

CBC BIBLE STUDY

OCTOBER 11, 2023

FEAR

THEME: "GOD IS THE ANSWER TO OVERCOME FEAR"

We will face many challenges during our lifetime, here on earth. God's desire is that we face our fears with faith and hope in Him. God created us to live a fearless life in His Son Jesus Christ! Being Joyful, bold, confident and courageous!

Fear is a real threat, that is presently causing emotional distress, and anxiety in the Church, the body of Christ. Many believers in Jesus Christ are living in fear and not in the freedom God gave us through His Son Jesus Christ.

God is the answer to overcoming fear, because He loves us and He is for us. The Bible is the inspired Word of God that talk about fear and us being afraid. The word "fear" is in scriptures more than four hundred. The statement "fear not" is in the scriptures many times. And the word "afraid" more than two hundred times.

Author, Neil T. Anderson said, "Fear is a thief. It erodes our faith, plunders our hope, steals our freedom, and takes away our joy of living the abundant life in Christ. Phobias are like the coils of a snake-the more we give in to them, the tighter they squeeze. Tired of fighting, we succumb to the temptation and surrender to our fears. But what seemed like an easy way out becomes, in reality, a prison of unbelief- a fortress of fear that holds us captive."

We will list some of the most common fears and phobias that can hold us back in life. And at times stops us from advancing the Kingdom of God and being a powerful and bold witness for Jesus Christ.

**FEAR OF CHANGE AND FEAR OF LONELINESS
FEAR OF JUDGEMENT AND REJECTION
FEAR OF GETTING HURT
FEAR OF INADEQUACY
FEAR OF LOSS OF FREEDOM
FEAR OF SOMETHING BAD HAPPENING
FEAR OF FAILURE
FEAR OF UNCERTAINTY**

**FEAR OF ENCLOSED SPACES
FEAR OF SPIDERS
FEAR OF HEIGHTS
FEAR OF MONSTERS
FEAR OF GERMS AND DIRT
FEAR OF FLYING
FEAR OF DOGS AND CATS
FEAR OF INJECTIONS
FEAR OF SNAKES
FEAR OF THUNDER AND LIGHTNING**

**FEAR OF CORRUPTION OF GOVERNMENT OFFICIALS
FEAR OF CYBER TERRORISM
FEAR OF CORPORATE TRACKING OF PERSONAL INFORMATION
FEAR OF TERRORIST ATTACKS
FEAR OF GOVERNMENT TRACKING PERSONAL INFORMATION
FEAR OF BIO-WARFARE**

**FEAR OF IDENTIFY THEFT
FEAR OF ECONOMIC COLLAPSE
FEAR OF RUNNING OUT OF MONEY IN THE FUTURE
FEAR OF CREDIT CARD FRAUD**

**FEAR OF FAILURE
FEAR OF SICKNESS
FEAR OF DEATH
FEAR OF A LOVE ONE(S) GETTING SICK AND DYING
FEAR OF GETTING OLD
FEAR OF DOCTORS AND HOSPITALS**

This list of fears could continue on and on. This is not list of fears, to shame or belittle anyone that may be fighting through one or some of these fears. Some of God's greatest soldiers in the Bible was in fear and had to press their way through and fight the good fight of faith. And trust God.

God is the answer to overcome fear, Psalm 91: 1-7 says

"Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare of the Lord: He alone is my refuge, my place of safety; he is my God, and I am trusting him. For he will rescue you from every trap and protect you from the fatal plague. He will shield you with his wings. He will shelter you with his feathers. His faithful promises are your armor and protection. Do not be afraid of the terrors of the night, nor fear the dangers of the day, nor dread the plague that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you."

When our minds wander, and draw us away from God and His Word, at times we began to worry, get stressful, angry,

doubt, then fear will slowly creep into our thoughts. God wants us to walk in victory. Defeat fear with the Word of God and prayer. God gives us the victory!

"for the Lord your God is He who goes with you, to fight for you against your enemies, to save you."

(Deuteronomy 20:4)

Victory is tied to our faith in God. God is with us and He fights for us. The Lord is our Light and our Salvation, whom shall we fear, He is our strength. The presence of God is always with us and He's in the midst of it all.

"GOD IS THE ANSWER TO OVERCOME FEAR"

1. Acknowledge and admit the fear

Being aware that fear is causing an on going lack of ease in your life. Identify what you are afraid of. Tell the truth about it. Be real with God and someone else you can trust.

"Say to those who have an anxious heart. "Be strong; fear not!

