



# Don't Be Afraid or Discouraged

Joshua 1:1-9; Isaiah 41:10

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*"Perfect love drives out fear..." 1 John 4:18.*

Love and fear cannot co-exist because the presence of love is the presence of God. This does not mean that Christians are above the human emotion of fear. Rather, it means the people of God allow the security provided only by love to overshadow the fearful things of life.

Discouragement can be tricky. In Hebrew, the word for discouragement means *dismayed*. It's a breaking down by the confusion brought on by fear. It suggests a physical falling from an overwhelming sense of fright.

Even those who feel a very real sense of God's love can find themselves physically, mentally, and spiritually discouraged. Some have taught if a person has faith, there will be no fear ... and subsequently, no discouragement, depression, or dread. However, even Jesus in the Garden sweated drops of blood. This condition is known as *hematohidrosis*. It is triggered by extreme physical or emotional distress.

So, what is God saying to Joshua? What is God saying to us? I believe it is simply this: Don't allow fear and discouragement to destroy your strength and courage. Decide to BE one and NOT the other. You have a choice. You are given the power: Choose.

Choose is an important word in the story of Joshua. Choose is an important word in the story of your life. Choose is an important word in the story of faith. What will you choose to BE?

## Sermon Notes:

Saying \_\_\_\_\_ is also saying \_\_\_\_\_. The decision is figuring out what you will \_\_\_\_\_.

When we allow fear or discouragement to take hold, it will chase away:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ ... to name a few.

The opposite of fear is love. Love \_\_\_\_\_ fear from the \_\_\_\_\_ dynamic. When this happens, people will grow in their confidence, security, strength, and courage. When **you proactively remove the** \_\_\_\_\_ for fear in a relationship, you give a gift \_\_\_\_\_.

God wants us to choose strength and courage over fear and discouragement. This is true. However, God knows there is much more than \_\_\_\_\_ involved; there is also \_\_\_\_\_.

## Personal Reflections:

Four things I fear in this life are: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

Finish this sentence: I am most likely to be filled with discouragement when \_\_\_\_\_.

What helps you overcome fear? What helps you push past discouragement? Think this through from past experiences and write them down.

\_\_\_\_\_

How can faith in God and the eternal security God offers help you overcome fear and discouragement?

\_\_\_\_\_

Having strength and courage doesn't necessarily mean standing your ground. As a matter of fact, Joshua was on a path to a better future promised by God. In your life, what are some areas where you need the strength and courage to stay put? \_\_\_\_\_

\_\_\_\_\_

What are some areas you need strength and courage to move forward?

\_\_\_\_\_

**Personal Readings:** Isaiah 41:1-10; Psalm 46