

FEAR, WORRY, AND other “OH-NOs”

**Fear** invades and underlies the activities of life. People experience fear of failure, of change, of success, of rejection, of loneliness, of the future, and other phobias too numerous to mention.

**(Genesis 3:9,10; I John 4:18)** Fear is the first emotion expressed by man, and the first emotion dealt with by the Cross of Christ.

**(Hebrews 3:12,13)** Main causes of fear are self-concerns, self-interest and self-protection. Fear is really unbelief in Christ at the very root.

\*Fear, worry, anxiety and anger are nothing more than feelings. It is faith acting on God that will allow you to supersede feelings.

**(Genesis 4:7; 15:1).** Whenever God commands us to “fear not,” He is addressing our will and our mind – not our emotions.

**(Romans 12:1,2)** Most of us have a belief bank full of untrue thoughts. We are commanded to renew our mind, clear out the junk that does not belong, and replace it with God and His Presence.

**(Psalm 23; Psalm 24; Psalm 27; Psalm 91).** Feelings only obey what is in our mind. If it is despair, then despair will come. Truth in God and His Word must be learned. He and He alone is my adequacy.

**(Hebrews 13:20,21).** God has promised to be with us and not leave or forsake us

**(I John 4:18; I John 3:17).** Love is meant to replace fear. Love is an action, activated by compassion.

**(Philippians 4:13).** Some fear is just a part of being fallen human beings. Each opportunity, however, is a opportunity to trust God.

**(John 14:21; John 16:33).** God will guide us into the unknown.

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Memory Verse – I John 4:18

Resources: **Winning over Pain, Fear, and Worry** by John Haggai; Inspirational Press, 1991

**Worry Free Living** by Minirth, Meier, and Hawkins; Thomas Nelson 1989

