

# Fear is a Liar - Overcoming Fear and Worry

Presenter: Sue Field

**Objective:** To learn how to apply God resources to overcome fear, worry, and anxiety.

**Key Verse: Ephesians 6:10-12** Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

## Were Old Testament or New Testament Believers Afraid?

- Old Testament: Moses and the Israelites (Exodus 14:13)
- New Testament: Joseph (Matt 1:20)

Two Types of Fear	
The Fear of the Lord	The Spirit of Fear
<b>Psalm 111:10</b> The fear of the LORD is the beginning of wisdom;	<b>2 Timothy 1:7</b> For God gave us a spirit NOT of FEAR but of power and love and self-control.

## Fear/Worry/Anxiety

- Fear definition: to be afraid
  - Occurs 353 times in the bible.
  - 83 times in the NT
- Worry definition: Allowing one's mind to dwell on difficulties and troubles.
- Anxiety definition: Feelings of anxiousness or stress from worrying about something.
- Translated: Worry, Anxiety, Cares

## Where Does the Spirit of Fear Come From?

- **Ephesians 6:12** For we do not wrestle against flesh and blood, but **against** principalities, **against** powers, **against** the rulers of the darkness of this age, **against** spiritual *hosts* of wickedness in the heavenly *places*.

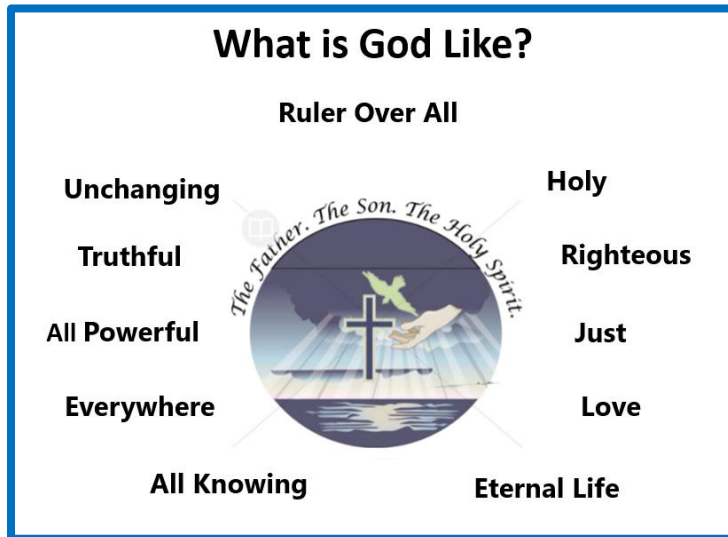
## Satan is the Father of Lies and is Our Enemy!

**John 8:44** You are of *your* father the devil, and the desires of your father you want to do. He was a **murderer** from the beginning, and *does not* stand in the truth, because there is **NO truth** in him. When he speaks a lie, he speaks from his own resources, for **he is a liar and the father of it.**

**1 Peter 5:8** Be sober, be vigilant; because your **adversary (or enemy)** the devil walks about like a roaring lion, **seeking whom he may devour.**

What are you fearful of?  
 What do you worry about?  
 What lies does Satan tell you?

**Whatever your fears, worries, or anxieties, God is Your Answer!**



## Your Resources for Defeating Satan

Resource #1: The Word of God	
A. Realize the Power of the Word of God	<b>Ephesians 6:17</b> And take the helmet of salvation, and the sword of the Spirit, which is the <b>Word of God</b> .
B. Meditate on the Word of God	<b>Philippians 4:8</b> Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy- <b>meditate on these things</b> .
C. Trust in God's Promises in His Word	<b>1 Peter 5:7 (ESV)</b> casting all your <b>anxieties</b> on him, because he cares for you. <b>1 Peter 5:7 (NKJV)</b> casting all your <b>care</b> upon Him, for He cares for you. <b>Ephesians 6:16</b> ...above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. <b>Proverbs 3:5-6</b> <b>Trust</b> in the LORD with all your heart and lean not on your own understanding; In all your ways acknowledge Him, And <b>He shall direct</b> your paths.
Resource #2: The Holy Spirit	
A. Recognize that the Holy Spirit is in you.	<b>Ephesians 1:13</b> In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, <b>you were sealed with the Holy Spirit of promise...</b> <b>Ephesians 4:30</b> And do not grieve the Holy Spirit of God, by whom you were <b>sealed for the day of redemption</b> .
B. Be strong in the Spirit.	<b>Ephesians 6:10</b> Finally, my brethren, <b>be strong in the Lord</b> and in the <b>power of His might</b> .

## Your Resources for Defeating Satan

	<b>Romans 15:13</b> Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope <b>by the power of the Holy Spirit.</b>
<b>Resource #3: Prayer</b>	
A. Pray for the Holy Spirit's strength.	<b>Ephesians 3:14-17</b> For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, <b>to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts</b> through faith...
B. Transfer your Fear List to your Prayer List.	<b>Ephesians 6:18</b> <b>Praying</b> always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints--
C. Pray Scripture that relates to your fears.	<b>Joshua 1:9</b> "Have I not commanded you? Be strong and of good courage; <b>do not be afraid</b> , nor be dismayed, for <b>the LORD your God is with you</b> wherever you go."

### IT IS YOUR CHOICE!

#### THE WORD OF GOD

- **Will you choose** to realize the power of the Word of God in your life?
- **Will you choose** to meditate on the Word of God?
- **Will you choose** to trust in God's promises in His Word?

