



Fear Not

First, I should say that not all fear is bad. There is a bad fear and a good fear which is simply reverential respect and awe of God. The negative kind of fear is one that can plague the life of an individual if they are not careful.

Man was not fearful until the fall. Fear is a result of the fall of man. God never created us to walk in fear, hence it is not God's will that we fear. All of us deal with this negative kind of fear and we have to be alert not to give in. Someone once said that courage is not the absence of fear, but the refusal to give in to it.

Psalm 34:4 I sought the Lord, and he heard me, and delivered me from all my fears.

- a) One key to being delivered from or overcome our fears is through seeking the Lord. Colossians 3:1-2 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.
 - i) Seeking the Lord is setting our mind or affection upon Him.
- b) When we seek the Lord, He hears us. Some have believed or thought otherwise. God hears us.
- c) He not only hears us, but He also delivers us. Thank you, Lord.
- d) Even more, He delivers us not from some of our fears, but ALL. We do not have to live in fear of anything. We can be delivered from all our fears such as:
 - i) Fear of death
 - ii) Fear of men or people
 - iii) Fear of the unknown
 - iv) Fear of failure
 - v) Fear of loss
 - vi) Fear of disappointment
 - vii) Fear of regret
 - viii) Fear of sickness and disease.
 - ix) Fear of lack
 - x) Fear of separation or broken relationships
 - xi) Fear of shame
 - xii) Fear of Now or the future
 - xiii) Fear of pain.

We need to refuse fear from coming into our lives and hearts. It is dangerous.

A. Fear is a magnet of things—bad things!

- a) Job 3:25 For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.
 - i) Here we see that fear allowed or attracted the things that happened to Job. Being in fear is dangerous as it attracts bad things.
- b) Jeremiahs 42:16 Then it shall come to pass, that the sword, which ye feared, shall overtake you there in the land of Egypt, and the famine, whereof ye were afraid, shall follow close after you there in Egypt; and there ye shall die.

B. Our hearts can fail us because of fear

- a) Luke 21:26 Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.
 - i) One of the reasons for their hearts failing them was because they were looking at the wrong thing.
 - ii) Even more, they were not only looking at the wrong thing, but they were also looking at the things that were happening.

1. I am with thee

I have noted that every time God told us to fear not; He followed by saying I am with thee. What does "I'm with thee" have to do with fear not?

- a) I run the words "fear not" in a King James bible version and I found that the phrase "fear not" or "not fear" is recorded 331 times in 144 verses. Now those are plenty of fear-nots. When something is repeated over and over in this magnitude, you well know God is communicating something to us.
- b) I could have found over 365 times if I added "do not be afraid" to my search.
- c) If we truly knew and believed that God was with us if we truly knew how powerful God who is saying He is with us, this should remove any fear. It is like having a big powerful brother

who goes to school with you. You would not fear the bullies because you know that your brother would and could crush any of them, just like that.

Isaiah 41:10 Fear thou not; for **I am with thee**: be not dismayed; for I am thy God: **I will strengthen thee**; yea, **I will help thee**; yea, **I will uphold thee** with the right hand of my righteousness. 13-14 For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; **I will help thee**. Fear not, thou worm Jacob, and ye men of Israel; I will help thee, saith the LORD, and thy redeemer, the Holy One of Israel.

- a) You should fear not because God our God and Lord **will strengthen you**.
- b) You should fear not because the Lord thy **God will help you**.
 - i) Notice that God said He will help you **three times** in these verses. He is emphasizing that we will receive help from Him, hence no cause to fear.
 - ii) Because we do not know where help will come from or if we will get any, we tend to fear. Knowing that there is help readily available from God Almighty, we will not fear.
- c) You should fear not because God will uphold you with His right hand of righteousness.
- d) You should fear not because **God who is with us**.
- e) You should fear not, because God has told you not to fear.

Deuteronomy 31:6 Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that **doth go with thee**; he **will not fail thee, nor forsake thee**. 8 And the LORD, he it is that **doth go before thee**; he **will be with thee**, he **will not fail thee**, neither **forsake thee**: fear not, neither be dismayed.

- a) You should fear not because the Lord thy God **does go with you**.
- b) You should fear not because the Lord thy God **will not fail you** (X 2).
- c) You should fear not because the Lord thy God **will not forsake you**. (X 2).
- d) You should fear not because the Lord is, He that goes **go before you**.
- e) You should fear not because the LORD **will be with you**.

1 Chronicles 28:20 And David said to Solomon his son, Be strong and of good courage, and do it: fear not, nor be dismayed: for the LORD God, even my God, **will be with thee**; he **will not fail thee, nor forsake thee**, until thou hast finished all the work for the service of the house of the LORD.

- a) You should fear not because the LORD **God is your God**.
- b) You should fear not because the LORD God, even my **God, will be with you**.
- c) You should fear not because the LORD God, even my **God, will not fail you**.
- d) You should fear not because the LORD God, even my **God will not forsake you**.

