**Psalm 34:4** "I sought the Lord and He answered me; He delivered me from all my fears." (NIV)

God DOES NOT WANT us to be afraid!

**2 Timothy 1:7** "For God has not given us a spirit of far and timidity, but of power, love, and self-discipline." (NLT)

## THE DAMAGE FEAR DOES IN OUR LIVES

1. It Ruins RELATIONSHIPS.

**Genesis 3:9-10** "9 The Lord God called the man, "Where are you?" 10 He answered, "I heard you, so I hid. I was afraid because I was naked." (NIV)

2. It Paralyzes POTENTIAL.

**John 20:19** "That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders." (NLT)

3. It hinders HAPPINESS.

**Proverbs 12:25** "Worry can rob you of happiness …" (TEV)

**Psalm 55:2** "Listen to me and answer me; I am worn out by my worries." (TEV)

4. It sabotages SUCCESS.

**Job 3:25** "Everything I fear and dread comes true." (TEV)

## GOD'S ANTIDOTE TO FEAR

1. TRUTH

**John 8:31-32** "31… If you hold to my teachings, you are really my disciples. 32 Then you will know the truth, and the truth will set you free." (NIV)

Definition of Fear

**F**alse
**E**vidence
**A**ppearing
**R**eal

**2 Corinthians 4:2** "We put aside all secret and shameful deeds; we do not act with deceit, nor do we falsify the word of God. In the full light of truth we live in God's sight …" (TEV)

2. LOVE

**1 John 4:18** "Love contains no fear. Indeed fully developed love expels every particle of fear, for fear always contains some of the torture of feeling guilty." (Phillips)

**Psalm 103:8** "The Lord is compassionate and merciful, slow to get angry an filled with unfailing love." (NLT)

3. FAITH

**Ephesians 6:16** "Above all be sure to take faith as your shield, for it can quench every burning missile the enemy hurls at you." (Phillips)

**Psalm 56:3** "… when I am afraid, I will put my confidence in God. Yes, I will trust the promises of God. And since I am trusting Him, what can mere man do to me?" (LB)

**BOTTOM LINE**

**Joshua 1:9** "This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you whoever you go." (NLT)