

FEAR NOT!
I AM WITH
YOU!

Overcoming Fear, Anxiety
& Worry & Encountering
the Father's Love

BY RICHARD MULL



Session 1 –

Fear & Heart Failure




Luke 21:26

“men’s hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken.”

IS FEAR RELEVANT

- GLOBAL PANDEMIC, NEXT VARIANT?
- WW3?, TERRORISM, GLOBALISTS
- INFLATION, ECONOMY, JOB
- FUTURE, WHAT IS GOING ON?
- ASTEROIDS, GLOBAL WARMING, ETC.





NAMES FOR FEAR

- Anxiety
- Stress
- Worry
- Dread
- Horror

- Panic
- Timidity
- Alarm
- Afraid
- Concern

Other names?

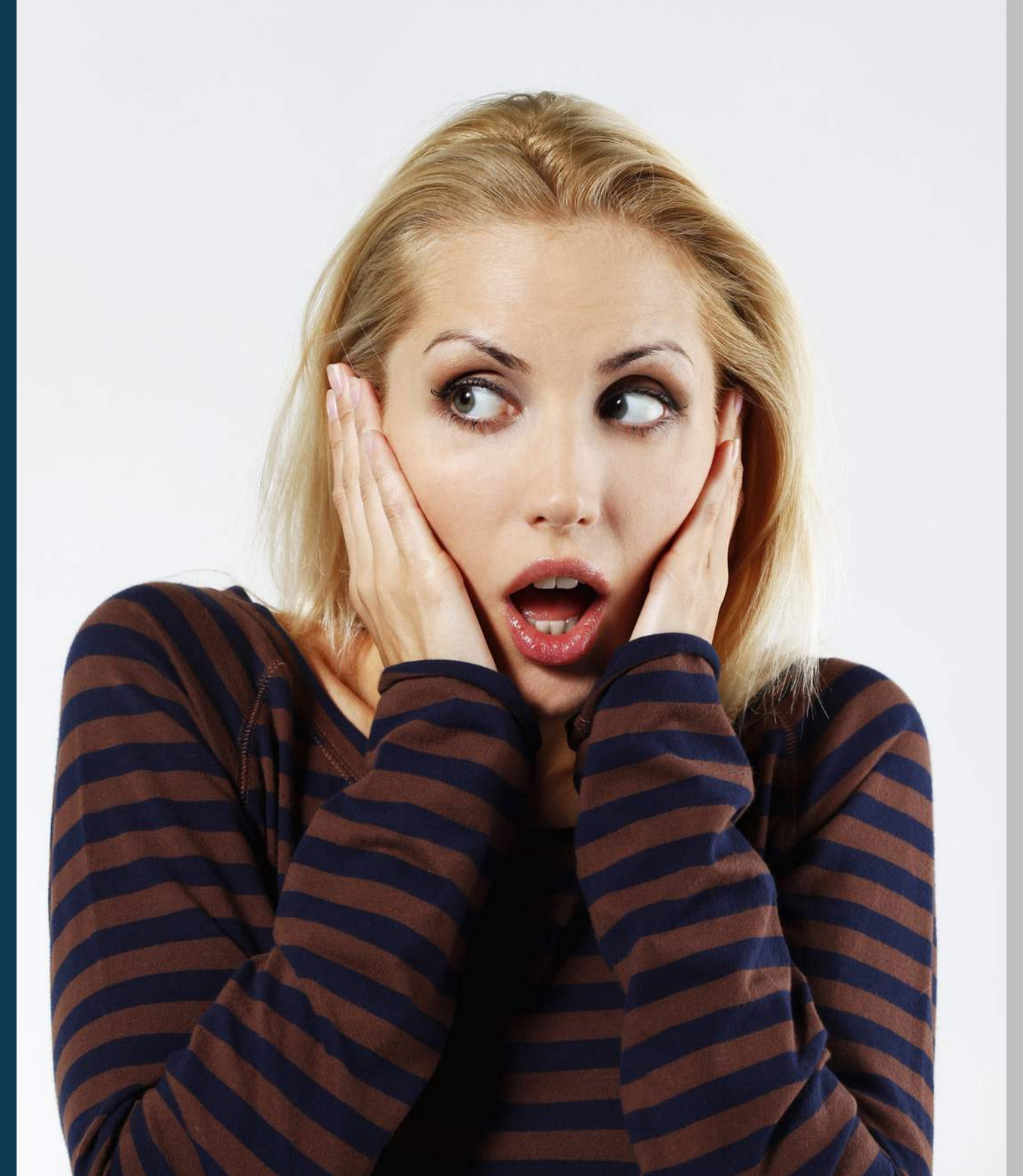
ACCEPTABLE NAMES

- Care
- Concern
- Thinking
- Careful
- Cautious
- Vigilant
- Watchful
- Conscientious
