

# The Honest Truth

## The Truth about Fear

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Ron Burks, pastor

Truth: Everyone faces fear to varying degrees, but God is in control of all things, and He can use fear to lead us to trust and depend on Him as we face our fears.

### Peter's Story

- Jesus was arrested and people recognized Peter as one of Jesus' disciples. Peter denied Jesus out of fear he might also be killed.
- Peter denied Jesus three times indicating Peter knew he was lying but he allowed fear to take over.
- When Jesus saw him, Peter was overcome by shame and guilt and wept bitterly. We learn later Peter was sorry and confessed to Jesus.

### Lessons about Fear

- Overcoming fear is not always something you conquer. Sometimes, fear is something you don't allow to conquer you.
- Fear does not always mean failure. Fear can lead you to trust God and depend on Him for strength.
- The lie is that I will always live in fear of something. The truth is that I can choose with God's help not to let fear define who I am or limit what I do in life.

### BOTTOM LINE

There are two types of fear. When you fear God, you show Him reverence and respect by obeying His Word. When you fear the world, you allow the enemy to keep you bound to His lies. The question you must ask is, "Who do you fear?" (Psalm 27:1)