

Sermon Notes

DISCERNING AND DEALING WITH FEAR

— September 2021 | Pastor Ben Dixon —

Every person will experience fear in a variety of ways, especially in the world we are living in today. However, fear can be a sophisticated enemy that manifests in all kinds of extremes – Fight or Flight. For some, fear will cause us to cower as it seeks to dominate us and our future. For others, fear will cause us to control our situation and surroundings because we feel like if we don't then things will not be as they should be. Fear can look like motivation or domination and we must be able to discern it and deal with it before it runs our lives. The Bible not only tells us not to fear but it shows us a path out of what so easily entangles us.

1 Kings 16:33 - *Ahab did more to provoke the LORD God of Israel than all the kings of Israel who were before him.*

1 Kings 19:1-14 – *Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?" He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."*

WE MUST IDENTIFY FEAR

1. The fear of death – Matthew 4:40
2. The fear of losing something - Matthew 6:34
3. The fear of being alone
4. The fear of sickness
5. The fear of people – Proverbs 29:25

WE MUST CONFRONT FEAR

WE MUST CONQUER FEAR

1. Be reminded of His truth
2. Be renewed by His Spirit
3. Be watchful over your soul

DISCUSSION QUESTIONS

1. What fears are you facing right now in your life? How long have you been dealing with this?
2. What is your typical process of dealing with fear? How are you giving your fears to the Lord?
3. What is your next step to move beyond fear and obey what God is calling you to do?