



NO

GET

FEAR

BUSY LIVING

2 Tim 1:7

We have **not** been given a
spirit of fear...

DEFINING FEAR

- Fear is a strong emotional reaction to a perceived imminent danger
- Fear can be real or imagined, rational or irrational, normal or abnormal.
- Fear acts as a protective reaction.
- Fear triggers the release of adrenaline in the body that both prepares and propels us to action often called “fight or flight.”
- Fear is a natural emotion designed by God.
- However, fearfulness is not designed by God.

June Hunt, Biblical Counseling Keys on Fear



DEFINING ANXIETY

- Anxiety in the psychological/psychiatric world is the “umbrella” word covering varying degrees of worry and fear, ranging from mild to extreme.
- Anxiety is an uneasiness or distress over a threat or something unknown.
- Anxiety stems from uncertainty—fearing something will happen, but having no control over whether it will or not.
- Anxiety can lead to “catastrophic thinking” overestimating the likelihood of danger or a negative outcome.
- Anxiety becomes a “disorder” when it becomes so intense that it dominates a person’s thoughts, feelings, and actions.

June Hunt, Biblical Counseling Keys on Fear





THE CAUSE OF FEAR

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LORD OF THE STORM

Matthew 8:23-27 (NLT)

“Then Jesus got into the boat and started across the lake with his disciples. Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. The disciples went and woke him up, shouting,



LORD OF THE STORM

Matthew 8:23-27 (NLT)

“Lord, save us! We’re going to drown!” Jesus responded, “Why are you afraid? You have so little faith!” Then he got up and rebuked the wind and waves, and suddenly there was a great calm. The disciples were amazed.



LORD OF THE STORM

Matthew 8:23-27 (NLT)

“Who is this man?” they asked.
“Even the winds and waves obey him!”





WHAT FEAR DOES TO US

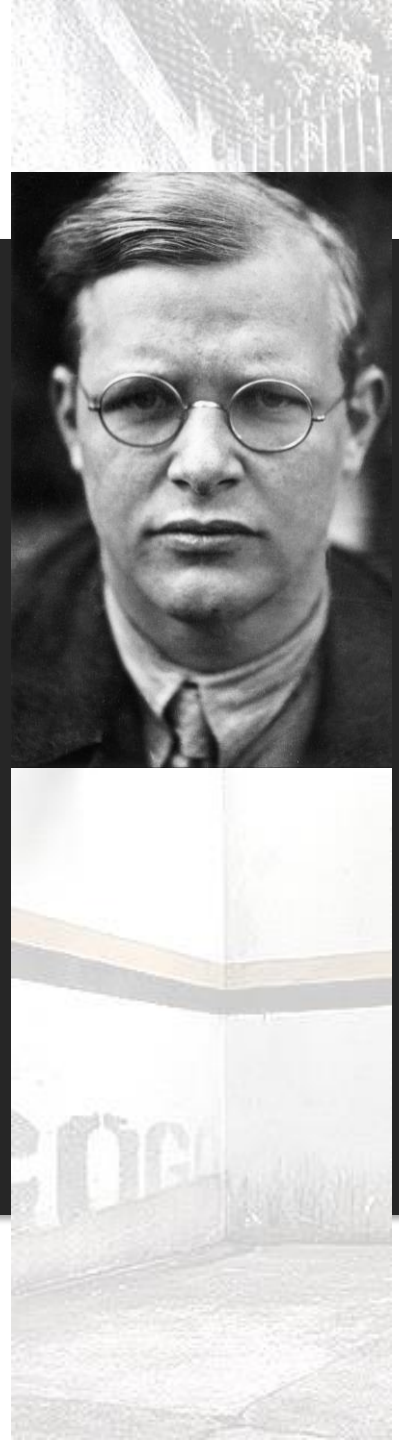
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WORSE THAN THE STORM

Dietrich Bonhoeffer

Fear is, somehow or other, the archenemy itself. It crouches in people's hearts. It hollows out their insides, until their resistance and strength are spent and they suddenly break down. Fear secretly gnaws and eats away at all the ties



WORSE THAN THE STORM

Dietrich Bonhoeffer

that bind a person to God and to others, and when in a time of need that person reaches for those ties and clings to them, they break and the individual sinks back into himself or herself, helpless and despairing, while hell rejoices.





