



Chapter 6: Your Fears

Confronting Your Worries/Claiming Your Calling



PLUMB LINE PRINCIPLES RE: FEAR

2 Timothy 1:7

“For **God has not given** us a spirit of fear, but of power and love and of a sound mind.”

John 14:27

“Peace I **leave** with you; My Peace I **give** to you; not as the world gives do I give to you. **Do not let** your heart be troubled, nor let it be fearful.”

Key Thoughts:

1. **Fear...does not come from God. Period.**
2. **We are not told to not FEEL fear, we are told to not BE, fearful.**

BIBLICAL EXAMPLES:

1. JOSHUA:

- Joshua 1:6,7,9
- Why does God tell Joshua so many times to be strong and courageous and to not be afraid? Because he was....and for good reason...
- Moses is now dead and Joshua has huge shoes to fill and enemies to defeat
- How about you? New responsibilities? New roles? New opposition?

2. PETER:

- Matthew 14:22-31
- Circumstances produce terror for disciples.
- Jesus tells them to not be afraid...to *take* courage.

- Peter tries to take courage...and then moves on it...but takes his eyes off Jesus and onto circumstances and starts to sink.
- How about you? What circumstances are you facing that are producing fear for you? What steps of faith have you taken...but then struggled because your focus shifted off Jesus?

***Again, God is not telling you to not FEEL fearful...
He is telling you not to BE FEARFUL...***

WHERE IS YOUR FOCUS?

Psalm 46:10

Be still and know that I am God. I will be exalted among the nations, I will exalted in the earth."


"Be Still"= cease striving. It doesn't mean...do nothing.

"Know"= intimately embrace that knowledge of His promises...and He Character.

FROM LITTLE FEAR...TO BONDAGE (How did I get here?)

The numbers of PHOBIAs that a person could have are ridiculous...and yet to that person...they are very real..

WE ARE NOT BORN with all these fears. What happened?

Fear	Age started	Initial event	Emotions/ Impact	Holds you Back from:	Plumb Line	Truth Statement
						

What Event...opened the DOOR to FEAR?

As I open doors, I can explain the WHY this area became a trigger for you. It does not mean however that you should be doomed to struggle with this area for life.

- *words I have spoken to you
- *a failure to do something well
- *traumatic experience
- *loss
- *ridicule
- *anger
- *rejection

Example of Indiana Jones...power point videos

*initial fearful moment.....

*if left unchecked....

*can be triggered throughout your life and your reaction grows

*can escalate to an extreme

HOW CAN I SHUT THE DOOR ON PAST FEARS THAT WON'T GO AWAY?

- 1. Acknowledge What is Going On** (fill in that table on page 3)
- 2. Ask for forgiveness** for not choosing to trust the Lord and for focusing on the circumstance.
- 3. Forgive those who contributed to the trauma of that moment.**
- 4. Declare the Truth of the WORD over your life** for your circumstance.
- 5. Reject the hold that fear has had over you in the name of Jesus.**
- 6. And then...walk it out with the Word and the name of Jesus** every time Satan puts those circumstances in front of you again.
(Scene from War Room...where the robber comes)

HOW CAN I SHUT THE DOOR ON ALL THE PRESENT DAY "NEW FEARS" THAT COME ACROSS MY PATH?

2 CORINTHIANS 10:5

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

***Acknowledge** the fear. Pray for **discernment**.

***Declare** you have the Spirit of love, power and a sound mind, not one of fear.

***Declare** that your **trust** is in the Lord.

*In the **name of Jesus**, I command the fear to go. Begin to intercede for a powerful move of God in this specific area.