- Alert
- Wary
- Others?



Definition of Fear

- An unpleasant often strong emotion caused by anticipation or awareness of danger.
- The operative word here is anticipation. The enemy tries to get you to imagine the worst possible outcome so that you become fearful.
- That anticipation or expectation is just a spirit of fear.





YOU WILL HAVE FEAR!

Psalm 56:3-4... “When I am afraid, I will trust in you, in God whose word I praise in God I trust. I shall not be afraid. What can flesh do to me?”

YOU will be afraid at times, stressed, worried, anxious, and fearful!

- Who wrote this?

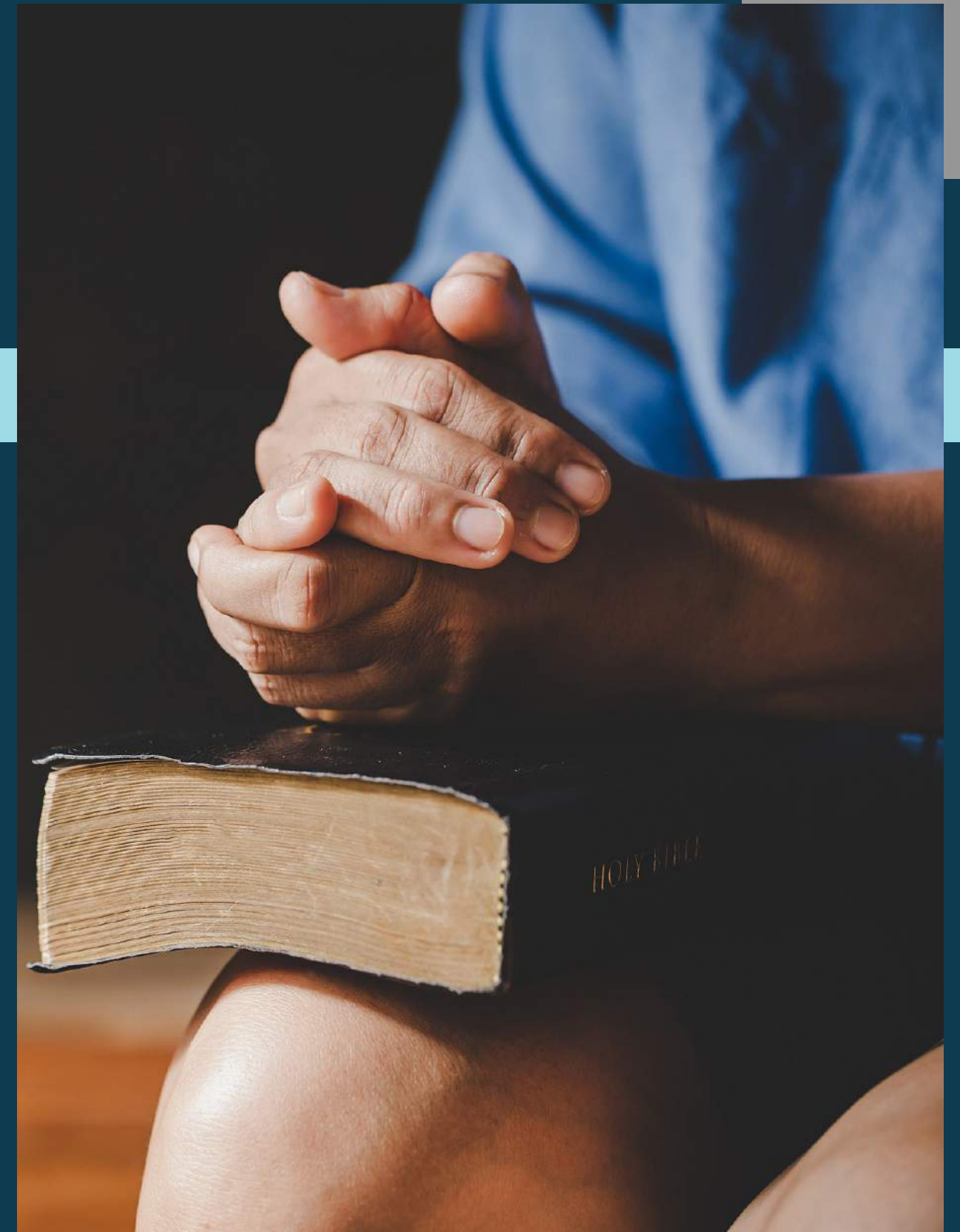
A STRATEGY TO OVERCOME!

