

Freedom from Fear

09 - The Art of Rest
Church on the Park | Sunday, 05 October 2014

Text: Psalm 34:4; 2 Timothy 1:7

Theme: God is able to deliver you from all your fears.

Intro: Fear is something that can take over our lives and keep us from entering into God's rest. Today, I want to talk to you about how you can remove the obstacle of fear. In other words, I want to answer the question, what does the Bible say about fear? In the above verse, we see that even a great man of God like Timothy had to guard against fear. Some say that his propensity to fear was the reason why he had frequent problems with his stomach (1 Tim. 5:23). No matter what our conclusion, God said to Timothy, and says to us, that he has not given us a spirit of fear. Instead, God has given us his Holy Spirit—a spirit of power, of love and of a sound mind (self-discipline).

Personal Intro:

I grew up with many **fears**. I was so afraid at **night**, I often could not sleep. I feared **talking** to people and it kept me from doing common things, like ordering food. In many ways, these fears **crippled** me and I think they could have contributed to my debilitating battle with **Crohn's** disease as a child and teenager.

When I was **saved** the stronghold of fear was broken over my life. The main reason was I knew that God was **with** me and I had **authority** and **power** in **Jesus'** name. There were also some fears that took a **process** to overcome. My fear of speaking to strangers face to face was overcome by going out on the streets doing evangelism every week for about seven years.

Today, I'd like to talk to you about overcoming **unnatural fear** and anxiety. There is **natural** fear that is good for all of us. When you look over a cliff you feel a sense of fear because you know that if you fall you can die. This type of fear and many like it are natural and built into us by God to protect us. But there is much fear that is from the **devil**, fear that we need to overcome. I'm talking about fear that **cripples** us and **keeps** us from doing God's **will**. I'm talking about fear that binds us like a straight jacket. I'm meaning the type of fear and anxiety that keep us from entering into God's **rest** and peace.

Where did fear come from? How did it originate in the human race? If we can discover it's origins then we can work to uproot it.

1) Fear originated in man when he first disobeyed God (Gen. 3:1-10).

- Look closer at verse 3:10
- The reason why **Adam and Eve** were **hiding** was because they were **afraid**. Fear entered their heart through sin.
 - It was the result of sin and feeling **naked** because of sin.
 - Here we see fear comes when we are naked. And fear causes us to **hide**.
- Sin caused them to run from the **presence** of God. The worst of all fears is an **unhealthy fear of God**, causing us to run from him.
- And we know that when they **ran** from the presence of God they were running from **true rest**. Why? Because true **rest** can only be found in God's **presence**.
- They had knowledge now, but they also had fear. **Knowledge** does **not** liberate us, only **knowing God** liberates us.
- The **good news** is this: 1) God sought after them (Gen. 3:9), and 2) God rescued them (Gen. 3:21)

Next, major person I want to look at is **Moses**.

2) The way God calmed Moses fear is an example to us (Exodus 3)

- I want us to look at Moses **call**
- There is a common theme in the Bible that when someone is called by God to do something extraordinary they feel very fearful, they feel they cannot do it. Moses himself felt like this. (Exo. 3:11; 4:1, 10-13)
- In this story we will see that God has a **threefold response** to fear.
 - God's threefold response to fear: **The Father, Son and the Holy Spirit**

1 - First, let's focus on the Holy Spirit.