2. 1 John 4:4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

- a) The God on the inside of us is infinitely greater than any enemy we face. This includes any sickness and disease.
- b) The power living on the inside of us can destroy a virus, bacteria, disease, and sickness. We are not at the mercy of any disease or sickness. We are stronger and in a superior position than any of these things.
- c) Ephesians 1:19-20 And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places,

3. Fear has torment

1 John 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

- a) We need to get to a place where our lives are not dominated by fear. Fear torments. Fear is hell since hell is a place of torment.

4. Perfect love casts out fear

1 John 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

- a) What is perfect love?
 - i) This is a fully accomplished and developed kind of love. Hence, when we have this Agape love of God completely developed in us, we will not fear nor walk in fear.
- b) This verse clarifies that there is no fear in love. God's kind of love should not have fear.
- c) A revelation of God's love for us such as the finished work of the cross will drive out fear. Again, knowing how much God loves and cares for us will cause fear to depart. His perfect love will cast out fear.
 - i) If we are experiencing fear, then we are not experiencing God's love in its completion and perfection.
 - ii) Understanding the love of God for us will cause us to serve Him out of love, not out of fear as religion has taught. God's love is exceedingly great toward us that we would just serve Him with no fear factor or motivation. This would also help us enjoy serving Him and our relationship with Him. Serving out of fear is milk waiting to be spilled. It is a ticking time bomb. It will not last.
 - Love is a superior motivation than fear.

5. I have not given you a spirit of fear.

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

a) Fear

This would mean timidity, cowardice, worry, dread, fright, and terror.

Fear not only refers to what could harm us, death, or failure but also what others think (Jeremiah 1:8-9) of us that would paralyze us into inaction.

b) Did you know that fear is a spirit? It is NOT the spirit of God.

c) If you are walking in fear, we can rest assured God is not behind it. God does not give us fear, nor does He use fear towards us. Understanding this should help us deal with one another not based on or motivated with fear, but love.

- i) Love is a better motivator than fear.

d) Where is this power, love, and sound mind (self-control)?

i) There are all residing in our born-again spirit.

□ Ephesians 1:19-20 and Galatians 5:22-23.

e) Walking in fear robs us of power, love, and sound mind. We have lost our power if we allow the spirit of fear to rule over us and dominate our lives.

f) Fear can cause us to make decisions that do not flow out of love but selfishness.

g) Fear will cause us not to act with a sound mind, self-discipline, or self-control. Fear will affect our ability to think straight and make godly and sound decisions.

h) Fear is to the devil the same way faith is to God. Fear activates death and Satan while faith activates life and God.

i) Notice that with power, we need love, and to walk in it then will we have a sound mind. Power without love is detrimental to others and the one with it. Such a person will not act with a sound mind.

6. No divination, No enchantment

Numbers 23:23 Surely there is no enchantment against Jacob, neither is there any divination against Israel: according to this time it shall be said of Jacob and of Israel, What hath God wrought!

a) Because God is with us, there is no witchcraft, no divination, no spell, charm, no curse, and no satanic plan can prevail against us. Fear, which is a spirit (2 Timothy 1:7), shall not prevail against us.

b) We should not be afraid of demonic forces. We have a promise in this verse to stand upon.

7. No Weapon

Isaiah 54:17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.

a) Because the Lord is with us, rest assured that no weapon formed against us shall prosper. The context is speaking about words as weapons, but not only words can be weapons against us. The bottom line is, that we should not fear because we have a promise in this verse that allows us to take authority and condemn the words spoken against us. These words could be to instill fear in us. We can cast those words down and take authority over them.

8. Thou the mountains be removed

Psalm 46:1 God is our refuge and strength, a very present help in trouble. 2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; 3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.

This passage brings out plenty of promises that we can stand on in the midst of any situation.

- a) God is our refuge
- b) God is our strength
- c) God is readily present to help us in any trouble.
- d) We will not fear.
 - i) We must “will” to fear. We do not just fear!
 - ii) Fearing is a choice. We need to choose not to fear.
- e) No fear even if the strangest things happen
 - i) Though the mountains are removed. Though the waters roar and are troubled, though the mountains shake with a swelling.
 - ii) This is quite a visual. Could you imagine a mountain being removed and carried into the sea? If that happens, this verse is saying that we should not fear.
 - iii) Many times, when we see natural disasters, we can tend to fear. These verses tell us to fear not.

9. Let not your heart be troubled.

John 14:1 Let not your heart be troubled: ye believe in God, believe also in me.

- a) What does it mean to be troubled?

- i) It means to be agitated
- ii) Having an inward commotion
- iii) A lack of calmness of mind
- iv) Being disquieted and restless on the inside.
 - Psalm 42:5 Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.
 - Psalm 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.
 - Psalm 43:5 Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

b) For us to be troubled, it is because:

- i) We have let it. We have a choice not to let our hearts be troubled. If our hearts are troubled, we have it.
- ii) We are out of faith.
 - ii) If we maintain faith and trust in the Lord, we will not let our hearts to be troubled.

c) No matter what situation we encounter, we can choose not to let our hearts to be troubled.