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STRATEGY TO OVERCOME FEAR.

1. Acknowledge fear
2. Put your trust in God
3. Praise God
4. Choose not to be afraid

Testimony of Brain Tumor





A STRATEGY TO OVERCOME!

Mark 4:40... “Why are you so afraid?
Have you still no faith?”

1 John 4:18... “There is no fear in
love but perfect love casts out fear.
For fear has to do with punishment
and whoever fears has not been
perfected in love.”



Session 2 –

Fear in the Bible

FEAR OF THE LORD IS THE BEGINNING OF WISDOM

HEBREW WORDS FOR FEAR

- Eymah – 17 times
- GUR – 98 times
- Mowra – 13 times
- Dehawgaw - 6 times
- Dechal – 6 times
- Charadah – 6 times
- Pachad – 49 times
- Chul – 62 times
- Chath – 4 times
- Yagor – 5 times
- Yare - 378 times
- Yirah – 45 times
- Arats – 15 times

TOTAL - 707



HEBREW WORDS FOR FEAR

GUR – to shrink, to stand in awe

Mowra – a sense of fear or awe that causes separation or respect

Dehawgaw - meaning anxiety or care, apprehension

Dechal – to slink or crawl

Charadah – trembling or quaking

Pachad – to twist or whirl





BEGINNING OF UNGODLY FEAR

Genesis 3:10 “So he said, ‘I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.’”

FOUNDATIONAL COMMAND



Deuteronomy 10:12, 17, 20-21 (KJV)... **12** “And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and to serve the LORD thy God with all thy heart and with all thy soul, ... **17** For the LORD your God [is] God of gods, and Lord of lords, a great God, a mighty, and a terrible, which regardeth not persons, nor taketh reward: ... **20** Thou shalt fear the LORD thy God; him shalt thou serve, and to him shalt thou cleave, and swear by his name. **21** He [is] thy praise, and he [is] thy God, that hath done for thee these great and terrible things, which thine eyes have seen.”



REASONS NOT TO FEAR

Commanded not to 104 times in the Old Testament

- He is our Shield and our Exceeding Great Reward – Gen. 15:1
- He's with us, to bless us and multiply our seed - Gen 26:24
- He won't Fail us or forsake us. 1Ch 28:20
- He redeemed Israel, and promised the same to us - Isa 43:1, 5



