

FIGHTING YOUR FEAR – MATTHEW 14:22-33

SERIES: RESILIENCE IN THE LIFE OF THE BELIEVER

⁴ For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. ⁵ We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, **2 Corinthians 10:4-5 (ESV)**

Resilience: *The ability of a person to adjust to or recover readily from illness, adversity, major life changes, etc.; buoyancy.*

1. FEAR DISREGARDS GOD'S PLAN

²⁰ And I said to you, 'You have come to the hill country of the Amorites, which the LORD our God is giving us. ²¹ See, the LORD your God has set the land before you. Go up, take possession, as the LORD, the God of your fathers, has told you. Do not fear or be dismayed.' **Deuteronomy 1:20-21 (ESV)**

⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind. **2 Timothy 1:7 (NKJV)**

2. FEAR DISTORTS GOD'S PURPOSES

²⁶ But you were unwilling to go up; you rebelled against the command of the LORD your God. ²⁷ You grumbled in your tents and said, "The LORD hates us; so he brought us out of Egypt to deliver us into the hands of the Amorites to destroy us." **Deuteronomy 1:26-27 (NIV)**

³² And they spread among the Israelites a bad report about the land they had explored. They said, "The land we explored devours those living in it. All the people we saw there are of great size. ³³ We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them." **Numbers 13:32-33 (NIV)**

3. FEAR DISCOURAGES GOD'S PEOPLE

²⁸ Where can we go? Our brothers have made us lose heart. They say, 'The people are stronger and taller than we are; the cities are large, with walls up to the sky. We even saw the Anakites there.' **Deuteronomy 1:28 (NIV)**

4. FEAR DISMISSES GOD'S PROMISES

²⁹ Then I said to you, "Do not be terrified; do not be afraid of them. ³⁰ The LORD your God, who is going before you, will fight for you, as he did for you in Egypt, before your very eyes, ³¹ and in the desert. There you saw how the LORD your God carried you, as a father carries his son, all the way you went until you reached this place." ³² In spite of this, you did not trust in the LORD your God, ³³ who went ahead of you on your journey, in fire by night and in a cloud by day, to search out places for you to camp and to show you the way you should go. **Deuteronomy 1:29-33 (NIV)**

5. FEAR DISOBEYS GOD'S PRINCIPLES

²⁶ But you were unwilling to go up; you rebelled against the command of the LORD your God. **Deuteronomy 1:26 (NIV)**

¹⁷ Anyone, then, who knows the good he ought to do and doesn't do it, sins. **James 4:17 (NIV)**

6. FACING THE STRONGHOLD OF FEAR

A. CONFRONT YOUR FEAR HONESTLY

B. CONFESS YOUR FEAR AS SIN

⁴ I sought the LORD, and he answered me; he delivered me from all my fears. **Psalms 34:4 (NIV)**

C. CLAIM GOD'S PROMISES OF PROTECTION

¹ The LORD is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid? **Psalms 27:1 (NIV)**

⁶ The LORD is with me; I will not be afraid. What can man do to me? **Psalms 118:6 (NIV)**

D. CULTIVATE A CLOSER RELATIONSHIP WITH GOD

¹⁸ There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. **1 John 4:18 (NIV)**

E. COMMIT YOUR LIFE TO JESUS CHRIST

²¹ For to me, to live is Christ and to die is gain. **Philippians 1:21 (NIV)**