

Outline – May 22, 2022
Exodus 14:13-15, Mark 6:45-52
Philippians 1:21-25
The Wilderness Of Our Mind: Dealing With Fear
Our Greatest Enemy Is Fear

- I. **Our nation is facing an epidemic of fear**
 - A. Fear of pestilence
 - B. Fear of shortages
 - C. Fear of critique & ridicule
 - D. Fear of terrorism
 - E. Fear of failure
 - F. Fear of abandonment
 - G. Fear of war - annihilation
- II. **From a national level to a personal level. Five major subjects we fear the most.**
 - A. Fearing not being enough
 - B. Fear of the future
 - 1. Losing (what I have)
 - 2. Failing (in my relationship)
 - 3. Suffering
 - 4. Being alone
 - C. Being out of control
 - D. Being embarrassed
 - E. Fearing death
- III. **What fear does to us – 10 things**
 - A. Keeps us from sound discernment
 - 1. Discernment prepares you for the future
 - 2. Fear paralyzes you in the present
 - B. Fear causes us to think primarily of self
 - 1. When you are in a crisis you rarely think of others
 - 2. When you live in fear you live in a state of crisis
 - C. Fear makes us ineffective
 - 1. It paralyzes us
 - a. Can't see clearly
 - b. Can't think clearly
 - c. Can't accomplish
 - 2. You stay negative
 - 3. You become inactive in what is productive
 - D. Fear causes us to lose touch with reality
 - 1. Always ready to fight
 - 2. Always ready to run

- E. Fear creates an unhealthy desire to control everyone and everything
 - 1. When you live in fear that is your reaction
 - 2. One doesn't feel "safe" unless you are in absolute control
 - F. Fear robs us:
 - 1. Of sleep
 - 2. Of clarity
 - 3. Of energy
 - 4. Of joy
 - G. Fear causes us to be unstable and double-minded
 - H. Fear turns us into false prophets (Predicting a future that doesn't happen)
 - I. Fear robs us of confidence
 - J. Fear robs us of a blessed future
- IV. Where does fear come from?**
- A. Fear is a result of sin
 - 1. When sin entered the world, fear was the first symptom
 - B. Fear is a result of doubt
 - 1. Doubting God is near
 - 2. Doubting God is in control
 - 3. Doubting God is involved
 - C. Fear is the result of feeling abandoned
 - D. 365 times you find the words "Fear not" in the Bible
 - E. The disciples heard those words
 - 1. In a boat without Jesus
 - 2. The storm came
 - 3. They cried out
 - 4. His reply "Fear not"
 - 5. He got in the boat
 - 6. Amazed at the change
 - 7. They had forgotten what Jesus had done
- V. The universal fear is death**
- A. Fear increases with a lack of knowledge
 - B. The unknown compounds our fear
 - C. Uncertainty fuels the fear
- VI. How does one manage fear (in general)?**
- A. For things to get better we must get better
 - 1. Study to show yourself approved, a workman who need not be ashamed
 - 2. What you put in your mind really does matter
 - B. Live a life of serving - giving is living
 - C. Ask "If I don't do this, will I regret it later"?
 - D. The more you "stretch yourself" the less fear you have

VII. The antidote to the fear of death

- A. What 9//22 taught us
- B. William James said "Faith is what turns back fear"
- C. The triple force
 - 1. The Word of God
 - 2. The Grace of God
 - 3. The Son of God
- D. The declarations of Jesus
 - 1. His promises
 - 2. His provision
- E. The testimony of believers
- F. The testimony of non-believers

VIII. The principle of life for Apostle Paul

- A. To live is Christ
- B. To die is gain
- C. To remain is to have fruitful service

IX. It is faith in the resurrected Savior

- A. Be of good cheer
- B. It is I, be not afraid
- C. I am with you

**He Got Into The Boat
The Storm Stopped
The Fear Went Away
I Am With You**