Behold, your God will come with vengeance, with the recompense of God. He will save you. " (Isaiah 35:4)

"Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2)

God will redeem His oppressed people of Israel. He will also redeem His righteous children from fear. He desires that, we be strong and have courage. Our God is faithful. Trust God to guide you to someone who can bear your burden of fear. Perhaps a Christian Counselor, Pastor, or Doctor and even a

well grounded Christian Brother or Sister, strong in their walk and faith in Jesus Christ.

2. Realize There is a Power Bigger than You

"God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; (Psalm 46:1-2)

"for it is God who works in you both to will and do for His good pleasure" (Philippians 2:13)

The people of God are secure, even in fearful times, because God is our refuge and strength. He is greater than you and I. He protects us always. Obey God, for He is working in us motivation and empowerment to see us through for His good pleasure.

3. Pray to God

"I sought the Lord, and he answered me and delivered me from all my fears" (Psalm 34:4)

"Our Father in heaven, Hallowed be your name. Your kingdom come. Your will be done." (Matthew 6:9-10)

We are to call upon the Lord, depend on Him to deliver us. We are praying to Our Father in Heaven. He knows the beginning from the end. We can rely on Him. Pray to God.

4. Realize God is Our Help

"fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you. I will uphold you with my righteous right hand." (Isaiah 41:10)

"The Lord is on my side; I will not fear. What can man do to me?" (Psalm 118:6)

"Even though I walk through the valley of the shadow of death. I will fear no evil for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

God is more than able to restore and protect His people, even when our thoughts and feelings lead us into a path of fear. He promises us His power and His strength through hard times. The Lord secures us with His righteous right hand. the Lord is our shelter, we don't have to fear what others think or say about us. We as God's son's and daughter's have the assurance that in the darkest of times, even extreme danger, God is with us.

5. Seek the Peace of God

"Peace I leave with you; my peace I give you to you. Not as the world gives do I give you. Let not your hearts be troubled, neither let them be afraid." (John 14:27)

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding , will guard your hearts and minds through Christ Jesus." (Philippians 4:6-7)

Jesus has provided for us peace, for He is the Prince of Peace. We must take the gift of peace Jesus has given us and not allow our hearts be troubled or afraid. Pursue peace at all

times. The Lord watches over us night and day. Prayer is the main entrance to peace. When we unload our all and all to God, He gives us His peace, that protects us from any fear and anxiety. Put our attention on God and not our problems and seek His peace.

6. We Belong to God

"For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" (Romans 8:15)

We are truly in God's family who yield to the Spirit. Regardless of what is coming against us or raging around us, as a child of The Most High God, we have nothing to fear. No matter what, Abba! Father! will take care of us!

7. Be Strong and of Good Courage

"I command you-be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." (Joshua 1:9)

God does not come and go depending on His mood, like we do. God is always with us, that is a promise. And the promise of His presence is a promise of freedom for us. We are not walking alone. His presence is for all the days of our life. Be strong and of good courage.

8. God Has a Plan for Us, its not Fear

**"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart."
(Jeremiah 29: 11-13)**

Faithful believers can place their hope in the one true God, that He has a plan for their life. Our creator will always give us His best. The Lord God Almighty directs our steps and its not fear. Yes, the pathway at times may lead to unexpected detours, but God will respond when we call upon Him. Our hope is in that God loves us and will take care of us. We focus more on the future, than the one who holds the future. God is still in control.

**9. "for God gave us a spirit not of fear, but of power and love and self-control."
(2 Timothy 1:7)**

Fear is not from God. We need to place value and take hold of what is of God. God has given us power, love, and a sound mind. We can call upon God's Spirit, the Holy Spirit to give us power to face dark days and lonely nights. We can call upon God's Spirit, the Holy Spirit so that we will overcome evil with love. We can call upon God's Spirit, the Holy Spirit, for we have been given the fruit of the Spirit of self-control and discipline. He has also given us the power of faith over fear.

10. Fear God Instead

**"Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God with reverence and godly fear. For our God is a consuming fire."
(Hebrews 12:28-29)**

Believers are not to be scared of God. We should develop a reverential fear of who God is and that He is Holy. In His presence should always be love, respect and awe. Because we fear God we should live a life of obedience to Him. Worship and admire Him, with gratitude for our salvation. The Bible says (Proverbs 1:7) "the fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction." Being willing to conform to spiritual wisdom and knowledge of God and flows from God. Fear of God with reverence and humility before our Maker and Redeemer. May we take our focus off of our fears and meditate more on the Greatness and Faithfulness of Our God.

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"My Soul Has Been Anchored in the Lord"

(Douglas Miller)

**Though the storms keep on raging in my life
And sometimes it's hard to tell the night from day
Still that hope that lies within is reassured
As I keep my eyes upon the distant shore
I know He'll lead me safely to that blessed place He
has prepared**

**But if the storms don't cease
And if the winds keep on blowing
My soul has been anchored in the Lord**

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