



Sunday February 02, 2020 Overcoming Fear (Part-1)

We are going to take a few Sundays to address important areas where many of us face challenges and struggles and show us how we can overcome with the spiritual equipping what God has given to us.

There are two important Scriptures we will refer to often to remind us that we can overcome anything and everything we face.

1 John 5:1,4

1 Whoever believes that Jesus is the Christ is born of God,...

4 For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.

1 John 4:4

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

Let's boldly declare:

I BELIEVE THAT JESUS IS THE CHRIST. I AM BORN OF GOD AND I OVERCOME THIS WORLD AND ALL THAT IS IN IT. I OVERCOME BY FAITH. JESUS WHO IS IN ME IS GREATER THAN ANYTHING OR ANY DEMONIC POWER THAT I FACE IN THIS WORLD.

We would like to specifically address the issue of "Fear".

All of us are confronted with fear.

For some of us we are able to overcome fear and move ahead. But for others, there is a constant battle with fear.

WHAT IS FEAR?

As it is generally defined in psychology, fear is a emotion induced by perceived danger or threat, which causes physical (biochemical) changes often accompanied by behavioral changes, such as fleeing, hiding, or freezing. Physical reactions to fear include sweating, increased heart rate, high adrenaline levels that make us extremely alert.

Fear is an emotion and you can either have a positive response (e.g. feeling of thrill, excitement, etc.) or negative response.

The Bible also mentions **a spirit of fear**. These are demonic spirits that induce fear. Levels of demonic activity can go from the basic level of influence to a more severe level



of oppression and then to an extreme level of possession. We must not treat every emotion of fear as 'spirit (demon) of fear'. That would be wrong. On the other hand we must also not ignore that there can be situations where a spirit of fear is at work and needs to be expelled.

KINDS OF FEAR

There are many kinds of things people could be fearful about. It won't be possible to try and list all the different kinds of fears, here. But some that we can readily mention, include:

- fear of change
- fear of commitment - keeps people from committing because they are afraid that they lose sense of freedom, e.g. someone not wanting to take up a job.
- fear of loneliness - people get into or stay in unhealthy relationships because they fear being alone.
- fear of heights
- fear of closed places
- fear of failure
- fear of rejection
- fear of uncertainty
- fear of the unknown
- fear of disaster
- fear based on past experiences (e.g. getting hurt by others, being betrayed by others, etc.)
- fear of people's opinions
- fear of inadequacy - not being good enough
- fear of death
- fear of the dark

..and so many other kinds of fears..

Sometimes our fears can be unfounded. It is based on something that we **think** will happen which is not true. As it is often stated, FEAR is **False Evidence Appearing Real**.

HOW FEAR AFFECTS US?

#1, Fear enslaves, paralyzes and cripples

Proverbs 29:25

The fear of man brings a snare, But whoever trusts in the LORD shall be safe.



Fear can be enslaving, paralyzing and crippling. People tend to live far below their true potential because of giving in to their fears.

#2, Fear demoralizes and robs destiny

Fear prevents us from taking on new opportunities or responsibilities because we are unsure of being able to rise up to the occasion.

Consider the people of Israel after the Exodus. They came to the edge of the Promised Land. They sent 12 spies to spy out the Land. 10 spies came back with a report that there were giants in the land. Fear gripped the hearts of the people. They were demoralized. They retreated into unbelief. They lost the opportunity of entering in to the land promised for them.

#3, Fear attracts the negative

Job 3:25

For the thing I greatly feared has come upon me, And what I dreaded has happened to me.

While we may wonder why Job went through what he went through, there seems to be a truth here that may have often been overlooked. Job had a fear that something similar to what happened to him, **would** happen to him. And it **did** happen to him!

Fear like faith attracts.

#4, Fear robs us of faith

Matthew 8:26

But He said to them, "Why are you fearful, O you of little faith?" Then He arose and rebuked the winds and the sea, and there was a great calm.

Imagine Jesus was with them in the boat, and yet their fear of sinking got to them, that they were unable to have faith.

Matthew 14:29-30

29 So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus.

30 But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!"

Peter was actually walking on the water to Jesus, until he let fear get in to him.



#5, Fear spreads

Deuteronomy 20:1,8

1 "When you go out to battle against your enemies, and see horses and chariots and people more numerous than you, do not be afraid of them; for the LORD your God is with you, who brought you up from the land of Egypt.

8 "The officers shall speak further to the people, and say, 'What man is there who is fearful and fainthearted? Let him go and return to his house, lest the heart of his brethren faint like his heart.'

If we are not careful, fear can spread and others are affected by our fears.

BE ENCOURAGED TODAY

Here are some encouraging Scriptures as we prepare to confront and face up to our fears:

Psalm 27:1-3

1 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 came against me To eat up my flesh, My enemies and foes, They stumbled and fell.

3 Though an army may encamp against me, My heart shall not fear; Though war may rise against me, In this I will be confident.

Psalm 46:1-2

1 God is our refuge and strength, A very present help in trouble.

2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;

Psalm 118:6

The LORD is on my side; I will not fear. What can man do to me?

YOU CAN OVERCOME FEAR!

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Proverbs 28:1

The wicked flee when no one pursues, But the righteous are bold as a lion.

Next Sunday, we will learn Biblical ways to overcome fear.

Confront your fear(s). Recognize it and face it. Talk to God about it.

Conquer your fear(s). Fight it.

Control thoughts and pictures (imaginations) by focusing on the Word of God.

Confess the promise of God.



MINISTRY TIME | SALVATION CALL

There is nothing too hard for God. Nothing impossible with God.

Proclaim Jesus Christ as Savior, Healer, Deliver, Miracle Worker.

He is the same yesterday, today and forever.

The power of the Holy Spirit and all the gifts of the Holy Spirit are for us today.

We have been commissioned to do the works He did and even greater works.

We must come to Him in faith and we will receive.

Minister for people to receive healings, deliverances and miracles.

Take testimonies.

Lead in prayer for repentance and salvation.



LIFE GROUP STUDY GUIDE

Sunday February 02, 2020
Overcoming Fear (Part-1)

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at apcwo.org/sermons. Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship and a fun activity.

LISTEN to God's Word

Read the following Scripture passages: *1 John 5:4; 1 John 4:4; Psalm 27:1-3; Psalm 46:1-2; Psalm 118:6; 2 Timothy 1:7*

INVESTIGATE God's Word Together

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

- 1) Talk briefly about any fear(s) that you have battled with at any point in your life.*
- 2) We mentioned 5 effects that fear has. Talk about any one or more of these that you have personally experienced.*
 - #1, Fear enslaves, paralyzes and cripples*
 - #2, Fear demoralizes and robs destiny*
 - #3, Fear attracts the negative*
 - #4, Fear robs us of faith*



#5, Fear spreads

3) Based on the Scriptures we have read today, what actions should a believer take to confront his/her fear, through God?

If time permits, each one takes a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.

Close by thanking God together.



USEFUL RESOURCES



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>