- When Moses said, "**Who am I?**" God responded, "**I will be with you**" (Exo. 3:11-12)
- The **Holy Spirit** is God's presence is **with** you and **in** you. God will **help** and **empower** you. If God is with you, who could be against you?
 - We read about the Holy Spirit in **2 Timothy 1:7**
- "**Greater** is he who is in me than he who is in the world." (1 John 4:4)
- God **spoke** to Moses that he would be with him, but Moses was **still** very afraid. The problem was he did not **accept** and **meditate** on what God's presence with him meant. (Exo. 4:10-17)
- The story of **Alli** at the park this week
- In the same way, God **pledged** his presence to Moses, he pledges his presence to us and lives in us and surrounds us.
- "**Even though** I walk through the darkest valley, I will fear no evil, for you are **with** me..." (Psalm 23:4)

2 - Second, God has given us his Son, Jesus

- God didn't just say (with **empty** words) that he would be with Moses. He backed it up with **power**.
- As God is speaking to Moses, Moses is still scared. So what does God do? He gives him a **rod** (a staff). (Exo. 4:1-9, 17).
- God doesn't just give Moses a **promise** of his presence, but also **tangible power**. He gives him **authority**. That's what the rod represents.
- For us, it also represents **Jesus Christ** and the **authority** we have through his **name** and **blood**.
- Just like God gave Moses a rod, the Father gives you a rod. The rod is Jesus Christ, his name, blood and authority, Through him you can do all things.
- Listen to these words: ****LUKE 10:18-20****
 - This verse gave me great assurance in my early battles with fear. God has given me a rod of authority. I don't need to be pushed around by darkness and evil.
- Colossians 2:13-15; Matthew 28:16-20
- Again, **Psalm 23** "...Your rod and your staff comfort me"
- Be thankful for all he has given you.
- ****John 16:33**** "I have **overcome** the world..."

3 - Last but not least, we have the Father's love

- This is what the Father was communicating to Moses from the beginning of his call.
- Listen to the words of love: **Exodus 3:7-10**
 - "I have **seen**...I have **heard**...I am **concerned**...I have **come** down..."
 - That's the words of the Father's love
- ***1 John 4:18 - "Perfect love casts out all fear..."**
- Each of us needs a **revelation** of the Father's extraordinary love for us (Eph. 3:14-19).
- In order to see God's love, Moses had to **step out** in faith. We also need to step out in faith to see the Father's love in **action**.
- God has a gift for us, but we need to "**get out** of the house" to receive it.

- We need to experience these things in everyday life.

Conclusion: Freedom came to Moses and the Israelites when they stepped out in faith, trusting God's character, power and presence. Today, through God's presence, promises, power and love you can overcome all unnatural fear. The Lord has given you himself—his Holy Spirit, his Son and the Father's love to enable you to overcome.

This messages is all about how God gave himself completely for us—Father, Son and Holy Spirit. The Father's love, the Son's strength and the Holy Spirit's presence is how we overcome fear.

END NOTES

For 2 Timothy 1:7:

1167. δειλία *deília*; gen. *deíliās*, fem. noun from *deílós* (1169), fearful, timid. Cowardice, timidity, reticence, fearfulness (2 Tim. 1:7, “a spirit of timidity” [a.t.], i.e., a fearful spirit; Sept.: Ps. 54:5).

Syn.: *Deília* is always in a bad sense as contrasted with *phóbos* (5401), fear. *Phóbos* lies in between *deília*, cowardice, and *eulábeia* (2124), religious reverence.

Ant.: *thársos* (2294), by transposition akin to *thrásos*, daring, boldness.

4994. σωφρονίζω *sōphronízō*; fut. *sōphronísō*, from *sōphrōn* (4998), sober-minded. To discipline, train to think and act soberly, discreetly, and in moderation. To correct, teach, with the acc. and inf. (Titus 2:4).

Deriv.: *sōphronismós* (4995), encouraging self-control, self-discipline.

4995. σωφρονισμός *sōphronismós*; gen. *sōphronismoú*, masc. noun from *sōphronízō* (4994), to discipline, correct. Self-discipline, sobriety, sound mind, sound judgment (2 Tim. 1:7).

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Looking back, I was tormented by demons at night.

I was fearful because I looked a lot younger than I was and people always usually treated me like I was twelve when I was seventeen.

Know you are valuable to the Father (Matthew 6, “Do not worry...”)

“They have no fear of bad news.