

Sermon Notes / Outline

July 27, 2025

OVERCOMING, Week 3 OVERCOMING FEAR

"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline." 2 Timothy 1:7 (NIV)

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified." Luke 2:8-9 (NIV)

Healthy fear helps you avoid _____

Healthy fear keeps you from making _____

Healthy fear _____ you.

Unhealthy fear keeps you from _____ with a healthy community.

Unhealthy fear also keeps you from _____

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 (NIV)

Unhealthy fear _____

Unhealthy fear keeps you from _____

Unhealthy fear keeps you from taking _____

Steps To Overcome Unhealthy Fear:

1. Identify if my fear is _____ or _____

Healthy fear is rational and _____

Unhealthy fear is irrational and _____

Questions you want to ask:

- 1) What am I afraid of?
- 2) Why am I afraid of this?
- 3) When did this fear start?
- 4) Is this fear the cause or the symptom?
- 5) What's the worst outcome if my fear becomes a reality?
- 6) What is my fear stopping me from doing?
- 7) What does Scripture say about my fear?

2. Recall God's _____

3. Remember who is in _____

"Now the king of Aram was at war with Israel. After conferring with his officers, he said, I will set up my camp in such and such a place. The man of God sent word to the king of Israel: Beware of passing that place, because the Arameans are going down there. So the king of Israel checked on the place indicated by the man of God. Time and again Elisha warned the king, so that he was on his guard in such places. This enraged the king of Aram. He summoned his officers and demanded of them, Will you not tell me which of us is on the side of the king of Israel? None of us, my lord the king, said one of his officers, but Elisha, the prophet who is in Israel, tells the king of Israel the very words you speak in your bedroom. Go, find out where he is, the king ordered, so I can send men and capture him. The report came back: He is in Dothan. Then he sent horses and chariots and a strong force there. They went by night and surrounded the city. When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. Oh, my lord, what shall we do? the servant asked. Don't be afraid, the prophet answered. Those who are with us are more than those who are with them." 2 Kings 6:8-16 (NIV)

4. Remember I am not _____

"And Elisha prayed, O Lord, open his eyes so he may see. Then the Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha." 2 Kings 6:17 (NIV)

5. Change your _____

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Psalms 23:4 (NIV)