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Pt. 4 | Dr. Mark Lantz | Mark 4:35



Mark 4:40

Why are you so afraid?



Luke 21:25-26

And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.



Principle 1: Confront the Fear

Psalm 56:3

What time I am afraid, I will
trust in thee

Philippians 4:6

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God

James 5:16

Confess [your] faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Mark 10:51-52

And Jesus answered and said unto him, What wilt thou that I should do unto thee? The blind man said unto him, Lord, that I might receive my sight. And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way

**The most dangerous
enemy is the one you
do not see**

1 Samuel 17:48

And it came to pass, when the Philistine arose, and came and drew nigh to meet David, that David hasted, and ran toward the army to meet the Philistine.

Matthew 6:8

...for your Father knoweth
what things ye have need
of, before ye ask him



Principle 2:

Evaluate the Fear

Psalm 139:23

Search me, O God, and know
my heart: try me, and know my
thoughts

Luke 6:45

A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh

Proverbs 4:23

Keep thy heart with all
diligence; for out of it [are]
the issues of life

Ephesians 6:4

And, ye fathers, provoke not
your children to wrath: but bring
them up in the nurture and
admonition of the Lord

Colossians 3:18-19

Wives, submit yourselves unto your own husbands, as it is fit in the Lord. Husbands, love [your] wives, and be not bitter against them.

Principle 3:

Destroy Fear with the
Word of God

Hebrews 4:12

For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart.

Romans 10:17

So then faith [cometh] by
hearing, and hearing by
the word of God.

Genesis 15:1

After these things the word of the LORD came unto Abram in a vision, saying, Fear not, Abram: I [am] thy shield, [and] thy exceeding great reward.

Exodus 14:13

And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever

Psalm 23:4

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou [art] with me; thy rod and thy staff they comfort me.

2 Timothy 1:7

For God hath not given us
the spirit of fear; but of
power, and of love, and of a
sound mind.

Deuteronomy 1:17

...ye shall not be afraid of the face
of man; for the judgment [is]
God's: and the cause that is too
hard for you, bring [it] unto me,
and I will hear it

Joshua 10:25

Fear not, nor be dismayed, be
strong and of good courage:
for thus shall the LORD do to all
your enemies against whom
ye fight.

Isaiah 12:2

Behold, God [is] my salvation; I
will trust, and not be afraid: for the
LORD JEHOVAH [is] my strength
and [my] song; he also is
become my salvation

Psalm 91:11

For he shall give his angels
charge over thee, to keep
thee in all thy ways.

Psalm 46:1-2

God [is] our refuge and strength, a
very present help in trouble. 2

Therefore will not we fear, though
the earth be removed, and though
the mountains be carried into the
midst of the sea;

Hebrews 13:5-6

I will never leave thee, nor forsake thee. 6 So that we may boldly say, The Lord [is] my helper, and I will not fear what man shall do unto me.

Principle 4:

Overcome Fear Through
Intercessory Prayer

1Kings 18:36-38

And it came to pass at [the time of] the offering of the [evening] sacrifice, that Elijah the prophet came near, and said, LORD God of Abraham, Isaac, and of Israel, let it be known this day that thou [art] God in Israel, and [that] I [am] thy servant, and [that] I have done all these things at thy word.

1Kings 18:36-38

Hear me, O LORD, hear me, that this people may know that thou [art] the LORD God, and [that] thou hast turned their heart back again. 38 Then the fire of the LORD fell, and consumed the burnt sacrifice, and the wood, and the stones, and the dust, and licked up the water that [was] in the trench.

Principle 5:

Open Up to Someone
You Trust

Proverbs 11:14

Where no counsel [is], the
people fall: but in the
multitude of counsellors
[there is] safety.



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