

Becoming Fearless

October 16, 2019

Psalm 46

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day.

Psalm 46

Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

Psalm 46

He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” The Lord Almighty is with us; the God of Jacob is our fortress.

Fear Defined

- Fear is our most primal emotion
- Fear versus anxiety; healthy versus unhealthy fear
- “Anxiety is not just a threat to your physical being, but a threat to your sense of self.” Keller
- Anxiety: to be in pieces
- Legitimate concern versus toxic panic
- Prudence versus paranoia

Fear robs us of:

- Happiness
- Clear thinking
- Confidence
- Benevolence
- Dreams
- Love
- Peace
- “Fear herds us into prison and slams the door” (Lucado)

Mark 4:35-41

That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

How do we become fearless?

- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving present your requests to God.”
Philippians 4:6
- Peace and the Fruit of the Spirit
- Be single-minded: focus on the ONE!
- Focus on the diplomas of God
- Pull back the curtains and expose your fears

A Mighty Fortress is our God

**A mighty fortress is our God, A bulwark never failing;
Our shelter He, amid the flood Of mortal ills prevailing.
For still our ancient foe Doth seek to work us woe;
His craft and pow'r are great, And, armed with cruel hate,
On earth is not his equal.**

A Mighty Fortress is our God

**Did we in our own strength confide, Our striving would be losing;
Were not the right Man on our side, The Man of God's own choosing.
Dost ask who that may be? Christ Jesus, it is He;
Lord Sabaoth is His name, From age to age the same,
And He must win the battle.**

A Mighty Fortress is our God

**And tho' this world, with devils filled, Should threaten to undo us;
We will not fear, for God hath willed His truth to triumph through us.
The prince of darkness grim — We tremble not for him;
His rage we can endure, For lo! his doom is sure,
One little word shall fell him.**

A Mighty Fortress is our God

**That word above all earthly pow'rs — No thanks to them — abideth:
The Spirit and the gifts are ours Thro' Him who with us sideth.
Let goods and kindred go, This mortal life also;
The body they may kill: God's truth abideth still,
His kingdom is forever.**