**OVERCOMING FEAR**

Salt and Light Part 5

**Luke 10:27**

**You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbor as yourself.**

**1. PATTERN OF PROMISE**

**3 parts:**

* **Fear not**
* **Person’s name**
* **Promise**

Genesis 15:1

After this, the word of the LORD came to Abram in a vision: "**Do not be afraid**, **Abram**. **I am your shield, your very great reward.”**

Matthew 1:20-21

But after he had considered this, an angel of the Lord appeared to him in a dream and said, “**Joseph son of David**, **do not be afraid** to take Mary home as your wife, **because what is conceived in her is from the Holy Spirit.  She will give birth to a son**, and you are to give him the name Jesus, because he will save his people from their sins.”

Luke 2:10

But the angel said to **them**, “**Do not be afraid**. I bring you **good news that will cause great joy for all the people.**

Isaiah 35:4

Say to those *who are* **fearful-hearted**,

“Be strong, **do not fear**!

**Behold, your God will come *with* vengeance,**

***With* the recompense of God;**

**He will come and save you.”**

Joshua 1:9

Have I not commanded **you**? Be strong and of good courage; **do not be afraid, nor be dismayed**, for the **Lord your God *is* with you wherever you go.”**

1 Chronicles 28:20

And David said to his son **Solomon**, “Be strong and of good courage, and do *it;* **do not fear nor be dismayed**, for the Lord God—my God—***will be* with you. He will not leave you nor forsake you**, until you have finished all the work for the service of the house of the Lord.

Isaiah 41:10

**Fear not,** for I *am* with **you**; **Be not dismayed**, for **I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you** with My righteous right hand.’

**2. FEAR IS NOT FROM GOD AND IS MEANT TO IMMOBILIZE YOU**

**2 Timothy 1:5-8**

**When I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also. 6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.8 Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God**

**3. LOVE DISPLACES FEAR**

**1 John 4:17-19**

**Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. We love Him because He first loved us.**

**Application:**

**Own your thoughts and emotions-** they are an indicator of what is going inside of you (good or bad).

**Remember-** that fear is often based on learned patterns of our minds understanding of a situation.

**Analyze-** your fear. What, why, when did this fear start, triggers.

**Identify-** if the fear is based on a lie. If so, what does God’s word say about this situation. Write out truth verses.

**Submit-** your thoughts, emotions and situation to the words, presence and love of Jesus.

**Choose-** to faithfully trust Jesus, His promises and who you are in Him.

**Ps. 56:3-4**

**When I am afraid, I put my trust in you.**

**In God, whose word I praise—**

**in God I trust and am not afraid.**

**What can mere mortals do to me?**