

PUSHING BACK ON FEAR

THE FEARS WE FACE

- A. **Fear - a multifaceted force**
 - 1. Rational fears - often caused by current environment
 - 2. Irrational fears - called phobias, can trigger an automatic response
 - a. All fears can be limiting
 - 3. Good fear?
 - a. An awareness of danger
- B. **Jesus offered an alternative to fear** (*John 14:27 NKJ*)
 - 1. His peace is greater than fear - and different from the peace of the world
 - 2. We must mix faith with His words
 - a. Don't let = push back on fear

ISRAEL'S RESPONSE TO A FEARFUL SITUATION (*Deuteronomy 20:1-4, 8 NKJ*)

- A. **When the army was facing a larger opponent**
 - 1. Israel was often outnumbered
 - 2. But God is with you - who has helped you in the past
- B. **A message from the priest?**
 - 1. Why not the military leaders addressing the army?
 - a. The leaders knew strategy
 - b. The priests would bring a message from God
 - 2. Don't let - push back
 - a. Resist the urge to give into fear
 - b. Because God will help you - the reason for resistance
- C. **The absence of fear was important**
 - 1. Enough to send home men even though already outnumbered
 - 2. Fear is contagious - someone afraid can impact others

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- A. **Understand the environment we live in**
 - 1. Fear is promoted, not resisted
 - a. Fear gets more attention than faith
 - b. What we see and hear can be fear inducing
 - 2. But as God's people, we are part of a stronger Kingdom
 - a. We are part of a stronger family
 - b. And God is with us (*Hebrews 13:5-6 NKJV*)
- B. **We need to hear something different**
 - 1. Words of faith help us push back on fear (*Romans 10:17 NKJ*)
 - a. That God will help us
 - b. That we have not been given a spirit of fear
 - 2. Underscores a reason for church
 - a. Our message is different - we live by faith, not fear
- C. **Limit the influence of fear**
 - 1. Outside sources
 - a. Media, people
 - 2. Inside sources
 - a. Our thoughts
 - b. Our words (*Proverbs 16:24 NKJ*)
 - 3. Make sure we are not the ones spreading fear

John 14:27 NKJV

27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Deuteronomy 20:1-4, 8 NKJV

1 “When you go out to battle against your enemies, and see horses and chariots and people more numerous than you, do not be afraid of them; for the Lord your God is with you, who brought you up from the land of Egypt. 2 So it shall be, when you are on the verge of battle, that the priest shall approach and speak to the people. 3 And he shall say to them, ‘Hear, O Israel: Today you are on the verge of battle with your enemies. Do not let your heart faint, do not be afraid, and do not tremble or be terrified because of them; 4 for the Lord your God is He who goes with you, to fight for you against your enemies, to save you.’

8 “The officers shall speak further to the people, and say, ‘What man is there who is fearful and fainthearted? Let him go and return to his house, lest the heart of his brethren faint like his heart.’

Hebrews 13:5-6 NKJV

5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” 6 So we may boldly say:

“The Lord is my helper;
I will not fear.

What can man do to me?”

Romans 10:17 NKJ

17 So then faith comes by hearing, and hearing by the word of God.

Proverbs 16:24 NKJ

24 Pleasant words are like a honeycomb,
Sweetness to the soul and health to the bones.

