

Emotions - Part 2 - Fear
Pastor Mark Rouse / October 11, 2020

“This is my command - be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.” - Joshua 1:9

The Problem with Fear

- **Fear breeds MORE FEAR.**
- **Fear clouds our JUDGMENT.**
- **Fear redirects our ENERGY.**

³⁵ As evening came, Jesus said to his disciples, “Let’s cross to the other side of the lake.” ³⁶ So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). ³⁷ But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. ³⁸ Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, “Teacher, don’t you care that we’re going to drown?” - Mark 4:35-38

- **The WIND – can’t be seen and we ask: WHAT IF?**
- **The WAVES – can’t be missed and we ask: HOW BAD?**

³⁹ When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm. ⁴⁰ Then he asked them, “Why are you afraid? Do you still have no faith?” ⁴¹ The disciples were absolutely terrified. “Who is this man?” they asked each other. “Even the wind and waves obey him!” - Mark 4:39-41

From Fear to Faith

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.
- 2 Timothy 1:7

- **PRAYER**

I prayed to the Lord, and he answered me. He freed me from all my fears. - Psalm 34:4

- **GOD’S WORD**

This I declare about the Lord: He alone is my refuge, my place of safety; He is my God, and I trust Him.
- Psalm 91:2

- **WORSHIP**

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. - Psalm 23:4