said that the opposite is also true that when we fear people instead of loving them, perfect love is cast out. What does it look like to love difficult or evil people instead of hating them?

Gary said that another key to living without fear is to believe deep in your soul that you are loved. Read Zeph 3:17. Do you believe that God feels this way about you?

Have you ever felt like your sin was too great and that as a result God could not rejoice over you? God knew that we would have that reaction and so read Zeph 3:15. Does the truth of this verse make us want to run to Him or away from Him when we sin?

What is the first line of defense according to Gary against weakness, failure, and disease of mind and body? (Neh 8:10)