

DEFEATING FEAR AND ANXIETY

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Soaring Higher Christian Center
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Harvest Club Edition

Matt. 6:26-34

Anxiety is major problem in today's society. A source of doubt.

Anxiety: (A form of fear.) A state of uneasiness and apprehension, as about future uncertainties.

Apprehensive: Anxious or fearful about the future; uneasy. Noun: Anxious concern. care, worry, distress, uneasiness, perturbation, disquiet, disquietude, unease, angst, anxiousness.

Anxious; Adjective: In a state of uneasiness. nervous, uneasy, concerned, disquieted, distressed, disturbed, troubled, unsettled, worried.

If we don't control fear and doubt,..fear and doubt will control us.

To understand anxiety, we must understand fear.

The Bible says;

Fear not 63, times. Be not afraid, 26 times. Be of good courage 6 times.

I. Facts About Fear.

A. Originated in original sin.

Gen. 3:10 *And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.*

1. Not God.

a. Is spiritual.

2Tim. 1:7 *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

b. Effects people mentally. Opposite of a sound mind.

2. Godly fear is wisdom. Job 28:28, Ps. 111:10

Pr. 9:10 *The fear of the LORD is the beginning of wisdom.;*

B. Fear is the opposite of faith. Mk. 4:35-41

1. Is in fact, faith in the devil.

a. A spirit. Spiritual power. 2Tim.1:7

C. Is transferable.

D. Is well justified in the sinners life.

1. Is not justified in the believers life.

E. Attacks people suddenly.

Job 22:10 *Therefore snares are round about thee, and sudden fear troubleth thee;*

Prov. 3:25 *Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh.*

1. The world refers to the "Panic attack."

Dr. Allan H. Bruckheim, MD, author of *The Family Doctor*, says,

"This type of disorder is being seen with ever increasing frequency in medical offices and may well be the most commonly recognized psychiatric problem.

They come on at random, are overpowering episodes of intense anxiety, and are

accompanied by a wide variety of other symptoms. Patients may complain of palpitations and trembling, chest pain, difficulty in breathing, dizzy spells, and sweating, and frequently express their fear that they are going crazy. While some symptoms may be seen during the actual attack, there are rarely any signs available to the examining physician in between episodes. For the most part, laboratory tests will be normal, or will reveal other medical conditions that have nothing to do with the emotional problem. There is some correlation between anxiety disorders and depression and they may be seen together in as many as 50 percent of these patients.”

- a. Job communicated this.
Job 4:14-15 *Fear came upon me, and trembling, which made all my bones to shake. :15 Then a spirit passed before my face; the hair of my flesh stood up:*
 - [1.] Causes trembling.
 - [2.] Shakes the bones.
 - [3.] Makes the hair stand on end.
- F. Affects physically.
 - 1. Heart disease.
Luke 21:26 *Men’s hearts failing them for fear,*
 - a. Can cause an inordinate surges and secretion of adrenaline.
 - [1.] Prematurely ages one.
- G. Is Tormenting.
1John 4:18 *There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.*

II. Fruit Of Fear.

- A. Torment. 1Jn. 4:18
- B. Confusion.
 - 1. Mental instability.
- C. Terror.
- D. Nervousness.
- E. Phobias.
- F. Jealousy.
- G. Stress.
- H. Anxiety.
- I. Calamity. Job 3:25
- J. Bondage.
Rom. 8:15 *For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.*
Hebr. 2:15 *And deliver them who through fear of death were all their lifetime subject to bondage.*

III. Freedom From Fear.

Is God's will. Luke 1:74 *That he would grant unto us, that we being delivered out of the hand of our enemies might serve him without fear,*

A. Maintain your relationship with God.

1. Forgiveness. Mt. 18:21-35; Rms. 14:17

a. Forgiving is not condoning.

2. Repentance.

B. Choose to act on God's word.

Prov. 29:25 *The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.*

1. The equivalent of faith.

C. Choose not to act on what the devil says.

1. Or others.

2. Your emotions and intellect.

Pr. 3:5 *Trust in the LORD with all thine heart; and lean not unto thine own understanding.*

D. Take control of your confession.

Heb. 10:23 *Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)*

1. Confession of fear can cause the manifestation.

Job 3:25 *For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.*

a. Gives life to fear.

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