

Defeating Fear

I. Intro

A. Last week we discussed the enemy of Discouragement and two ways to drive out discouragement.

1. Remember the Word/Promises of God
2. Remember the Victories of the past
3. Today we will examine how to defeat another enemy called FEAR

II. Guidelines for Warfare

A. **Deuteronomy 20:1-4 (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. ²So it shall be, when you are on the verge of battle, that the priest shall approach and speak to the people. ³And 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; ⁴for the LORD your God is He who goes with you, to fight for you against your enemies, to save you.’

1. When You approach a battle, you will see things that have potential to cause FEAR

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.

- i. What you see will have potential to cause fear.
- ii. Israel SAW Giants and feared = loss of the promised land

Numbers 13:32-33 (KJV) – ³²And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that **we saw** in it are men of a great stature. ³³And there **we saw** the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.

The Things that they saw produced fear = Fear stopped them from having faith to win over their enemies.

- iii. Peter

Matthew 14:29-31 (KJV) – ²⁹And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus. ³⁰But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. ³¹And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?

The things that Peter saw – caused him to lose faith = He began to sink

Peter forgot the Word that Jesus had spoken – “Come”

When you get your eyes on natural things vs God’s Word – Fear will settle in

iv. **2 Corinthians 5:7 (KJV)** – *For we walk by faith, not by sight:*

- a. To walk by Sight is to walk in the five natural senses
- b. To walk by faith is to walk in the Spirit / trusting God according to HIS word.

2. When you approach a battle, DO NOT be afraid.

Set a guard against fear

Deuteronomy 20:2-4 (NKJV) – *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, 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.'*

i. **Deuteronomy 20:3 (BSB)** – *...Do not be alarmed or terrified because of them*

ii. **Deuteronomy 20:3 (CEV)** – *...Don't be afraid of the enemy and when you see them don't panic.*

iii. **Deuteronomy 20:3 (YLT)** – *...Fear not, nor make haste, nor be terrified in their presence.*

iv. **When on the verge of a battle immediately set a guard against Fear – the opportunity to fear will always show up.**

v. **Psalm 23:5 (NIV)** – *You prepare a table before me in **the presence of my enemies;***

3. Fear is a choice

- i. The language used in this passage is not in suggestive form but rather a command!

Do not be afraid, do not tremble, do not allow your heart to fear.

- ii. You have the ability to control fear!

- iii. Fear scriptures

Isaiah 41:10(KJV) – *Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness*

Isaiah 41:10(AMPC) – *Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice.*

Deuteronomy 31:8 (NIV) – *The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."*

Psalms 118:6 (NKJV) – *The LORD is on my side; I will not fear. What can man do to me*

Psalms 27:3 (NKJV) – *Though an army may encamp against me, My heart shall not fear; Though war may rise against me, In this I will be confident.*

John 14:1 (KJV) – *Let not your heart be troubled: ye believe in God, believe also in me.*

- iv. Fear is not from God, Fear is a device of the enemy

2 Timothy 1:7 (KJV) – *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind*

Timothy was allowing Fear to keep him from his ministry

Timothy had not been hardened to difficulty

The Spirit of fear here is TIMIDITY – Timothy was still timid

God wants us to be hardened to the FEAR TACTICS of the enemy – like David and Goliath.

- v. All of these passages indicate that I have a choice when it comes to fear. How do I choose not to fear?

B. Keys to defeating fear

1. Remember, fear is connected to your five natural senses

- i. Guard your eyes
- ii. Guard your ears
- iii. Guard your thoughts
- iv. Guard against too much news/talk/conversation

2. Remember, fear is contagious

Deuteronomy 20:8 (NKJV) – *“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, ^[a]lest the heart of his brethren faint like his heart.*

- i. If a person is given to fear and they are fainthearted, they were to return to their house. WHY?
- ii. People who are given to fear will contaminate/infect others
- iii. Fear is like a disease – it spreads – it is contagious
- iv. Fear is catching = *Consider how fear spread through the Israelites from one negative report.*
- v. **Do not surround yourselves with people who are given to fear.**
 - i. People who always talk fear
 - ii. People who never speak faith
 - iii. People who speak defeat and death
 - iv. People who are given to fear never talk anything but fear.
 - v. **STAY AWAY FROM THESE PEOPLE** – especially when you are on the verge of a battle.

3. Speak the Word against personal fear.

- i. Whatever you fear – find God’s promises that apply.
- ii. Meditate on what God has said until His Word becomes more powerful than the words of fear
- iii. When fearful thoughts come, speak aloud the promises of God and drive out fear.

4. Psalm 19:14 (KJV) – *Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*