#### THE HOLY SPIRIT

- **Will you choose** to recognize that the Holy Spirit is in you?
- **Will you choose** to acknowledge that your strength is from the Holy Spirit as you apply the Word of God to your life?

#### PRAYER

- **Will you choose** to pray that God will strengthen you through His Holy Spirit and His Word?
- **Will you choose** to transfer your fear list to your prayer list?
- **Will you choose** to pray Scripture that relates to your fears?

#### Verses for the Girl Bullied on the Cellphone

- **Isaiah 41:10** "**Do not** be afraid, for I am with you. **Do not** be discouraged, for I am your God. **I will** strengthen you and help you. **I will** hold you up with my victorious right hand."
  - **Example of Praying Scripture:** "Lord, I am afraid, You tell me not to be afraid and that you are with me. Thank you that you are my God, that you will strengthen me and that you will help me. Thank you that you will uphold me by your victorious right hand. Lord, I know you have this. I do not need to worry or be anxious about what others say about me. God, I know Your Holy Spirit is within me. Strengthen me with Your might through the Holy Spirit in me to be able to face what people are saying about me. In Christ's name I pray. Amen."

### Verses for the Woman with Cancer

- **Philippians 4:6-7** Be anxious for nothing, but **in everything** by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the **peace of God**, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
  - **Example of Praying Scripture:** "Father God, I am anxious about this cancer and your word tells me to not be anxious. Your Word tells me to pray about everything and I pray right now that you will help me deal with my feelings of loneliness as I face this cancer. I pray that you will give me comfort as I lose my hair. You tell me to also give thanks. Thank you, God, that my grandchildren left flowers for me. I know that they cannot visit me with my low blood counts but thank you that they did remember me. Lord I pray for your peace which surpasses all understanding, be with me, guard my heart and my mind through your Son Jesus Christ. In Christ's name I pray. Amen."

### Verses for the Man Attempting Suicide

- **Matt 6: 33-34** But **seek first the kingdom of God and His righteousness**, and all these things shall be added to you. Therefore, **DO NOT WORRY** about tomorrow, for tomorrow will **WORRY** about its own things. Sufficient for the day is its own trouble.

### Finding Rest and Peace

- **Definition of peace:** The sense of rest and contentment.
  - Used 367 times in the Bible
  - 94 times in the New Testament
- **John 14:27 Peace** I leave with you; **My peace** I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

### It is a choice you have for your life. What will you choose?

**Philippians 4:6** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God...

- **I will CHOOSE** not to worry or be anxious about anything.
- **I will CHOOSE** to bring every situation that concerns me to God in prayer rather than worrying about it.
- **I will CHOOSE** to tell God what I need and place all my fears in His hands.
- **I will CHOOSE** to focus on having a heart of thankfulness.

### What will be the result?

**Philippians 4:7** and the **peace of God**, which surpasses all understanding, will guard your hearts and minds **through Christ Jesus**.

## What will you choose? FEAR OR PEACE?

# Fear is a Liar – WORKSHEET

<b>FEAR AND WORRY LIST -- PRAYER LIST</b>	
<b>Lies Satan Tells You</b>	
<b>Fear and Worry List Lies Satan Tells You</b>	<b>Prayer List</b>

<b>Promises in God's Word to Remember</b>

<b>Short-Term GOAL</b>
<b>(Example: Something you can achieve in 1 week)</b>
<b>Resources: The Word of God/The Holy Spirit/Prayer</b>
<b>Examples of Goals:</b> I will read the Bible verses on the back of this page that relate to my fears/worries every morning for 10 minutes for the next 7 days. I will memorize one Bible passage (list passage) that relates to my fears/worries this week. I will meditate on one Bible passage (list passage) that relates to my fears/worries for 10 minutes x 4 days this week.  I will pray each morning this week (x 7 days) that I may be strengthened by the Holy Spirit when I am afraid. I will pray a specific Scripture passage (list passage) each time I am afraid or worried this week. I will transfer my fears/worries list to my prayer list and pray about each one fear or worry for 1 week.
<b>Your Goal for this week:</b>

### **God's Promises When Afraid**

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." **(2 Timothy 1:7)**

"I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety." **(Psalm 4:8)**

"Whenever I am afraid, I will trust in You." **(Psalm 56:3)**

"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." **(Isaiah 41:10)**

"Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you." **(Deuteronomy 31:6)**

"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." **(Joshua 1:9)**

"Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, 'I will never leave you nor forsake you.' So we may boldly say: 'The Lord is my helper; I will not fear. What can man do to me?'"

**(Hebrews 13:5)**

"The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid?"

**(Psalm 27:1)**

"Do not be afraid of their faces, For I am with you to deliver you,' says the Lord." **(Jeremiah 1:8)**

"In God I have put my trust; I will not be afraid. What can man do to me?" **(Psalm 56:11)**

"Yea, 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's Promises When Anxious and Worried**

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your 25 requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things." **(Philippians 4:6-8)**

"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

**(Matthew 6:25-34)**

"And God is able to make all grace abound toward you, that you, always having all sufficiency in all 26 things, may have an abundance for every good work." **(2 Corinthians 9:8)**

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." **(John 14:27)**

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You." **(Isaiah 26:3)**

**Rokser, Dennis. (2017). Promises of God for the Child of God. (Grace Gospel Press).**