

Fear, Inc.

Conquering the Fear of the Future

"For I know the plans that I have for you," declares the LORD, "plans for your welfare and not for your calamity---**to give you a future and a hope.**" Jeremiah 29:11 (NASB)

I. Introduction

Comedian Jerry Seinfeld says, "According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that seem right? That means to the average person, if you have to go to a funeral, you're better off in the casket than doing the eulogy."

Fear often manifests in constant worry: The English word worry comes from an old German word meaning "to strangle, or to choke." That is exactly what fear and worry does; it is a kind of mental, emotional and even spiritual strangulation process, which just might be responsible for more mental and physical afflictions than any other single cause known to modern society

II. Things to Remember When Pressing Toward the Future

1.) Fear never was and never is God's _____ for His people.

"Love has been perfected among us in this: that we may have boldness in the Day of Judgment; because as He is, so are we in this world. There is no fear in love; but perfect love casts out fear, because **fear has and involves torment (Phobos= irrational thoughts of punishment or chastisement, leading to a weakening of an accurate grip on reality.)** But he who fears has not been made perfect in love. We can now love Him because He first loved us." 1 John 4:17-19

THINK ABOUT IT: Even amid the angelic pronouncements of Jesus coming into the world, God over and over showed that He didn't want His people in any type of fear.

2. Fear did not originate with God's plan, but was introduced with _____.

"The serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden?...So the woman...took of its fruit and ate. She also gave to her husband with her, and he ate. Then the eyes of both of them were opened, and they knew that they were naked...And they heard the sound of the LORD...and Adam and his wife hid themselves from the Lord. **Then the LORD God called to Adam and said to him, "Where are you?" So he said, "I heard Your voice in the garden, and I was afraid...and I hid myself.**" Genesis 3:1-10 (NKJV)

3. God never promises us _____ from trials, but that He'll be with us ____ them.

"But now, thus says the LORD, who created you, O Jacob, And He who formed you, O Israel: "**Fear not, for I have redeemed you; I have called you by your name; you are Mine.** When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. For I am the LORD your God, the Holy One of Israel, your Savior..." Isaiah 43:1-3 (NKJV)

4. God always has a plan for the future that He will use to boldly _____
“Now **the Jordan is at flood stage all during harvest. Yet as soon as the priests who carried the ark reached the Jordan and their feet touched the water's edge, the water from upstream stopped flowing. It piled up in a heap a great distance away.**...while the water flowing down to the Sea of the Arabah (the Salt Sea) was completely cut off. So the people crossed over opposite Jericho. The priests who carried the ark of the covenant of the LORD stood firm on dry ground in the middle of the Jordan, while all Israel passed by until **the whole nation had completed the crossing on dry ground.**”
Joshua 3:15-17

5. Jesus always has the final word—even over the very real _____ of this life
“...**Jesus said to them, "Let us cross over to the other side."** Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?" **Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm.** But He said to them, "Why are you so fearful? How is it that you have no faith?" And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him!" Mark 4:35-41 (NKJV)

6. Draw closer to Jesus each day, allowing His presence to _____
“And the Lord said to Moses, **"My Presence will go with you, and I will give you rest."** Then he said to the Lord, "If Your Presence does not go with us, do not bring us up from here. For how then will it be known that Your people and I have found grace in Your sight, except You go with us? **It is in this way that we shall be distinguished, Your people and I, from all the people who are upon the face of the earth.**” So the LORD said to Moses, "I will also do this thing that you have spoken; for you have found grace in My sight, and I know you by name." Exodus 33:14-17

III. Developing and Employing God's Battle Plan

1. **Remember who you are in Christ.** When you put your faith in Jesus and became His follower, you are adopted into God's family and became one of His children. You're now a child of God! The Holy Spirit is in you. The same Spirit that raised Jesus Christ from the dead is in you. Nothing will come your way in the next few days, weeks, months, or years that should trouble you. You're precious in God's eyes! He'll give you the power you need to be victorious. (1 John 4:4 & 1 John 5:4-5)

2. **Intentionally let go of your past.** You must not allow the accuser to hold your past against you. (Philippians 3:13-14)

3. **Refuse to focus on your fear.** Guard your eyes and ears. Don't let your fear continuously "strangle" your faith and rob you of joy. (Proverbs 4:20-23)

4. **Never lose your boldness to embrace fresh faith ventures for the future.** You must fight and refuse to allow fear or doubt to emotionally paralyze you. (Joshua 1:1-3)

5. **Realize that God is with you.** We must not fear because God is with us. If God protects us from all forms of danger, why should we fear? (Psalms 118:6)

6. Draw closer to Jesus each day. When we seek God with all our hearts, He will hear us and deliver us from all our fears.

“I sought the LORD, and He heard me, and delivered me from all my fears.” Psalm 34:4 (NKJV)

7. Aggressively confront your fears. You will never win until you rise and boldly confront the thing that is causing you to fear. **(I Samuel 17:45-49)**

8. Daily reaffirm your trust in God. Every time we are afraid, we must see it as an opportunity to surrender everything in God’s hands. Trust that He will provide all that you need. God is still good. He is always faithful. He will never leave you.

*“Whenever I am afraid, **I will put my trust in You. I praise God for what He has promised.** I trust in God, so why should I be afraid? What can mere mortals do to me?” Psalm 56:3-4 (NLT)*

9. Consistently reflect on what God has done in your past.

*“But I trust in your unfailing love. **I will rejoice because you have rescued me.** I will sing to the LORD because He is so good to me.” Psalm 13:5-6 (NLT)*

10. Meditate upon the Word of God daily. The Hebrew word for meditating means: “utter, muse, mutter, meditate, and speak.” It comes from a root word that means “to whisper.” We should not only ponder and think about the Word of God each day, but speak it out even if it’s only in a whisper. The Word of God is powerful.

*“Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. **Only then will you prosper and have good success in all you do.**”* Joshua 1:8 (NLT)

PRAYER AND DECLARATION POINTS FOR VICTORY:

- 1. Father, I thank You that You’re always with me.**
- 2. O Lord, help me to remember Your promises and to trust in You whenever I’m afraid, in Jesus’ name.**
- 3. Lead me, Lord, through the unknown in my life. Make Your path clear to me, in Jesus’ name.**
- 4. Father, I lift my fears, worries, and concerns to You today. Help me to keep moving forward, in Jesus’ name.**
- 5. Heavenly Father, thank You for Your promise to be with me wherever I go.**
- 6. Father, I thank You today that You love me, You are the One who holds my future, and that you declare my future to be bright!**

ANSWER KEY:

1. HEART AND WILL
2. SIN AND THE FALL
3. IMMUNITY—IN
4. ADVANCE HIS PEOPLE
5. NATURAL FACTORS
6. GIVE YOU REST