

Encounter Church
Sunday February 04, 2024

Sit and Serve
Breaking Free From Fear

INTRODUCTION: Share story of the movie “The Village.”

Psalm 34:4- “I sought the Lord, and He heard me, and delivered me from all my fears.”

THE DAMAGE FEAR DOES

1. It Paralyzes Potential

John 20:19- “That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders.....”

It limits our effectiveness. It causes us to miss opportunities. When we become afraid it keeps us from doing more with our lives.

Fear is a governor on our lives. It keeps us from becoming all God wants us to be! It acts as a brake on your life.

It sets up boundaries in your life that shouldn't be there!

2. It Ruins Relationships

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.”

Fearful people cannot commit to love and they can't receive love. The greatest block to intimacy in a marriage, a friendship or in any relationship is fear.

“I'm afraid I might get hurt.” Fear paralyzes potential and ruins relationships.

3. It Hinders Happiness

Proverbs 12:25- “Anxiety in the heart of man causes depression...”

Alfred Hitchcock said, “I turn my fears into movies.” And they scare the rest of us!

Fears are like that. They are like bad movies we play over and over in our minds. We rewind them and replay them. IT MAKES US MISERABLE!

It paralyzes potential, it ruins relationships and hinders happiness.

4. It Sabotages Success

Job 3:25- “For the thing I greatly feared has come upon me, and what I dreaded has happened to me.”

Fear creates what it fears! The fear of becoming like your father or mother causes you to focus on them and you become more like them.

The fear of making and keeping a commitment or resolution keeps you from doing it so you never change what needs to be changed.

Proverbs 23:7- “For as he thinks in his heart so is he...”

Fear sabotages our success, paralyzes our potential, ruins relationships and hinders happiness.

5. It Limits an Unlimited God

Psalm 78:41,42- “Yes, again and again they tempted God, and limited the Holy One of Israel. They did not remember His power...”

They wandered in the wilderness and never experienced the Promised Land because of fear.

Fear limits your potential, your relationships, your happiness and your success.

HOW DO YOU BREAK FREE FROM FEAR

a. Truth

John 8:32- “And you shall know the truth, and the truth shall make you free.”

You only have two inborn fears. Babies are born with a fear of falling and the fear of loud noises. The rest are learned fears.

The good news. You can unlearn the learned fears! WITH TRUTH!

FALSE
EVIDENCE
APPEARING
REAL

40% are about the future and never happen.
30% of fears are about the past and can't be changed.

12% are needless fears about your health and don't need to have.
10% are petty fears that are not worth worrying about.
8% of your fears are legitimate and can be dealt with by taking the appropriate action!

What's the action? Feel your life with the Truth!

Break free from fear with the truth.

b. Love

1John 4:18- "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

TWO WAYS LOVE NEUTRALIZES FEAR

1. God's unconditional love for me. When I trust in God's love fear fades away because there is no fear in love.

WHY DOES LOVE OVERCOME FEAR?

Because the root of a lot of fear is self-centeredness. It is a pre-occupation with ourselves. I don't want to get hurt. I don't want to be a failure. I don't want to look bad.

2. Love gets the focus off of you and on others. The more I'm filled with love the less I will be filled with fear.

What is a four letter word that expresses a response to difficulty? Some will say fear. Others will say love.

Truth and love will overcome fear!

c. Faith

Ephesians 6:16- "Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one."

Satan loves to suggest fearful thoughts! Have you found that to be true?

Satan can only work in the life of a Christian by offering suggestions. When God gives us an idea it's called inspiration. When Satan gives us an idea it's called temptation!

What we do with those is our choice.

Fear expects the worst in a situation and faith expects the best!

Psalm 56:3,4- “Whenever I am afraid, I will trust in You. In God (I will praise His Word), In God I have put my trust; I will not fear what can flesh do to me?”

Have faith in God!

CONCLUSION:

God has delivered me from my fears therefore:

I WILL MOVE FORWARD IN TRUTH!

I WILL MOVE FORWARD IN LOVE!

I WILL MOVE FORWARD IN FAITH!

I AM FREE FROM FEAR!

What is the Holy Spirit saying to you through this message?