

I. Introduction

- In the N.T. What was the **most Common command** of Christ
- Actually - There are **366 "fear nots"** in the Bible.
- God is **not condemning** us for being afraid. He is telling us to turn to Him when fear attacks...He is there for us in fear-causing situation.

A. What is Fear (def)

- An unpleasant often-strong emotion caused by anticipation or awareness of danger
- Fear is Faith in REVERSE!!!
- (F-alse-----E-vidence-----A-ppearing-----R-eal)

There are three types of Fear:

1. Warranted fear: It is a God-given fear (Rock climbing) (Picture of Snake)
In this we are called to fear the Lord, which is the beginning of wisdom
2. Unwarranted fear: Phobia's that occur in our lives because of improper responses (see causes)
 - The Greek word for 'fear or afraid,' most frequently used by the New Testament writers, is the word 'phobos.' Phobos basically means to be frightened or intimidated by something. In fact, the Greek word phobos is found 46 times, most often translated 'fear.!' This is the fear you experience when you've been startled or scared.
3. A direct Spirit sent from Satan: (Eph 6:12) Where does fear come from: It is a Spirit and it is sent from hell to cause chaos in our life
 - Most of the Fear that we experience is An actual SPIRIT Sent from Hell to torment and destroy us. It begins as FALSE EVIDENCE APPEARING REAL – **We Receive From God by FAITH & We Receive From the Devil by Fear!!**
 - To understand this we must look at a 2nd Greek word for fear:
 - Lets look at a completely different Greek word. That word is 'deiliao,' or 'deilos.
 - deilos' - A DEADLY KIND OF FEAR
 - This Greek word is found only five times in all of the New Testament. It literally means to be cowardly and timid; to have a shameful lack of courage or endurance.
 - It's very different than 'phobos.'

(PP) (2 Timothy 1:7) 'For God has not given us a spirit of fear but of power, of love and sound mind.'

- GOD HAS NOT GIVEN US A SPIRIT OF 'deilos' --- this is not phobia, but rather a fear streaming from a demonic influence

(Mark 4:35-41) That day when evening came, he said to his disciples, "Let us go over to the other side."
{36} Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. {37} A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

{38} Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" {39} He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. **{40} He said to his disciples, "Why are you so afraid? Do you still have no faith?"** {41} They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Keys for Overcoming a Spirit of Fear

1. When confronted by fear we must obey & take God at His Word and His promises (Mark 4:35-37)

(Mark 4:35-37) That day when evening came, he said to his disciples, "Let us go over to the other side."

It is time to go to the other side

- The other side of life's **circumstances**
- To go from **strife** to **life** in your relationships
- Just as Joshua and Caleb lead the people to cross over...so to God is calling His people to cross over

IT is time for the church (LWCF) to go to the other side...

{37} A **furious** (GK Word Here is insightful: *mega*) squall came up, and the waves broke over the boat, so that it was nearly swamped. (Greek says ... so that it was full)

2. Focus your thoughts on Christ; resisting the vain thoughts & imaginations (Mark 4:38)

- When in a Storm we need to find Jesus... Look beyond the Storm to see Jesus
- Notice what Jesus was doing... sleeping... Listen to what they said to Jesus,

{38} Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

- **In considering** what these disciples are saying, one **imagination stands out** more than any other. In fact, it's the root of all of their fears. What is it?
- **Greek word Melo---** **Don't you care...**
- They didn't believe the Master cared for them in the storm
- That was their basic problem.
- We also have hear the commission of the Spirit of Fear

For us... Lord don't you care what is happening in my finances, Relationships, marriage, Job, Church, Lord don't you care what is going on here... the injustice

- Do you see what's happening here? It was in the storm that all that was hidden in His followers' hearts came to the surface. All their fears and doubts were exposed.

3. Rebuke the Spirit and speak to the conditions (Mark 4:39)

(Prov 18:21) The tongue has the power of life and death, and those who love it will eat its fruit.

- Why do we struggle so much to understand this? The enemy is making a strong play for our speech. To release curses throughout the body... James says with our tongue we praise our God and with it we curse men made in God's likeness... this should not be

Jesus response demonstrates to each of us how to respond to fear

{39} He got up,... (it is time for us to get up, show up, and speak up) rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

- Notice carefully what he did: There is a lesson for us here... he rebuked the wind and said to the waves... The progression and order is important
- Three Elements: Storms create Wind Create Waves (true in life)

Storms = Life's circumstances

- They are a part of life- they are inevitable
- (John 16:33) "I have told you these things, so that in me you may have peace. In this world you will have trouble. (= a pressing together)
- In natural world you have HIGH PRESSURE and LOW PRESSURE

Wind = the Spirit of Fear

- Storms create WIND----Wind is caused by air flowing from high pressure to low pressure.
- The closer the high and low pressure areas are together, the stronger the "pressure gradient",
- The wind represents the spirit of the enemy.
- Interestingly, the word 'wind' in the Greek (pneuma) can be translated either 'wind' or 'spirit.'