Healthy Fear of God

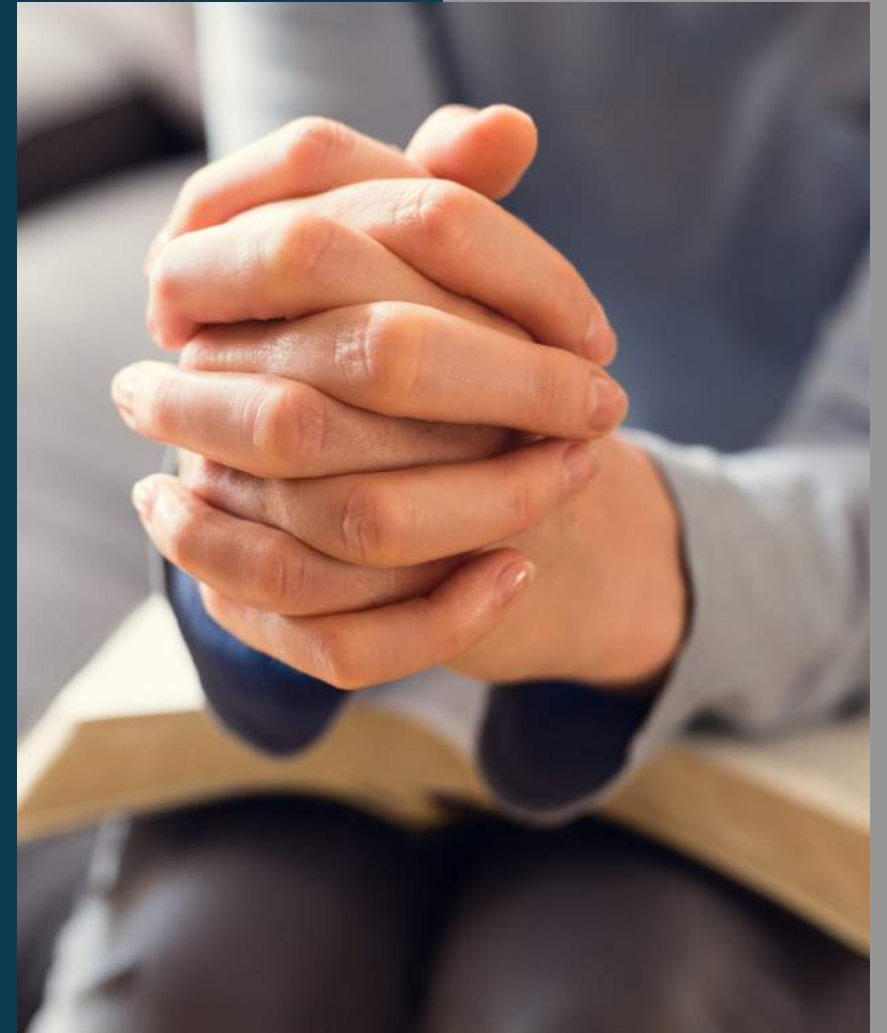
Mentioned 156 times in the Old Testament

- His Presence Brings Awe - Exo 3:6
- His Mighty Deeds Are Incredible - Ex 14:10-31
- Healthy Fear produces power to overcome sin - Ex 20:20
- Healthy Fear gives confidence for victory – Deut. 7:19
- Healthy Fear of God - The Lord will Teach you - Psalm 25:7-14
- Prosperity & generational favor tied to fear of God – Ps. 25:13
- The Lord will reveal His secrets – Ps 25:14

Healthy Fear of God

Mentioned 156 times in the
Old Testament

- The Lord's eye is on you - Ps 33:18
- God's Angel's Encamp around you - Ps 34:7, 9
- God's Salvation is Near You - Ps 85:9
- There is No Lack for you – Ps 34:9



Damaging Affects of Fear

- Makes you ineffective in warfare - Deuteronomy 20:8
- Causes you to run from battle - Judges 7:3, 10
- Fear Brings Pain - Ps 48:6
- Fear causes heart problems - Isa 21:4 (Literal and spiritual)





Proclamations Against Fear

- I won't Fear 10,000 enemies - Ps 3:6 KJV
- I won't fear evil, You are with me - Ps 23:4 KJV
- I won't fear war, You are my Light and Salvation, - Ps 27:1, 3
- I won't fear the earth moving & mountains falling into the sea - Ps 46:2
- I Choose Trust Over Fear - Ps 56:3-4, 11
- I won't fear what man can do to me - Ps 118:6

REVELATION



- Fear not fear – or Reverence Not Fear - John 6:20 But he saith unto them, It is I; be[G5399] not afraid.[G5399] –
- IN other words, Fear, not fear, notice the double use of fear
 - Are you more in awe of GOD or awful things? Choose!
 - You can't argue with worst case scenario
 - Is God bigger than our fears? Or fears bigger than our God?
 - Don't hold your worst-case scenario with greater regard than God

REVELATION



Fear God – Reverence Him, be in awe of Him, Honor Him – That is what godly fear is all about.

- When we spend our energy dwelling on the Lord our fears diminish
- Hard to awe him when you blame Him
- Hard to awe Him when you are mad at him
- Hard to awe him when you are afraid of how terrible He is.

