

Overcoming Fear Part 1 – The Enemy of Faith

Overview: Faith is believing that God will do what He promised.
Fear is believing that the devil will do what he promised.

A. What Fear Is

1. Fear is trust in the devil's word.
 - a. Hebrews 11:1 (AMPC) states that faith is the title deed to God's promise.
"Now faith is the assurance (the confirmation, the title deed) of the things [we] hope for, being the proof of things [we] do not see and the conviction of their reality [faith perceiving as real fact what is not revealed to the senses]."
 - b. Do you think fear is the title deed to the devil's promise of what he can do?
2. Fear is believing evil reports. Num 13:32, 14:3, 22, Joshua 2:9-11
3. **F.E.A.R.** can be an acronym for **F**alse **E**vidence **A**ppearing **R**eal.
4. Fear is the voice of a demon (i.e. a temptation). James 1:13-15, 2 Cor 10:4-5

B. How Fear Works

1. Fear attacks your faith. Joshua 1:6-9
 - a. Fear and faith are like 2 sides of the same coin.
 - b. Fear not, only believe. Mark 5:36, Luke 8:50
2. Fear tries to introduce doubt and unbelief. Mark 5:40, Luke 8:53, Mark 11:20-24
James 1:5-8 (AMPC), Mark 9:23-24
3. Fear brings the devil on the scene.
 - a. That which Job greatly feared came upon him. Job 3:25
4. Fear focuses on the problem, not the solution. Col 3:2, Luke 12:22-25, 32 (AMPC)

C. What Fear Does

1. Fear can affect your voice & body (e.g. loss of voice, hair standing up, cold sweats, paralysis.)
2. Fear can affect your mind & emotions (e.g. can't think, confusion, panic, depression, dysfunction.)
3. Fear can affect your heart.
 - a. Physically – heart skips, heart attack. Luke 21:26, Psalm 73:26
 - b. Spiritually – build strongholds, grips the heart, can seem like a knife through the heart. Deut 20:8 (AMPC), Gen 42:25-28
4. Fear tries to control your tongue & life. James 3:8 (AMPC), Prov 18:21
5. Fear tries to put you in bondage. Rom 8:15
 - a. All of us were in bondage due to fear of death. Heb 2:14, 15

D. Overcoming Fear

1. Confess sins, including fear. 1 John 1:9
2. Affirm scriptures on fear. Rom 8:15, 2 Tim 1:7,10
3. Repent, Renounce, Break (RRB).
4. Cast out fear. Mark 16:17
5. Trust God & His Word; speak it out. 2 Tim 1:12, Rom 4:21,17
6. Fast, pray & affirm.
7. Guard your heart – 5 senses. Prov 4:23
8. Walk in love – perfect love cast out fear. 1 John 4:18
9. Be anxious for nothing. Phil 4:6
10. Cast your cares upon Him. 1 Peter 5:7 (AMPC)