

KINDS OF FEAR

In 1 Corinthians 6:19, the Apostle Paul tells you that you were bought with a price and you are not your own anymore. You are a child of God and your body is a temple of the Holy Spirit. Your temple, however, may have accumulated some unneeded trash.



**YOU ARE NOT A
GARBAGE CAN!**



Anxiety for the future always leaves lots of **STUFF** in its wake. Picture this stuff stored away in one of many rooms in God's temple, which is you. It is temple cleaning time! You may find that one of these rooms is full of **STUFF** called **FEAR**.

- Fear says that God does not have the ability to control the situation.
- Fear says that what somebody other than God says or thinks about (stuff) you is more important or more accurate than God's opinion.
- Fear accepts unsubstantiated bad news, or thoughts of potential bad news (stuff) and believes them.
- Fear accepts imaginations and ideas (stuff) that exalt themselves against the knowledge of God (what God shows you to be true).

Living  **Waters • Lessons on Overcoming Different Kinds of Fear**

FEAR BECAUSE OF PREVIOUS FAILURE

You experienced failure before. The thought of more failure is painful. Fear of more failure intimidates you. It leaves you feeling powerless to move forward with life. You fear trusting your present situation and your future opportunities to God. Trust Him. As you do, He will empower you to succeed.

In Second Samuel, we read about King David's failure, when he murdered Uriah the Hittite so that he could have Uriah's wife Bathsheba. David's sin was great. He failed both God and himself. Did David's failure paralyze him? Did he hide

himself away for fear that he might fail again? Did he stop serving God? No! He acknowledged his failure and moved ahead with God's plan for his life.

PRINCIPLE: Forget the past! Put your tomorrows in God's hands!

(Isaiah 43:18-19 NKJV) "Do not remember the former things, Nor consider the things of old. Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert."

FEAR OF REJECTION

Fear of rejection is looking to others for reassurance, security and validation, but *dreading* the possibility that they will turn their backs on you. It is wanting people to accept you and love you, but *dreading* the possibility that they will do neither. It is searching for your sense of worthiness in the praises of others, but *dreading* that they may find you unworthy and condemn you.

From Judges 11:1-11

"Now Jephthah the Gileadite was a mighty man of valor, but he was the son of a harlot; and Gilead begot Jephthah. Gilead's wife bore sons; and when his wife's sons grew up, they drove Jephthah out... Then Jephthah fled from his brothers and dwelt in the land of Tob; and worthless men banded together with Jephthah and went out raiding with him ...And so it was, when the people of Ammon made war against Israel, that the elders of Gilead went to get Jephthah from the land of Tob. Then they said to Jephthah, 'Come and be our commander, that we may fight against the people of Ammon.' So Jephthah said to the elders of Gilead, 'Did you not hate me, and expel me from my father's house? Why have you come to me now when you are in distress?' And the elders of Gilead said to Jephthah, 'That is why we have turned again to you now, that you may go with us and fight against the people of Ammon, and be our head over all the inhabitants of Gilead.' So Jephthah said to the elders of Gilead, 'If you take me back home to fight against the people of Ammon, and the LORD delivers them to me, shall I be your head?' And the elders of Gilead said to Jephthah, 'The LORD will be a witness between us, if we do not do according to your words.' Then Jephthah went with the elders of Gilead, and the people made him head and commander over them; and Jephthah spoke all his words before the LORD in Mizpah."

Jephthah was driven from his people. He was an outcast - rejected! Have you had the same feelings? Even when Jephthah's people attempted to call him back, he still feared their rejection. He was hesitant to answer the call.

When Jephthah made the decision to deny his fear of rejection, he was restored. He overcame his fear and became a mighty judge in Israel. He moved ahead with his life and never looked back!

From Mark 14:66-72

“Now as Peter was below in the courtyard, one of the servant girls of the high priest came. And when she saw Peter warming himself, she looked at him and said, ‘You also were with Jesus of Nazareth.’ But he denied it, saying, ‘I neither know nor understand what you are saying.’ And he went out on the porch, and a rooster crowed. And the servant girl saw him again, and began to say to those who stood by, ‘This is one of them’” But he denied it again. And a little later those who stood by said to Peter again, ‘Surely you are one of them; for you are a Galilean, and your speech shows it.’ Then he began to curse and swear, ‘I do not know this Man of whom you speak!’ A second time the rooster crowed. Then Peter called to mind the word that Jesus had said to him, ‘Before the rooster crows twice, you will deny Me three times.’ And when he thought about it, he wept.”

Peter rejected Jesus three times. Even so, Jesus never rejected Peter. Mark 16:7 tells us that after the Jesus' resurrection, the Angel of the Lord instructed Mary to tell Peter that Jesus had risen. Hearing these words, Peter knew that Jesus still loved Him (even though Peter had denied Him). Jesus later appeared to Peter and confirmed that Peter would have much to do in God's kingdom.

God accepts you, with all your faults and failings. He will never consider you unworthy, never abandon you, reject you or stop loving you.

(Ephesians 1:6 NKJV) “He has made us accepted in the Beloved.”