REVELATION



Second-Hand Fear – Can have a huge impact on you!

- Being around anxious people (family, friends, spouse, co-worker)
- Stressful work environment
- Fear based movies, games, other forms of entertainment
- News Media, etc.



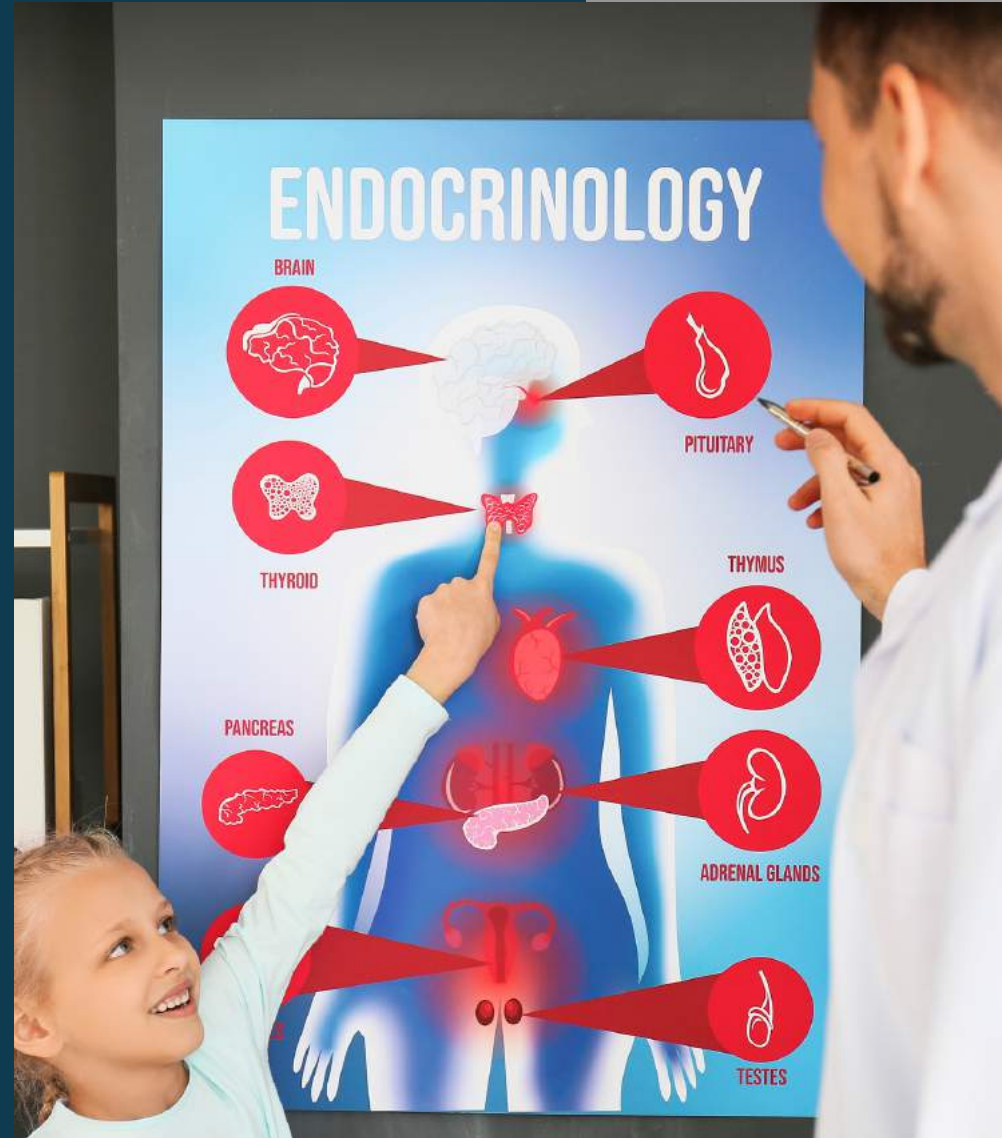
Session 3 –

Physiology of Fear

WHAT HAPPENS TO YOUR SOUL, AND YOUR BODY
WHEN YOU ARE IN FEAR, ANXIETY AND WORRY

Endocrine System

Endocrine System –
(Wikipedia) - The endocrine system is a system of glands that involve the release of extracellular signaling molecules known as hormones



Endocrine System

Hypothalamus – (Wikipedia) - The hypothalamus is a portion of the brain that contains a number of small nuclei with a variety of functions. One of the most important functions of the hypothalamus is to link the nervous system to the endocrine system via the pituitary gland (hypophysis).



