

FREEDOM FROM YOUR FEARS

Ryland Walter | July 8-9, 2023

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

The Damage Fear Does

- It paralyzes _____

Then the angel spoke to the women. “Don’t be afraid!” he said.
Matthew 28:5 (NLT)

That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! “Peace be with you,” he said.
John 20:19 (NLT)

- It ruins _____

Adam: “I heard you walking in the garden, so I hid. I was afraid because I was naked.” Genesis 3:10 (NLT)

- It hinders _____

Worry can rob you of happiness. Proverbs 12:25 (GNT)
I am overwhelmed by my troubles. Psalm 55:2 (NLT)

- It sabotages _____

What I always feared has happened to me.
What I dreaded has come true. Job 3:25 (NLT)

Three Things That Free Us From Fear

1. _____

So Jesus said, “When you have lifted up the Son of Man on the cross, then you will understand that I am he. I do nothing on my own but say only what the Father taught me. ²⁹ And the one who sent me is with me—he has not deserted me. For I always do what pleases him.” ³⁰ Then many who heard him say these things believed in him.

³¹ Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. ³² And you will know the truth, and the truth will set you free.”

John 8:28-32 (NLT)

2. _____

You have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” ¹⁶ For his Spirit joins with our spirit to affirm that we are God’s children. ¹⁷ And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory. But if we are to share his glory, we must also share his suffering.

Romans 8:15-17 (NLT)

³⁵ Can anything ever separate us from Christ’s love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ³⁶ (As the Scriptures say, “For your sake we are killed every day; we are being slaughtered like sheep.”) ³⁷ No, despite all these things, overwhelming victory is ours through Christ, who loved us.

Romans 8:35-37 (NLT)

3. _____

In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Ephesians 6:16 (NLT)

But when I am afraid,
I will put my trust in you.
I praise God for what he has promised.
I trust in God, so why should I be afraid?
What can mere mortals do to me?

Psalm 56:3-4 (NLT)

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The Damage Fear Does

- It paralyzes potential

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That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! “Peace be with you,” he said.
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- It ruins relationships

Adam: “I heard you walking in the garden, so I hid. I was afraid because I was naked.” Genesis 3:10 (NLT)

- It hinders happiness

Worry can rob you of happiness. Proverbs 12:25 (GNT)
I am overwhelmed by my troubles. Psalm 55:2 (NLT)

- It sabotages success

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Three Things That Free Us From Fear

1. TRUTH

So Jesus said, “When you have lifted up the Son of Man on the cross, then you will understand that I am he. I do nothing on my own but say only what the Father taught me. ²⁹ And the one who sent me is with me—he has not deserted me. For I always do what pleases him.” ³⁰ Then many who heard him say these things believed in him.

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John 8:28-32 (NLT)

2. LOVE

You have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” ¹⁶ For his Spirit joins with our spirit to affirm that we are God’s children. ¹⁷ And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory. But if we are to share his glory, we must also share his suffering.

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3. FAITH

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Talk-it-Over Notes | July 8-9, 2023

REVIEW IT

We might not mean to end up there, but sometimes we find ourselves trapped by our fears. The world and the enemy love to use fear to motivate. David said God freed him from his fears. That's exactly what we need. We need the fruit of the Spirit, self control, to help us be free to choose and have self control over our fear. If we don't find freedom from unhealthy fear, it can damage us by paralyzing our potential, ruining relationships, hindering happiness and sabotaging success.

There are only three things that have the power to drive fear out of your life on a spiritual level. Truth, Love and Faith. When you are filled with these things, you may still have to face your fears, but you can with Jesus. When you have Jesus, you have freedom.

Spend some time in the word: Read Psalm 34

TALK ABOUT IT

1. Fear is a powerful motivator. How have you seen the world through media or other avenues use fear to motivate people?
2. Look over the list of the damage fear does. It paralyzes potential, ruins relationships, hinders happiness and sabotages success. Which of those have you seen or which one resonated with you?
3. Why is it good for God to challenge our beliefs and make sure we know the truth? How does that help us find freedom from fear?

ACT ON IT

Think of a fear in your life... How something might work out, a situation with your kids, a fear of rejection or failure... Now, with that fear in mind read through some of the verses in the sermon outline again. Make a choice to be reminded of being a child of God and love the people involved.

PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.