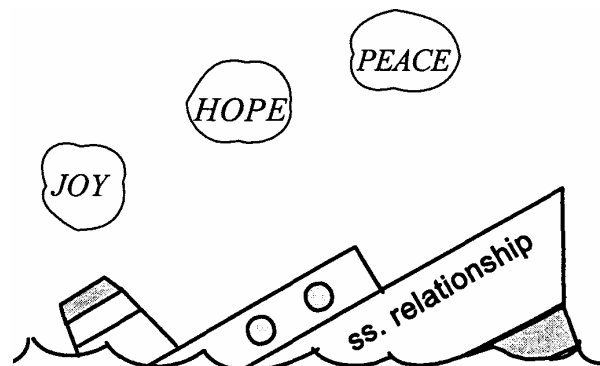
(Romans 8:15 NKJV) “For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’”

(Romans 8:35, 38, 39 NKJV) “Who shall separate us from the love of Christ? ...For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”

PRINCIPLE: Nothing can separate you from God's love!

FEAR OF CHANGE

Sometimes, change in your life comes voluntarily. Sometimes it does not. Often, it can be change itself that is scary - not the difficulties surrounding it. It is easy to be comfortable in your discomfort - to accept things as they are and not want to rock the boat (even if the boat is quickly sinking).



(Romans 12:2 NKJV) "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

FEAR OF EXPRESSING YOUR HEART **(Fear of Man)**

Many of us live with "timidity," or "shyness." This is a fear of speaking out and expressing your heart, your opinions, your understanding and knowledge. It results in a reluctance or fear of developing new friendships and relationships. The fear of man is fear that talks you into voluntary self-separation from others. You deny yourself the use of the God-given gifts of expression that are in you.

Remember that God is in you and with you. His anointing is upon you and if you speak with the knowledge that He has a part in your words, you will be confident those words are good things to be said.

(Proverbs 29:25 NKJV) "The fear of man brings a snare, But whoever trusts in the LORD shall be safe."

(Proverbs 28:1 NKJV) "The wicked flee when no one pursues, But the righteous are bold as a lion."

FEAR OF FINANCIAL LACK

Are you boxed in because of financial issues, because of money? Climb out of the box. Put a lid on it!



One of the hardest fears to overcome is the fear of financial lack. You may be facing seemingly insurmountable obstacles to ever getting above your financial difficulties. On the other hand, you may be facing so much fear of living in poverty or losing what you have that you become a slave to your money. It becomes your master. God wants you to trust Him to give direction and bring correction to your financial habits and plans. He is your source. He wants you to begin to look through the eyes of faith. You will see His hand reaching down to lift you from your fear and help you to get on your feet.

(Philippians 4:19 NKJV) “And my God shall supply all your need according to His riches in glory by Christ Jesus.”

From 1 Kings 17:10-16

This historical narrative tells of a single parent, a widow who, with her son, was preparing to die because she had only enough flour and oil left to make one small cake. She had no money and no other means to feed her herself and her son. God's prophet Elijah was also in need of food. The Lord commanded him to go to the woman and instruct her to provide him with food. For either of these two people, it would have been foolish even to think of such a thing. After all, the woman was starving! How could she possibly feed him? The prophet found the woman gathering sticks at the gate of the city. He called to her and said:

(1 Kings 17:10 NKJV) “Please bring me a little water in a cup that I may drink.”

Now this was not too difficult a request to fulfill, as there was certainly a well in the city. Elijah's second request was not so easy.

(1 Kings 17:11 NKJV) “Please bring me a morsel of bread in your hand.”

The prophet was expecting to be fed, as God had promised. The woman's reply may have surprised him.

(1 Kings 17:12 NKJV) “As the LORD your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in a jar; and see, I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die.”

The prophet's response really challenged her, but she chose to believe the Word of the Lord. She took her step of faith.

(1 Kings 17:13, 14 NKJV) “Do not fear; go and do as you have said, but make me a small cake from it first, and bring it to me; and afterward make some for yourself and your son.’ For thus says the LORD God of Israel: ‘The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the LORD sends rain on the earth.’”

(1 Kings 17:15, 16 NKJV) “So she went away and did according to the word of Elijah; and she and he and her household ate for many days. The bin of flour was not used up, nor did the jar of oil run dry, according to the word of the LORD which He spoke by Elijah.”

There are three principles found in Elijah's words and the woman's response. You can use them to overcome any kind of fear.



- 1. Trust God!**
- 2. Trust in God's specific Word to you!**
- 3. Put feet to your faith. Walk it out!**

Ridding Yourself of Fear

(1 John 1:9 NKJV) "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Remember, fear of any kind is the stuff sin is made of, because it exalts itself above God. Fear says God is not able to deliver you from your situation. Do not feed it, or give it a home in your temple. Confess it to God and ask Him to help you eliminate it from your life. When fear comes (and it will), recognize it for what it is - a lying spirit trying to convince you that God is not able.



What a bunch of trash! You can take authority over it and dispose of it for good, by applying the power of the name of Jesus to it. Command it to go because...

(1 John 4:4 NKJV) "He who is in you is greater than he who is in the world."

LOOK at how clean your temple can be! Do not deny the fear or run from it. Just give it to God!



*(Psalm 91:1-7 NKJV) "He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the LORD, 'He is my refuge and my fortress; My God, in Him I will trust.' Surely He shall deliver you from the snare of the fowler And from the perilous pestilence. He shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler. **You shall not be afraid** of the terror by night, Nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you..."*

(Psalm 9:10-12 NKJV) "No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways. In their hands they shall bear you up, Lest you dash your foot against a stone..."

The Covenant Voice of God

(Psalm 91:1-7, 10-12, 14-16 NKJV)

*"Because he has set his love upon Me, therefore **I will** deliver him; **I will** set him on high, because he has known My name. He shall call upon Me, and **I will** answer him; **I will** be with him in trouble; **I will** deliver him and honor him. With long life **I will** satisfy him, And show him My salvation."*