Endocrine System

In other words – This is the part of our brain that processes the various thoughts, fears, other external and internal stimulus that tells our glands what to produce and how much. The hormones that we need every day for energy, strength, growth, intimacy, processing food, and many more vital functions are affected by what we think, and how we process the information that comes our way. The hypothalamus doesn't do the thinking, it takes the processed thought and tells the body what to do.



Hypothalamus

– Thoughts affect the Heart



- Do feelings of depression, guilt, hatred, lack of trust, anger, sorrow, affect you? Yes both in thought and physically
- Contact with a stressor, heart rate increases, respiratory rate increases to race b/c hypothalamus secretes neurotransmitter (thought affects the body)
- People with fear syndromes never come back to peace
- Once delivered from fear a person can start to react to a stressor and panic releasing neurotransmitters

Hypothalamus

– Thoughts affect the Digestive System



- Gastrointestinal problems resulting from fear, anxiety, stress and worry
- Crohn's disease
- Mal-absorption
- Spastic colons
- irritable bowel syndrome
- ulcers
- constipation/diarrhea



Neuroscience Education Institute (NEI)

The potential effects of chronic fear on overall health include:

- Immune system dysfunction
- Endocrine system dysfunction
- Autonomic nervous system alterations
- Sleep/wake cycle disruption
- Eating disorders



Neuroscience Education Institute (NEI)

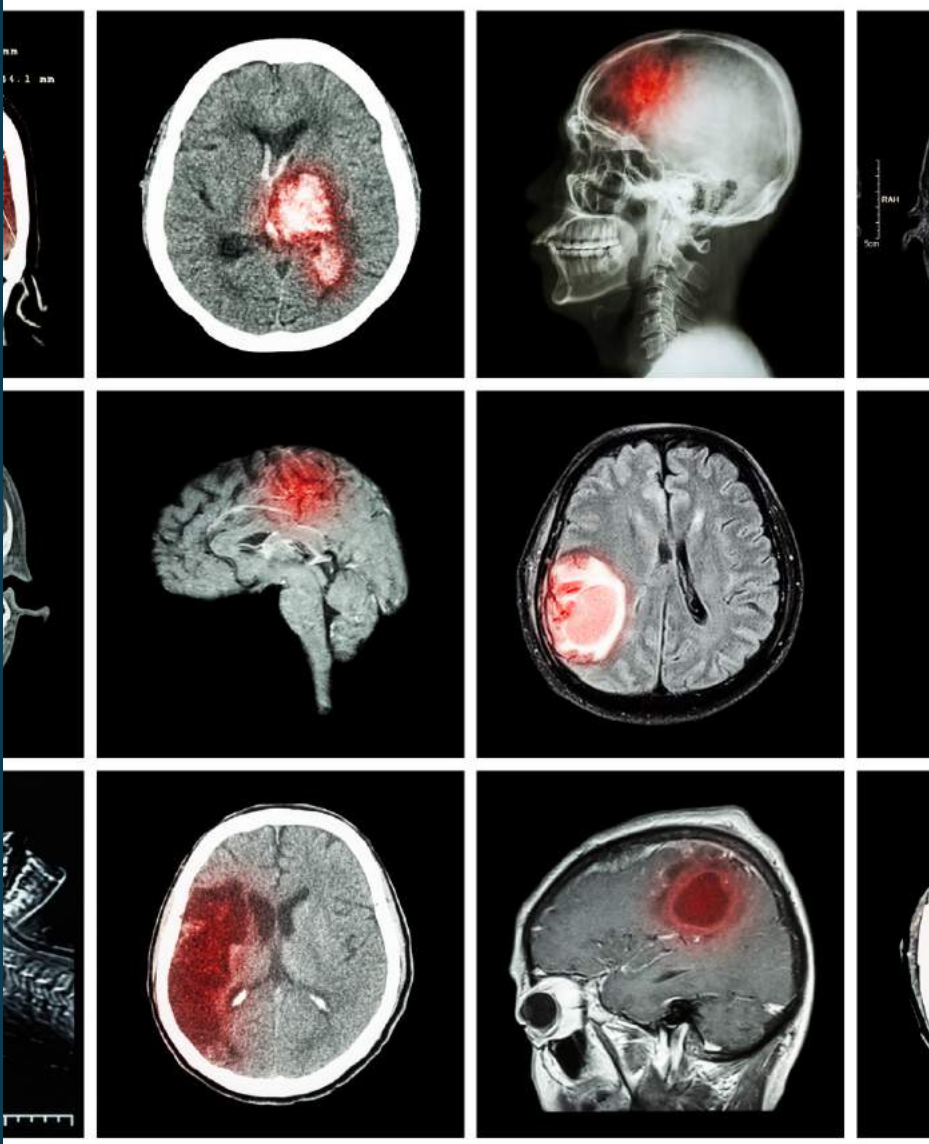
The potential effects of chronic fear on emotional health include:

