

## "How Do I Deal with My Fear?" Mark 4:35-41

### What are you afraid of?

#### Fear is real, but its just misplaced faith.

I'm believing the wrong things.

#### Jesus stands up and says "Silence, be still..."

#### What's the difference between courage and fear?

#### Do you struggle with fear? Welcome to the human race.

David struggled with fear. Psalm 56:1-3

#### Experiencing fear is not really the issue.

The question is what am I going to do with my fear? Psalm 94:18-19

#### So how do I deal with my fear?

#### I have to remind myself about what is TRUE.

#### This I know, This I Believe:

##### 1. Confront your fear.

What fears do you have right now? Think about them.

##### 2. Ask about each one.

What is my worst-case scenario? Consider just one of those fears. What is the worst that could happen? Think realistically.

##### 3. Consider.

If the worst I can imagine happens, could I handle it through the presence and power of Jesus Christ? Believers have the power of the One who created the Universe living inside of us. Can He help me get through anything? Remember Romans 8:26—the Spirit Himself is praying for us in our weakness when we don't even know what to ask for.

##### 4. Remember these four truths.

**God loves me.** John 3:16; Romans 5:5

**God knows what is going on in my life.** Matthew 6:31-32

**God can do something about it.** Luke 1:37; Mark 10:27

**I can trust His goodness in whatever He chooses to do.** Proverbs 3:5

##### 5. Pray.

Speak directly to your fear. Take authority in the name of Jesus and rebuke the fear in Jesus Name. Say to your fear: "Silence, Be Still! in the Powerful Name of Jesus!"

##### 6. Live life securely in Him.

Trust God to show you what to do and give you strength when you are weak.

### Speak to Your Fear!