

Do Not Fear Or Be Afraid

This morning I want to speak to you on the subject of fear. There are many reasons for fear. Fear can be a normal expression of emotion brought on by sudden actions, distress or danger. Fear unchecked can paralyze us emotionally. It can rob us of God given opportunity and blessing. His peace enables us to rise above our fears, to walk in faith toward God and His word, to be all, do all and to receive all that He has promised.

- **Do not fear or be afraid of change.**

When God is about to do something that will impact our lives we need reassurance. Boldly embrace what God wants to do!

Joseph: **Matthew 1:20 (NIV)** But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, **do not be afraid** to take Mary home as your wife, because what is conceived in her is from the Holy Spirit.

Mary: **Luke 1:30 (NIV)** Mary was greatly troubled at his words and wondered what kind of greeting this might be. ³⁰But the angel said to her, “**Do not be afraid**, Mary, you have found favor with God.

- **Do not fear or be afraid of lack.**

Fear causes us to be anxious, to worry and fret. Fear causes us to lose sight of God’s provision. We can be so fearful of not having what we need that we hoard and do not allow God to use us to minister to the needs of others.

Luke 12:22 - 32 (NIV) Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ²³Life is more than food, and the body more than clothes. ²⁴Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵Who of you by worrying can add a single hour to his life? ²⁶Since you cannot do this very little thing, why do you worry about the rest? ²⁷“Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! ²⁹And do not set your heart on what you will eat or drink; do not worry about it. ³⁰For the pagan world runs after all such things, and your Father knows that you need them. ³¹But seek his kingdom, and these things will be given to you as well. ³²“**Do not be afraid**, little flock, for your Father has been pleased to give you the kingdom.

Luke 12:32 (AMP) Do not be seized with alarm {and} struck with fear, little flock, for it is your Father's good pleasure to give you the kingdom!

- **Do not fear or be afraid to approach.**

The hemorrhaging woman & The synagogue ruler's daughter: **Mark 5:21—36 (NIV)** When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. ²²Then one of the synagogue rulers, named Jairus, came there. Seeing Jesus,

he fell at his feet ²³and pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” ²⁴So Jesus went with him. A large crowd followed and pressed around him. ²⁵And a woman was there who had been subject to bleeding for twelve years. ²⁶She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. ²⁷When she heard about Jesus, she came up behind him in the crowd and touched his cloak, ²⁸because she thought, “If I just touch his clothes, I will be healed.” ²⁹Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. ³⁰At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?” ³¹“You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’” ³²But Jesus kept looking around to see who had done it. ³³Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. ³⁴He said to her, “Daughter, your faith has healed you. **Go in peace** and be freed from your suffering.” ³⁵While Jesus was still speaking, some men came from the house of Jairus, the synagogue ruler. “Your daughter is dead,” they said. “Why bother the teacher any more?” ³⁶Ignoring what they said, Jesus told the synagogue ruler, “**Don’t be afraid**; just believe.”

At God’s word we are able to exchange our fear for His peace. With the absence of fear we can embrace the situation with renewed faith.

Part 2: Last week we talked about not fearing change, embracing what God is about to do in faith. We talked about not being afraid of lack, trusting God to meet all of our needs and enabling us to minister to the needs of others. And we talked about not being afraid to approach God with all of our concerns regardless of how great or longstanding they may be.

- **Do not fear or be afraid of others.**

So many people struggle with the fear of others. It manifests itself in multitude of ways. Fear of rejection, fear of domination, fear of what they will think, and fear of getting hurt, fear of being taken advantage of, and the list goes on. Fear of others will hinder our ability to respond in faith toward God.

Luke 12:4 - Luke 12:7 (NIV) “I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. ⁵But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear him. ⁶Are not five sparrows sold for two pennies[¢]? Yet not one of them is forgotten by God. ⁷Indeed, the very hairs of your head are all numbered. **Don’t be afraid**; you are worth more than many sparrows.

Acts 18:9-10 (NASB) And the Lord said to Paul in the night by a vision, “**Do not be afraid** any longer, but go on speaking and do not be silent; ¹⁰for I am with you, and no man will attack you in order to harm you, for I have many people in this city.”

- **Do not fear or be afraid of the future.**

Acts 27:21 - Acts 27:26 (NIV) After the men had gone a long time without food, Paul stood up before them and said: “Men, you should have taken my advice not to sail from Crete; then you would have spared yourselves this damage and loss. ²²But now I urge you to keep up your courage, because not one of you will be lost; only the ship will be destroyed. ²³Last night an angel of the God whose I am and

whom I serve stood beside me ²⁴and said, ‘**Do not be afraid**, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.’ ²⁵So keep up your courage, men, for I have faith in God that it will happen just as he told me. ²⁶Nevertheless, we must run aground on some island.”

John 14:27 (NIV) Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and **do not be afraid**.
Do not fear or be afraid of suffering

Revelation 2:8 - Revelation 2:10 (NIV) “To the angel of the church in Smyrna write: These are the words of him who is the First and the Last, who died and came to life again. ⁹I know your afflictions and your poverty—yet you are rich! I know the slander of those who say they are Jews and are not, but are a synagogue of Satan. ¹⁰**Do not be afraid** of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you the crown of life.

Romans 8:31 (NIV) What, then, shall we say in response to this? If God is for us, who can be against us?

- **Fear robs us of God’s blessing.**

Numbers 13:2 - 2 (NIV) The LORD said to Moses, ²“Send some men to explore the land of Canaan, which **I am giving** to the Israelites. From each ancestral tribe send one of its leaders.”

Numbers 13:26 - Numbers 13:29 (NIV) ²⁶They came back to Moses and Aaron and the whole Israelite community at Kadesh in the Desert of Paran. There they reported to them and to the whole assembly and showed them the fruit of the land. ²⁷They gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. ²⁸But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. ²⁹The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan.”

“Fear doesn't want you to make the journey to the mountain. If he can rattle you enough, fear will persuade you to take your eyes off the peaks and settle for a dull existence in the flatlands.” —Max Lucado, Christian Reader, Vol. 32, no. 3.

- **Fear affects the attitudes of others.**

Numbers 13:30 - Numbers 13:33 (NIV) ³⁰Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.” ³¹But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” ³²And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size. We saw the Nephilim there (the descendants of Anak come from the Nephilim). ³³We seemed like grasshoppers in our own eyes, and we looked the same to them.”