THE FRUIT OF FEAR

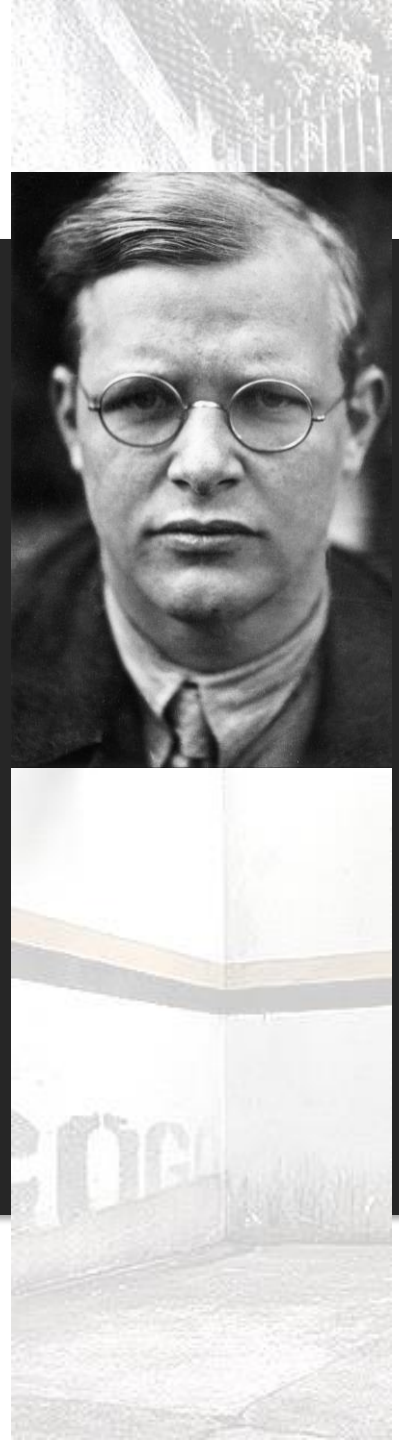
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ALONE IN THE BOAT

Dietrich Bonhoeffer

Now fear leers that person in the face, saying: Here we are all by ourselves, you and I, now I'm showing you my true face. And anyone who has seen naked fear revealed, who has been its victim in terrifying loneliness – fear of an



ALONE IN THE BOAT

Dietrich Bonhoeffer

important decision; fear of a heavy stroke of fate, losing one's job, an illness; fear of a vice that one can no longer resist, to which one is enslaved; fear of disgrace; fear of another person; fear of dying -- that



ALONE IN THE BOAT

Dietrich Bonhoeffer

person knows that fear is only one of the faces of evil itself, one form by which the world, at enmity with God, grasps for someone.





HAVING SAVING FAITH

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spirit of fear...

THE CURE FOR FEAR

Philippians 1:20-21(NLT)

For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die.



THE CURE FOR FEAR

Philippians 1:20-21(NLT)

For to me, living means living for Christ, and dying is even better.



JESUS IS IN THE BOAT

1 John 4:16-18 (NLT)

We know how much God loves, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment,



JESUS IS IN THE BOAT

but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.



JESUS IS IN THE BOAT

Dietrich Bonhoeffer

*Then it is as if the heavens opened,
as if the heavenly host themselves
raised a shout of victory in the
midst of hopelessness: Christ is in
the boat.*



FAITH VERSUS FEAR

Matthew 8:23-27 (NLT)

“Jesus responded, “Why are you afraid? You have so little faith!” Then he got up and rebuked the wind and waves...”



LORD OF THE STORM

Psalm 3:5 (NRSV)

“I lie down and sleep; I wake again, for the LORD sustains me.”