- Dissociation from self
- Unable to have loving feelings
- Learned helplessness
- Phobic anxiety
- Mood swings
- Obsessive-compulsive thoughts

Neuroscience Education Institute (NEI)

The potential consequences of chronic fear on spiritual health:

- Bitterness/fear toward God or others
- Confusion/disgust with God or religion
- Loss of trust in God and/or clergy
- Waiting for God to fix it
- Despair related to perceived loss of spirituality





Session 4 –

Jesus' Revelation Regarding Fear

JESUS REPEATEDLY TAUGHT US TO NOT FEAR

The Wind and Waves Obey Jesus



Isaiah 41:10... "Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with My righteous right hand."

Mark 4:39-41... "Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm. But He said to them, "Why are you so fearful? How is it that you have no faith?" And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him!"

The Sermon on the Mount – 10 verses with keys

Matthew 6:25-34 (NKJV) 25

- do not worry about your life,
- what you will eat
- what you will drink;
- nor about your body,
- what you will put on.
- Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.
- Why did He leave out Toilet Paper?



The Sermon on the Mount – Jesus is revealing the Father's Love!

Matthew 6:25-34 (NKJV)

"Is not life more than food and the body more than clothing? 26

"Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 "Which of you by worrying can add one cubit to his stature? 28 "So why do you worry about clothing?

Consider the lilies of the field, how they grow: they neither toil nor spin; 29 "and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 "Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

The Sermon on the Mount – More Relation of the Father's Love

Matthew 6:31-33

31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **32** "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **33** "But seek first the kingdom of God and His righteousness, and all these things shall be added to you.



Fear cannot exist with love.



1 John 4:16 (The Passion Translation)

"We have come into an intimate experience with God's love, and we trust in the love he has for us. God is love!"



God's Agape Love For Us

The Greek word agape is often translated “love” in the New Testament. “Agape love is different from other types of love?”

God's Agape Love is best described as: LOVE involves faithfulness, commitment, and an act of the will. It is distinguished from the other types of love by its lofty moral nature and strong character.



Jesus Walks On Water

Matthew 14:25-33... "Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."



Jesus Walks On Water

“Lord, if it’s you,” Peter replied, “tell me to come to you on the water.” “Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!” Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”



You can change any emotion in 90 seconds, give thanksgiving and praise God did not give us a Spirit of fear

Romans 8:14-15... "For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."



Session 5 –

Encountering the Father's Love



Jeremiah 31:3 - “The LORD has appeared of old to me, [saying]: ‘Yes, I have loved you with an everlasting love; Therefore, with lovingkindness I have drawn you.’”

Hosea 11:4 - “I drew them with gentle cords, With bands of love, And I was to them as those who take the yoke from their neck. I stooped [and] fed them.”



