

Faith Fight Podcast - Freedom from Fear (Part 2)

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 what fear really is.
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. This is part two so be sure to go back and download part one of this series on fear.

Lets get into it.

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. - 1 John 4:4

It is easy to be afraid because of situations that you go into or feel overwhelmed by the problems that we face when you don't know God. In this verse John mentions a promise that God is stronger than the situation that you are in. Jesus in you is stronger than the opposition that you are going against.

*If our God be for us, then who can be against us? - **Romans 8:31***

This is a rhetorical question that Paul is using to drive home a point. Since God is for us there is nothing that can stand against us. The fear that you have is nothing compared to God that is supporting you.

*The Lord will fight for you; you need only to be still.” Then the Lord said to Moses, “Why are you crying out to me? Tell the Israelites to move on. Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. - **Exodus 14:14-16***

This verse was taken from Exodus where Moses and the children of Israel were fleeing the Egyptians. God spoke to Moses to remind him that God will fight on his behalf. He also said something interesting. He told Moses to stretch out his hands. If you notice that this is a position of Worship. As you may be in an fierce fight remember that through worship, God will fight for you so do not be afraid... Worship.

*Those who hope in the Lord will renew their strength. - **Isaiah 40:31***

Keep your mind focused on God as you approach your situation. Don't think about the fear that may be trying to creep into your mind. Instead, focus on God and see his strength coming into your life to cause you to overcome.

*No weapon forged against you will prevail. - **Isaiah 54:17***

Remember that God gave us a promise that no plan of the enemy will prosper against you. When fear tries to creep into your mind remind yourself of this promise. You will always come out victorious.

*And my God will meet all your needs according to the riches of his glory in Christ Jesus. - **Philippians 4:19***

We can trust that God will always meet our needs. Whatever we need on earth he will always supply, even if it's the courage to accomplish a huge task. Just remember that as long as you are in line with Gods will, He will help you overcome and be successful at what you are endeavoring to accomplish.

*The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you. - **Psalms 9:9-10***

God will never forsake those who seek him. Gods promise does not mean that if we trust in him that we will escape loss or suffering; it means that God himself will never leave us no matter what we face. Focus on this more than the fear that may be trying to paralyze your mind.

*We can do all things through Christ who strengthens us. - **Philippians 4:13***

The power we receive in union with Christ is sufficient to do his will and to face the challenges that arise from through walking with Him. If it God's will that you accomplish a challenging task just know that God will strengthen you to be successful.

God has given you a spirit of power and love and sound mind, not a spirit of fear. - 2 Timothy 1:7

Any opposition or challenge that you face can be dealt with by three ways:

1. Prayer – God will give you power to deal with spiritual forces that oppose you.
2. Love - by showing the love of Christ you can defuse any challenge with any person. (Love your enemy from Luke 6:27-36)
3. Sound mind – You have the ability to think through any challenge to reach a logical conclusion. (2 Cor 10:5)

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 4:4

Tuesday: Exodus 14:14-16

Wednesday: 2 Timothy 1:7

Thursday: Psalm 9

Friday: Isaiah 40

Saturday: Isaiah 54

Sunday: Romans 8:31-39

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.