

How to Stop Living in Fear

Pastor Derek Forseth 25 Oct 2026
Philadelphia Church

The Lord is my light and my salvation;
Whom shall I fear?
The Lord is the strength of my life;
Of whom shall I be afraid?

Causes of Fear

isolation uncertainty threats challenges
unmet expectations doubt unfamiliarity illness
finances rejection
spiritual warfare

Question

Do I replace my anxious thoughts
with the choice
to **trust** a sovereign God?

Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.'

For I, the LORD your God, will hold your right hand,
Saying to you, 'Fear not, I will help you.'

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. ⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’

³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

³⁴ “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Remember

1. God will make a way.

(Isaiah 43:16)

2. God is fighting your battles.

(Exodus 14:14)

3. Prayer is the answer.

(1 Thessalonians 5:16-18)

4. Trust God's timing.

(Galatians 6:9, Psalm 27:14)

Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.”

When Fears Come

1. Be still before the Lord
2. Read God's word to be encouraged
3. Pray and ask for God's help to overcome

Question

Do I invest more time in my faith
...or my fears?

Quote

Fear kills expression of love, plugs lines of communication, imprisons victims of abuse, taunts with phobias any roads, confidence and security.

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Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.”

For I, the LORD your God, will hold your right hand,
Saying to you, 'Fear not, I will help you.'

I know the LORD is always with me.

I will not be shaken, for he is right beside me.

Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.'

God's Assurance

1. I am with you
2. I am your God
3. I will strengthen you
4. I will help you
5. I will uphold you with my righteous right hand

For I, the LORD your God, will hold your right hand,
Saying to you, 'Fear not, I will help you.'