

LIVING FEARLESS: Imagine Your Life without Fear

CHOOSING NOT TO LIVE IN FEAR

June 13, 2010; Part 1

What If Faith, Not Fear, Was Your Default Reaction To Threats?

Why Are You Afraid?

Matthew 8:23-26

The Story Line

1. Seismos
2. Sudden Fear

"In this world you will have trouble, but **be brave!** I have defeated the world."
John 16:33 NCV

3. Sleeping Christ

"Jesus was at the back of the boat, **sleeping** with his head on a cushion." *Mark 4:38 NCV*

The Problem of Fear

1. Fear corrodes our confidence in God's goodness
2. Fear is a perceived loss of control
3. Fear creates spiritual amnesia

Mark 4:23; 8:1-3, 13; 8:14-15; 8:16

4. When fear shapes our lives, safety becomes our God

5. The fear filled cannot love deeply. love is risky

6. The fear filled cannot dream wildly

The One Statement Jesus Made More than Any Other

1. Fear is not a sin. But fear can lead to sin
2. If we medicate our fear we exclude God from the solution and intensify the problem

"God did not give us a spirit that makes us afraid but a spirit of power and love and self-control." *2 Timothy 1:7 NCV*

Fear May Fill Our World, but It Doesn't Have To Fill Our Hearts

- We can fear less tomorrow than we do today

"What kind of man is this? Even the wind and the waves obey him!"
Matthew 8:27 NCV

This Week:

1. Analyze your fears from this past week: What caused them? What did you do about them? How did you involve God in facing them? What pattern can you see?
2. Meditate on *2 Timothy 1:7*. Repeat the verse as often as you can through out the week