Zephaniah 3:17

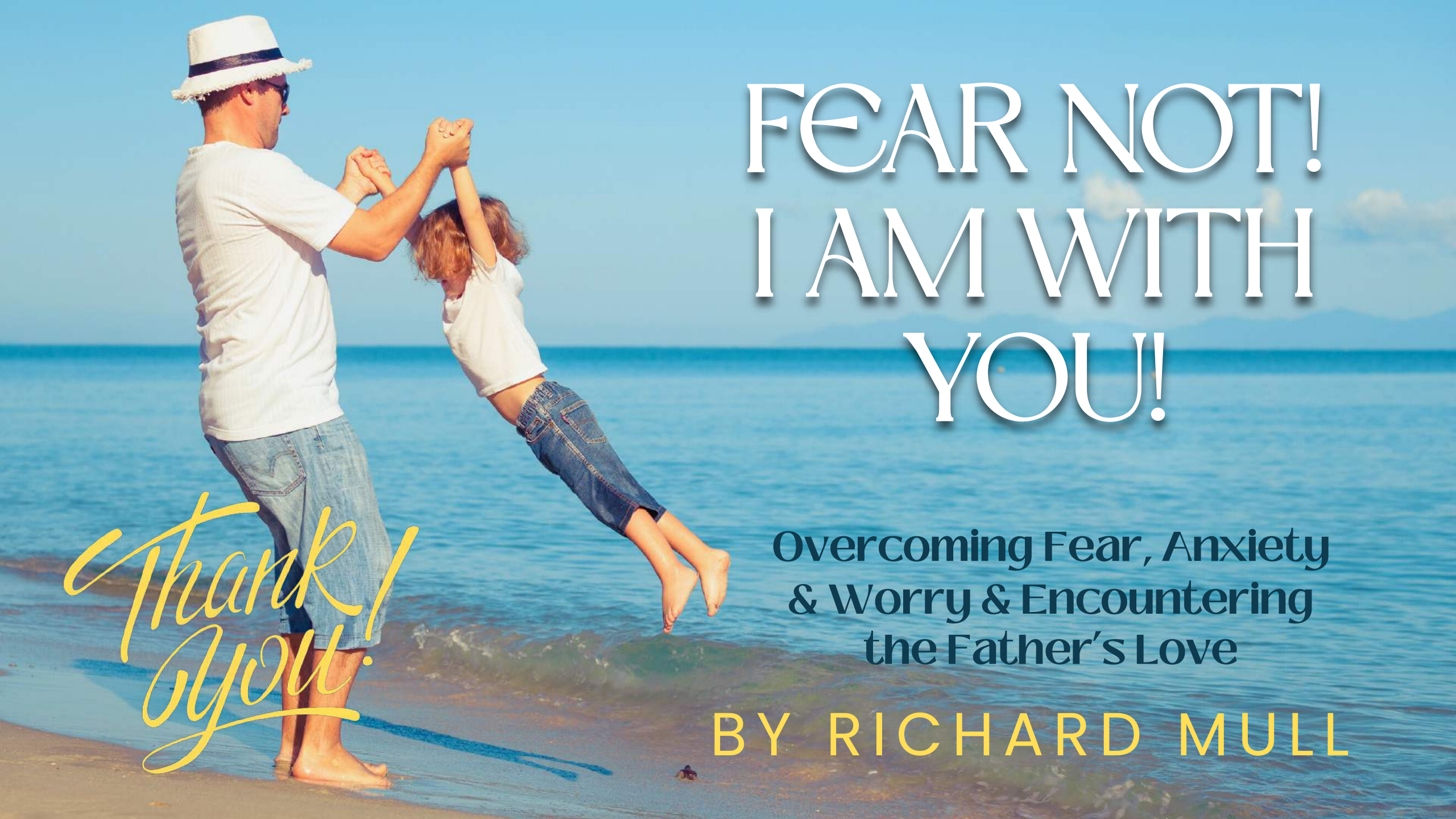
“The LORD your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet [you] with His love, He will rejoice over you with singing.”



1 John 4:16-18 (The Passion Translation)

"We have come into an intimate experience with God's love, and we trust in the love he has for us. God is love! Those who are living in love are living in God, and God lives through them. By living in God, love has been brought to its full expression in us so that we may fearlessly face the day of judgment, because all that Jesus now is, so are we in this world. Love never brings fear, for fear is always related to punishment. But love's perfection drives the fear of punishment far from our hearts. Whoever walks constantly afraid of punishment has not reached love's perfection."





FEAR NOT! I AM WITH YOU!

*Thank!
You!*

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