

## Faith Fight Podcast - Freedom from Fear (Part 1)

Fear is something that can creep into our lives and paralyze us from moving forward and accomplishing anything. You could be about to make a presentation, do a job interview or ask someone on a date, if left unchecked fear can stop your progress and prevent you from growing. Today we are going to talk about how to be free from the paralyzing effects of fear.

First I want to go over some verses from 1 Samuel 17:4-11

A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span. He had a bronze helmet on his head and wore a coat of scale armor of bronze weighing five thousand shekels; on his legs he wore bronze greaves, and a bronze javelin was slung on his back. His spear shaft was like a weaver's rod, and its iron point weighed six hundred shekels. His shield bearer went ahead of him. Goliath stood and shouted to the ranks of Israel, "Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me. If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us." Then the Philistine said, "This day I defy the armies of Israel! Give me a man and let us fight each other." On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified.

This is a great example on how fear operates.

1. It appears bigger than everything that you can see as described in verse 4-7.
2. It tries to shout louder than anything else you can see from verse 8.
3. Fear always tries to intimidate you with punishment if you fail see verse 9.
4. Finally fear undermines God's power see verse 10.

There is also an acronym that has been created to show you want fear really us.  
False Evidence Appearing Real

This will be a two part series. Part 1 will have verses that tear down fear. Part 2 will build up your confidence to overcome. Be sure to subscribe so that you can get the episode next week and allow both to work together to help you conquer fear for good.

Let's get into it.

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*Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you" So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" - Hebrews 13:5-6*

These verses give a promise and a revelation. The promise is that God will never leave us or forsake us once we put our trust in him. The revelation is, know who God is, we can be confident that He will always help us and we have nothing to be afraid of.

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - Romans 8:28*

God works in “ALL THINGS” not in isolated incidents. This does not mean that all that happens to us is good, but God is able to turn every circumstance around for our long range good. We can approach any situation with this in mind. That if we are walking in His will everything will work out for your good so do not allow fear to grip your heart and paralyze you from moving forward.

*But now, this is what the LORD says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. - Isaiah 43:1-2*

In these verses, we see that God reminds Israel that He created them and that they are special to God. God reminded them that for this reason they should not fear. God had to remind Israel that if they go through difficulties that look as if they will cause you to drown, by inviting the lord in and doing it in His strength you will get stronger. God is also with you and will help you get stronger as you go through the rivers of life in his strength. So do not fear.

*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? - Matthew 6:25-30*

These verses talk about worry for the things that you don't have and out of that worry and fear may arise that you will never have what you need. There is a difference with worry and genuine concern over something. Worry and fear will immobilize you from taking action but concern will move you to action. Verse 30 talks about how much God will care about all that you need to survive. He loves you that much.

*The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. - Psalm 23:1-4*

Death has a frightening shadow and sometimes it may seem helpless but the only person who can walk with us through death's dark valley and bring us out safely to the other side is God. Because life is uncertain, we should follow our Sheppard who offers us eternal comfort. And since we are following Him, we do not need to be afraid.

*The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid? - Psalm 27:1*

This is a question that David asked himself. You need to ask yourself this question also when you are facing something that is causing you to fear. The only way that you will be able to answer this question correctly is if you have a relationship with God and know that He is your light and salvation against any opposition.

*When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. "Oh no, my lord! What shall we do?" the servant asked. "Don't be afraid," the prophet answered. "Those who are with us are more than those who are with them." And Elisha prayed, "Open his eyes, Lord, so that he may see." Then the Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha. - 2 Kings 6:15-17*

We need to always approach situations with this perspective in mind. That there is more for us than against us. Elisha prayed and asked God to open the eyes of his servant so that he could see the multitude of angles that were for them. Fear always marches around and makes a lot of noise to try to intimidate you and if you focus on what you are afraid about you will not notice that God is really outnumbering whatever is against you. Remember that God's strength is not natural but Spiritual, so you won't see it with your physical eyes.

*I sought the Lord, and he answered me; he delivered me from all my fears. - Psalms 34:4*

If you are feeling afraid of something pray to God and seek his face. Ask him to deliver you from all your fears. This is one of God's great promises that are found in Psalms, but it requires our active participation. The first step is ours. We need to pray.

*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. - 1 John 4:18*

Most of the time when you are fearing a result, you are thinking about the punishment for failing. Even though failing is a very real reality before we step out to do anything, this is a wrong mindset to have. You should be thinking about how much God loves you that he has equipped you to be successful in what you are about to do. Choose to think about the success and reward that you will experience once you complete the task. Not the punishment for failing.

## Weekly Prayer Plan - Freedom from Fear

### How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: \_\_\_\_\_

Place: \_\_\_\_\_

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

*God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.*

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

*When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.*

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

*Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.*

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

*We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.*

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

*Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.*

**Read through the scripture passages for today as listed below:**

Meditational Verses

Monday: 1 John 4:7-21

Tuesday: Psalms 34:1-7

Wednesday: Isaiah 43:1-2

Thursday: 2 Kings 6:8-23

Friday: Psalms 27

Saturday: 1 Samuel 17

Sunday: Romans 8:28-39

**Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.**

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

*We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.*