10. Psalm 91

Psalm 91:1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. 2 I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust. 3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence. 4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler. 5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; 6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. 7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. 8 Only with thine eyes shalt thou behold and see the reward of the wicked. 9 Because thou hast made the LORD, which is my refuge, even the most High, thy habitation; 10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling. 11 For he shall give his angels charge over thee, to keep thee in all thy ways. 12 They shall bear thee up in their hands, lest thou dash thy foot against a stone. 13 Thou shalt tread upon the lion and adder:

the young lion and the dragon shalt thou trample under feet. 14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name. 15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

- a) We need to abide, not visit this secret place. Secret place is referring to the presence of God (Psalm 31:20).
- b) To release the blessing of God mentioned in these verses, we need to “say.” One of the ways we release the blessing of God is by saying. The blessing of God is voice-activated.
 - i) What do we say? We say or speak forth that “He is my refuge and my fortress: my God; in him will I trust.”
- c) So, **two** key things are brought out in these verses:
 - i) Abiding and living in the presence of God
 - ii) Saying or speaking the promises of God. The blessing of God is voice-activated. We need to say and speak forth what we want to see.
- d) These verses are describing a terrible situation, yet it says we should not fear.
 - i) We shall be protected and delivered out of any plague or pestilence. It shall not come near our dwelling.
 - ii) No evil shall befall us.
 - iii) We shall not be afraid at night nor during daytime.
 - iv) We have angelic protection assigned to us daily and always.
 - v) When we call, He shall answer us.

11. Persecution

Jeremiah 20:11 But the LORD is with me as a mighty terrible one: therefore my persecutors shall stumble, and they shall not prevail: they shall be greatly ashamed; for they shall not prosper: their everlasting confusion shall never be forgotten.

- a) The chapter from which this verse is from was about persecution against Jeremiah by the false prophets such as Ashur the son of Immer the priest.

- b) God has spoken this verse among many to me specifically in multiple situations and it has been of great help and encouragement.
- c) In this verse, we have a promise that should help remind us that God is with us even when everyone is against us. For this reason, we should fear not.
- d) 1 Peter 3:13-14 And who is he that will harm you, if ye be followers of that which is good? But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled;

12. What can man do unto me?

Psalm 118:6 The LORD is on my side; I will not fear: what can man do unto me?

- a) How much clearer does this get? The Lord is on my side for that reason I choose not to fear.
- b) Hebrews 13:6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

13. Valley of the shadow of death

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

- a) The shadow of death is a threat of death.
- b) Why should I fear no evil? Because the Lord is with me. He has promised to never leave us nor forsake us.
- c) God is not with us to watch us suffer and go through pain. He is with us to deliver us. It may not be apparent, but it is true. God is a good God and is in the deliverance business.

14. The Lord is my Light and Salvation

Psalm 27:1-3 The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid? 2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. 3 Though an host should encamp against me, my

heart shall not fear: though war should rise against me, in this will I be confident.

- a) We need to declare this over ourselves and situations saying, the Lord is my light and salvation. He is the strength of my life; therefore, I fear not and I'm not afraid. He will deliver me and fight on my behalf. No matter what rises against us be it a host or even war.
- b) Our enemies are up against the Lord and they shall stumble and fall.
- c) Our confidence ought to be in the Lord who is our light, salvation, and strength.

15. If God be for us.

Romans 8:31 What shall we then say to these things? If God be for us, who can be against us?

- a) It is comforting to know that God is with us, yet God is not just with us, He is for us. What a deal! We are on the same side. Hallelujah!

16. Remember

Deuteronomy 7:17-19 If thou shalt say in thine heart, These nations are more than I; how can I dispossess them? Thou shalt not be afraid of them: but shalt well remember what the LORD thy God did unto Pharaoh, and unto all Egypt; The great temptations which thine eyes saw, and the signs, and the wonders, and the mighty hand, and the stretched out arm, whereby the LORD thy God brought thee out: so shall the LORD thy God do unto all the people of whom thou art afraid.

- a) He told them **not to say** that these nations were stronger than Him (God) because if these nations were stronger than God could not dispossess them. HE was helping them to think differently.
- b) Another way God helped the children of Israel not to fear was by asking them to remember the miracles, signs, and wonders and what He did to Pharaoh and unto all Egypt. Simply put, remembrance of the goodness and faithfulness of the Lord is an antidote to fear.
- c) This brings out a point that if we are in fear, we are not in remembrance. If we are recalling what God did and where and what He brought us through, we have no cause to fear. We should not be afraid.

17. Trust in the Lord

Psalm 11:1 In the LORD put I my trust: how say ye to my soul, Flee as a bird to your mountain?

- a) If our trust is in the Lord, there should not be flight as a bird. No one should cause us to fear or flee as a bird because our trust is in the Lord. If we are fleeing and afraid, our trust is not firm in the Lord.

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