



THE SUNDAY MESSAGE


THE OBSTACLE OF FEAR

sunday 13 june


Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step.

Do you have to be in the race to experience fear or can it happen even when you are just watching?

When it comes to the attacks of fear it seems that everyone experiences these attacks whether or not they follow Jesus. The difference for us is that we can be free from fear through the power of the Spirit living in us.

 Look at **Hebrews 12:1** and **Ephesians 4:17-24** – they say we all have things which are trying to hold us back from the race God has set before us. These verses speak of our ability to break free of these weights trying to hold us back.

Counterfeiters only copy what is valuable e.g. \$100 notes, Rolex watches, Versace bags. When Satan uses fear to weigh us down what has he made fear a counterfeit of?

 Read **Hebrews 11:1** and if you have time read all of **chapter 11**

Faith is believing in something good which can't be seen yet and hasn't happened. Fear works the same way but is believing something bad will happen. Faith empowers and motivates; fear immobilises and weakens. Winston Churchill said this: *"When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened"*

Can you think of anything you have faith to happen in your life? Think about how that is impacting your attitude and anticipation of now and the future.

 Read **1 John 4:18** and **Romans 8:15** and **2 Timothy 1:7**

What a great promise, but how do we attain perfect love? The answer is in the Romans passage. Perfect means 'attaining maturity' and 'complete, sound, upright and blameless.' Love when used here is agape love and used in English as 'beloved.' This is the sort of love God has for us and Christ. It is the love of fellowship with another. When we really know in our heart the extent of this love God has for us then it casts out fear. As this revelation grows within us our love for God increasingly becomes mature and casts out fear.

A point of clarification. There are three types of fear: fear of God which is a holy reverence of God; fear which God created in humans to protect us from danger (an attacking lion or fire); then fear from Satan designed to rob us of faith and the life planned for us by God. *We only looked at the third type of fear.*

NEXT STEPS

If you haven't already done this, decide now to resist fear the next time it rises up. Speak to the fear with faith using God's words in the Bible.

Tools to fight fear with faith:

Information – the truth of the matter and the Word

Evaluation – make a real assessment of the cost and risk

Preparation – plan and let God direct the path

Declaration – speak out what you and God want to see happen

If fear is a frequent obstacle in your life, then know this: God wants you to be free of it. If it is affecting you to the extent you can't find victory then it may have become too difficult for you to deal with alone. Seek advice from good people and the Holy Spirit and then follow the advice. Considering attending the next [Cleansing Stream](#) course starting in August.

An approach to overcoming fear which just hangs around no matter what you try to do.

In the Holy Ghost series meetings we heard that we are made up of three parts: our spirit where the Holy Spirit resides; our soul which is our mind, emotions and will; and our physical body. Well fear can attack one or all of these three parts of our life and so we need to deal with the attack differently for each area under attack.

Our body – fear can appear as frequent anxiety in our physical body. It seems uncontrollable and impossible to switch off. In situations like this it could be due to a chemical imbalance in the brain which can be treated with medication to correct the imbalance.

Our Soul – fear can keep attacking us if we have suffered harm in the past or been in a terrifying or traumatic situation e.g. an accident or physical attack. This can often be overcome through inner healing such as counsellors and pastoral carers provide.

Our Spirit – fear can sometime be caused by a demonic spirit afflicting us. The pathway to freedom here is usually deliverance by the "renewing of the mind." When we cease to believe and agree with a lie then there is no legal right for a spirit of fear to continue to torment us.

From the DVD 'Fear-when trust is lost' by Dr Grant Mullen (available for loan from Elim East) www.drgrantmullen.com