

## How To Get Free

### No Fear

It can be our greatest friend or our greatest enemy!

Fear is

- a sense of dread or impending disaster.
- a painful emotion excited by danger or alarm.
- to be in doubt.

It is our friend when it warns us of danger and we respond.

It is our enemy when it controls us for no good reason!

There are many things that bring controlling fear...

- fear of heights, of being closed in, of crowds.
- fear of spiders or animals.
- fear of rejection, of success, of the future.
- fear for no known reason.

How do we deal with fear?

The ultimate fear... Hebrews 2:14-15; I John 4:16-19

Controlling fears...

- Acknowledge who you are and Who lives in you.  
Romans 8:14-17; John 14:26-27
- Believe that the Lord is your protector.  
Psalm 112:6-8; 118:5-7; Proverbs 3:24-26
- Comfort yourself in relationships with other believers.  
II Corinthians 7:4-6

***The key to overcoming fear is to fear!*** Matthew 10:25-31; Psalm 27

To fear the Lord is to...

- Stand in awe of, to have a deep reverence for Him!
- Focus on Who He is. Psalm 27:1a
  - He is our light and salvation, among many other things!
  - Pursue knowing God! "Ask, seek, dwell, behold, meditate" Psalm 27:4
  - Worship God! "offer sacrifices, shouts of joy, sing praises" Psalm 27:6
- Rely on what He does. Psalm 27:1b
  - He defends those who trust in Him! Psalm 27:2-3
  - He has a plan, we must wait for Him. Psalm 27:14