

New Covenant Church of Atlanta

September 13, 2015

Overcoming Fear

When it comes to FEAR we can forget everything and run or Face Everything and Rise.

Today there are lots of “fears”. We fear because of safety or danger or an unpleasant occurrence in life.

Greek work for “fear” is phobos, which we get claustrophobia. (Fear of being closed in.)

Webster says that fear is a distressing emotion aroused by impending danger, evil: whether the threat is real or imagined: the feeling or condition of being afraid.

One of our past presidents wrote and quoted, “The only thing to fear is fear itself – nameless, unreasoning justified terror which paralyzes needed efforts to convert retreat into advance.” President Roosevelt in his Inaugural Address – 1933

Yes, fear can be hard to conquer at times. When we do not defeat them we expose ourselves to our own personal emotional dangers.

Most of the time fear is an emotional response to something that is “perceived”. Thus, fear creating a change in behavior.

Today I am going to talk about those those things that are consistently nagging us in our sleep or during the day that are very personal to us.

Fear of failure, confrontation, the unknown, shame, rejection, guilt, loneliness

The very thing that we are afraid of is the very thing we need to deal with. Right?

I believe that we have to be careful that fears are not repeated because they can become habits and habit’s can become strongholds. They will then become a constant thin in your life that takes a measurable time to get rid of. Too much time and too much effort.

Always remember that God NEVER oppresses us. The enemy does. Thus, a spirit of fear is anxiety that governs a person.

There is no shame in admitting you have fear. But, to be fearless is a state of mind that can only be achieves by the Holy Spirit.

II Corinthians 12: 9 – My grace is sufficient in weakness. Yes, even in fear.

Satan uses fear as his secret weapon, especially those fears that we hold captive in our minds. He uses this as a strategy to destroy us.

- The enemy wants you be double minded.
- The enemy wants your thoughts to be distorted and confused.
- The enemy wants to pull on your weakness to see you fail.
- The enemy wants to activate anything that is painful in your life to paralyze you from succeeding.

We need to stop feeding our fears. Instead we need to feed our purpose.

Scriptures to help us conquer fear:

Submit and resist the devil. (James 4:7)

Draw near to God. (James 4:8)

Don't conform to any fear. (Rom. 12:2)

Do not fear, for I am with you. (Isaiah 41:10)

Perfect love drives out fear. (1 John 4:18)

He delivered me from all fears. (Psalm 34:4)

Can we conquer fear? Yes, we can? Are fears sometimes a process to get over. Yes they are.

It may not happen over night or even in an instant as long as we hang on to it. We must take it to Jesus and in our prayers closets.

You may say, Lisa you do not understand. The answer to that question is yes because I have been there. The circumstances may be different but the feelings and emotions are the same.

The key is to not let your fear consume you but to cast it in the pit of hell where it belongs.

Activation:

Father God, I come before you in the name of Jesus. I recognize the power you have given me by the shed blood of Jesus to overcome and demolish my fear of _____.

I renounce it by the authority of the name of Jesus according to your word. I take back what the enemy has stolen.

I pray for grounded obedience to the Holy Spirit so that this area of my life will line up with your word and your will. I will conform to your thoughts, your will and your ways.

In Jesus name, Amen!!