

Calling forth the
Courageous Ones

Fear not, Do not fear, Do not be afraid...

- Has been mentioned **365** times in the Bible
- Both God and angels spoke this to men in the Old and New Testaments

“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand” (Is 41:10)

He (Jesus) talked with them and said to them, “Be of good cheer! It is I; do not be afraid.” (Mk 6:50)

Fear not, Do not fear, Do not be afraid...

Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. (Lk 1:30)

Then the angel said to them, “Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people....” (Lk 2:10)

But the angel answered and said to the women, “Do not be afraid, for I know that you seek Jesus who was crucified...” (Mt 28:5)

Some Symptoms of Fear...

Worry ... Extremely sensitive ...

Suspicion... Depression

... Anxiety

Withdrawal ... Procrastination

... Nervousness

Avoidance ... Indecision ...

... Controlling ...

People pleasing ... Rage

... Overly care about people's comments ..

Most Common Fears...

- to be rejected
- to be abandoned
- to be disliked
- to be misunderstood
- to be judged/treated unfairly
- to fail, or not being good enough
- to be compared with others
- to confront, or resolve differences
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What Fears Do To Us...

- Open door for the enemy to steal/kill/destroy
- Allow the enemy to control/manipulate us repeatedly
- Torment our mind, emotion & body
- Damage our relationship with others
- Kill our dreams, potential & hopes
- Diminish our joy, influence & achievement in life
- Cause us to make bad choices
- ...

Were Key Bible Characters All Very Brave? **X**

Abraham

Moses

Joshua

Esther

Elijah

David

John the
Baptist

John the
Apostle

Paul the
Apostle

The ROOT of All Fears...

Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings. And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. Then the Lord God called to Adam and said to him, “Where *are* you?” So he said, “I heard Your voice in the garden, an **I was afraid because I was naked; and I hid myself.**” (Gen 3:7-10)

The ROOT of All Fears...

- Fear entered into the human race immediately after Adam and Eve sinned:
 - **wanted to be like God** (knowing good and evil)
 - *did not trust God's goodness* (so they didn't want to depend on or listen to God 100%)
 - *forced to face the reality: "I am naked (insufficient, very limited, lacking)", i.e. **unable to manage/control our own lives/circumstances**"*

Ways to Overcome Fears?

FAITH

(trusting God)

+ *COURAGE*

(always give yourself
another chance)

Ways to Overcome Fears?

FAITH (trusting God)

- Faith opens doors for God to do wonders in our situations
- Faith enables us to access Heaven's reality (unlimited protection, power, peace, joy and resource, favor,...)
- Faith unlocks all our potential and gifts so we experience much more joy and satisfaction in all aspects of our lives

How to Increase Your Faith?

- Tear down the stronghold of Fear in your belief system
- Honor God, and do things that will enhance your relationship with the Lord (worship, meditate on His Word, talk to Him, obey His commands,...)
- Stick around people of faith (positive, joyful, open, thankful, giving, practical, ...)
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Ways to Overcome Fears?

COURAGE (always give yourself another chance)

- Why stop here? Why not try?
- Why listen to your enemy who has nothing else to say but lies?
- Stick around brave/courageous people who keep moving forward in good times and bad
- >> **Courageous people move heaven and create personal breakthrough!**

God's Word for All of Us Today...

Is 54:2-4

- Enlarge the place of your tent, and let them stretch out the curtains of your dwellings; Do not spare; Lengthen your cords, and strengthen your stakes
- Do not fear, for you will not be ashamed; Neither be disgraced, for you will not be put to shame; For you will forget the shame of your youth,