Waves = Results from the storm or fear

What determines the size of the wave? The size of a wave depends on:

- the distance the wind blows (over open water)
- the length of time the wind blows, and
- The speed of the wind.

The Storms are part of life's circumstances. The wind speaks of the spirit of fear. The waves speak of the results of fear. The wind pushes the waves. It's a spirit of fear that often stirs up those deep, gut level pangs of worry and anxiety.

Notice, the wind drove the waves. The waves had no power of themselves to sink the ship. It took the blowing of the wind for the waves to be threatening.

- It says the waves 'beat' at the ship. The word 'beat' in the Greek means punished.
- The waves, driven by the wind

- Notice, He **rebuked** the source and **spoke** to the symptom.
- Most folks usually get it backwards. They rebuke the symptoms and ignore the source! As a result, they rarely experience any lasting healing or deliverance.
- So, the real problem in the storm was not the **waves** (results), even though the waves were all that the disciples could see... No, the real problem was something they could not see - the **wind!**
 - So He **rebuked** the wind.... And **said** to the waves
 - He rebuked Spirit ... and spoke to the results of the circumstances

What was the cause--- wind... wind causes waves

- What causes fear... a spirit from hell
- We are to rebuke it... bind it.
- Then we are to Speak in faith to the circumstances
- First, you need to rebuke the spirits that are behind the scene, driving the symptoms. Then, and only then, can you speak peace to the emotions, or the situation.

For example:

- Let's take sickness- we are to rebuke the spirit of infirmity... then speak to our body... we are not to rebuke the symptoms...
- Let's look at finances... we are to rebuke the devourer, and poverty... then speak to our financial situations speaking faith

First, you need to rebuke the spirits that are behind the scene, driving the symptoms. Then, and only then, can you speak peace to the emotions, or the situation.

{39} ... "**Quiet! Be still!**" Then the wind died down and it was completely calm.

- Now the Word for Be still
- [*phimoo* /fee·mo·o/]. From *phimos* (a muzzle); **1** to close the mouth with a muzzle, to muzzle. **2** metaph. 2A to stop the mouth, make speechless, reduce to silence.

(Rom 10:8-10) But what does it say? "The word is near you; it is in your **mouth** and in your **heart**," that is, the word of faith we are proclaiming: {9} That if you confess with your **mouth**, "Jesus is Lord," and believe in your **heart** that God raised him from the dead, you will be saved. {10} For it is with your **heart** that you believe and are justified, and it is with your **mouth** that you confess and are saved.

4. Resist fear by exercising and standing in **faith** (Mark 4:40)

- The fourth step in facing our fear is to exercise faith.
- So many people exercise their faith in FEAR
- If we really believe He is Lord, we will not become victims of our fear, but move forward with confidence that comes from faith in Him.

(Mark 4:40) He said to his disciples, "Why are you so **afraid**? Do you still have no faith?"

Afraid = [*deilos* /di·los/] From *deos* (**dread**); **1** timid, fearful.

- Jesus wasn't just asking them why they were so frightened.

- To simply be frightened while sitting in a boat during a raging storm is quite **understandable**.
- No, what Jesus really asked was, 'Why are you men so **timid** and acting like cowards?'
- He was asking them why they'd allowed a spirit of fear to come into their lives.
- He could very well be asking you the same question: Why do you allow a spirit of fear to take hold of your mind and emotions?'---- DREAD???

5. Know who you are in Christ by replacing the Spirit of fear with a Spirit of power, love and sound-mind (Mark 4:41)

(Mark 4:41) They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

How to combat a Spirit of Fear----- (2 Tim)

(2 Tim 1:7) For God has not given us a spirit of fear, but of power and of love and of a sound mind.

1. Power (dynamis)

- There is a warfare aspect of Fear----it is a spirit an entity sent from hell meant to destroy faith
- We are to meet it with God's Fear destroyers: Power, Love, and a sound mind
- Rebuke and bind the Spirit of fear

1411 δύναμις [*dunamis* /**do**o·nam·is/] **1** strength power, ability. 1A inherent power, power residing in a thing by virtue of its nature. 1B power for performing miracles. 1C moral power and excellence of soul. 1D the power and influence which belong to riches and wealth.

2. Love (agape)

(Rom 8:15-16) For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." {16} The Spirit himself testifies with our spirit that we are God's children.

(1 John 4:18) There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

3. A sound mind: Allow the bible to be your fear filter

Replace it with faith, prayer, and promises, trust in God...Resist it... worry Meet worry with Trust

(Prov 3:5-6) Trust in the LORD with all your heart and lean not on your own understanding; {6} in all your ways acknowledge him, and he will make your paths straight.