

FOUNDATIONS: TRANSFORMATIONS LESSON #4 "FROM FEAR TO FAITH"

Intro. We've been studying about how the Christian life is about transformation.

1. It takes us *from* something, *to* something...

2 Corinthians 3:18 says we are "being transformed... from glory to glory, just as by the Spirit of the Lord."

Acts 26:18 says we are moved "from darkness to light, from the power of Satan to God..."

2. What we're going to look at today is moving ***from fear to faith***

Psalm 56:3-4 (NKJV)

3 Whenever I am afraid, I will trust in You.

4 In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?

3. Fear can cause us emotional and physical problems
- A lot of the *health problems* we face can be traced back to stress and fear
 - Fear can take us out of touch with reality and bring a chronic sense of worry and anxiety

- *God wants to help us move from fear to faith*

I. MOST, IF NOT ALL OF US, _____ FEAR

A. _____ ISN'T BAD

Proverbs 9:10 (NKJV) The fear of the LORD is the beginning of wisdom...

1. This isn't talking about _____ of God
- It's more of a reverential awe of God

b. It means we can be “wowed” by Him

B. THERE ARE _____ OR FEAR THAT PROTECT US

- *Some fears are good because they protect us from getting hurt or doing something stupid*

C. BUT FOR THE MOST PART _____

1. The Bible links it with all kinds of _____

Proverbs 29:25 (NKJV) *The fear of man brings a snare*, But whoever trusts in the Lord shall be safe.

1 John 4:18 (NKJV) There is no fear in love; but perfect love casts out fear, because ***fear involves torment***. But he who fears has not been made perfect in love.

a. The Bible tells us clearly fear can be a spiritual attack

Romans 8:15 links fear with a “spirit of bondage” and 2 Timothy 1:7 “a spirit of fear”.

b. It can affect us spiritually, emotionally, and physically

2. Sometimes it seems like we can’t help but _____ or _____ about stuff

- *Whether we feel prone to fear or worry God’s word carries a tremendous promise*

3. In every one of the following verses that deal with the negative impact of fear, there’s a _____

a. There’s a promise of God’s help in overcoming

Proverbs 29:25 (NKJV) The fear of man brings a snare, ***but*** whoever trusts in the LORD shall be safe.

Romans 8:15 (NKJV) For you did not receive the spirit of bondage again to fear, **but** you received the Spirit of adoption by whom we cry out, "Abba, Father."

1 John 4:18 (NKJV) There is no fear in love; **but** perfect love casts out fear, because fear involves torment...

2 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, **but** of power and of love and of a sound mind.

- *God doesn't want us to live our lives in fear or anxiety*

4. We're not meant to live _____
 - a. We've grown into a culture of fear

Psalm 46:1-2 (NKJV)

- 1 God is our refuge and strength, a very present help in trouble.
- 2 Therefore we will not fear...

II. OVERCOMING FEAR WILL MEAN CHANGING OUR

- *Jesus said in the last days there would be those who have the wrong focus*

Luke 21:26 (KJV) Men's hearts failing them for fear, and for **looking after** those things which are coming on the earth...

Luke 21:28 (NLT) So when all these things begin to happen, stand straight and **look up**, for your salvation is near!"

ex. *The most common command in the Bible is "fear not!" or "Don't be afraid!"*

*One author said it's there **365 times**; one for every day of the year.*

A. THERE MAY BE A _____ AROUND US BUT IT'S NOT OUR CULTURE

1. As believers we're meant to be a _____

B. FAITH IS HAVING A RIGHT FOCUS; WE _____

Isaiah 40:26-29 (NIV)

26 **Lift your eyes and look to the heavens:** Who created all these? He who brings out the starry host one by one, and calls them each by name. Because of his great power and mighty strength, not one of them is missing.

27 Why do you say, O Jacob, and complain, O Israel, "My way is hidden from the LORD; my cause is disregarded by my God"?

28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.

29 He gives strength to the weary and increases the power of the weak.

- *When we're going through stuff and afraid we've got to remember there's still a God in heaven who keeps good track of us!*

C. WE _____ WHAT WE'RE GOING TO FOCUS ON

- *The circumstances around us or looking through them to God*

1. This isn't always _____

Mark 4:39-40 (NKJV)

39 Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm.

40 But He said to them, "Why are you so fearful? How is it that you have no faith?"

2. We all face a _____ every day
- a. Whether we're going fixate on the storms or stuff that's going on around us; worry and be afraid
 - b. Or if we're going to trust God even when things look bad

Psalms 56:3 (NKJV) Whenever I am afraid, I will trust in You.

III. IF WE'RE GOING TO OVERCOME FEAR WE HAVE TO KNOW WHO GOD IS; HE'S _____

Matthew 6:31-32 (NLT)

31 *"So don't worry* about these things, saying, 'What will we eat? What will we drink? What will we wear?'

32 These things dominate the thoughts of unbelievers, but ***your heavenly Father already knows all your needs.***

ex. *Over and over in Matthew 6 Jesus says "don't worry" or "why worry" and over and over He tells us how; "God is your Father!"*

14 times in the Sermon on the Mount, He uses the phrase, "our Father" or "your Father".

Romans 8:15 (NKJV) For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

- *Jesus wanted this image to stick with us*

ex. *Jesus used the term Father 149 times in the Gospels; 94 times in the Gospel of John alone.*

**A. IF WE KNOW GOD IS OUR FATHER IT WILL _____
OUR FEARS**

- *If we know God as our Father it will change our lives*
- *It will move us from fear to faith*
- *He's not aloof or unconcerned about what's going on in our lives*
- *He's loving and caring*

1 Peter 5:7 (NKJV) casting all your care upon Him, for He cares for you.

PRAYER AND CONFESSION: *Thank You Jesus, for setting me free from fear. Because of You, I know God as my Father and He cares for me. I can and will trust in You and not be afraid, in Jesus' name, Amen.*

FILL IN THE BLANKS FROM LESSON #4

I. MOST, IF NOT ALL OF US, _____(STRUGGLE WITH) FEAR

A. _____(ALL FEAR) ISN'T BAD

1. This isn't talking about ___(**being afraid**) of God

B. THERE ARE ___(REASONABLE FEARS**) OR FEAR THAT PROTECT US**

C. BUT FOR THE MOST PART ___(FEAR ISN'T GOOD**)**

1. The Bible links it with all kinds of ___(**bad stuff**)

2. Sometimes it seems like we can't help but ___(**be afraid**) or ___(**worry**) about stuff

3. In every one of the following verses that deal with the negative impact of fear, there's a ___(**flip side**)

4. We're not meant to live ___(**afraid!**)

II. OVERCOMING FEAR WILL MEAN CHANGING OUR ___(FOCUS**)**

A. THERE MAY BE A ___(CULTURE OF FEAR**) AROUND US BUT IT'S NOT OUR CULTURE**

1. As believers we're meant to be a ___(**culture of faith**)

B. FAITH IS HAVING A RIGHT FOCUS; WE ___(LOOK TO GOD**)**

C. WE ___(CHOOSE**) WHAT WE'RE GOING TO FOCUS ON**

1. This isn't always ___(**easy**)

2. We all face a ___(**challenge**) every day

III. IF WE'RE GOING TO OVERCOME FEAR WE HAVE TO KNOW WHO GOD IS; HE'S ___(OUR DAD**)**

A. IF WE KNOW GOD IS OUR FATHER IT WILL ___(RELIEVE**) OUR FEARS**