

"Overcoming The Spirit Of Fear"

**2 Timothy 1:7, Psalms 23:4
(NKJV)**

Tuesday, March 17, 2020

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2 Timothy 1:7 NKJV

7 For God did not give us **the spirit of fear**, but of power and of love and of a sound mind.

Psalms 4:4 NKJV

4 Yea, though I walk through the valley of the shadow of death, **I will fear not evil**; For You are with me; Your rod and Your staff, they comfort me.

- In the year 2004, I was lead by the Lord to preach a series of messages entitled “**World of Possibilities.**”
- As a result of that series, I was encouraged to publish a book in 2006 based on the sermons preached in that series. The book was entitled “***A World of Possibilities.***”
- One of the sections of the book deals with the enemies of possibilities. Within this section there is a chapter called “**No More Fears**” which identifies fear as **an enemy of our possibilities.**

- Fear is defined by Webster's New Collegiate Dictionary as **an unpleasant often strong emotion caused by the anticipation of danger.**
- History has shown us that fear is one of the most debilitating emotions that we will ever experience. It has been said that **fear paralyses the human spirit.**
- That is why the Bible warns us so strongly against this **deadly enemy of our possibilities called fear.**

- The phrase “Fear not” or “Be not afraid” is found some **365 times in The Bible**. That’s one for every day of the year.
- Many people have missed their blessing simply because they were **paralyzed by their fear**, and was too afraid to go and claim what God had promised to them.
- David was not one of them, as witnessed with his confrontation with the giant **Goliath**.

- In our **Text**, David writes: **“I will fear no evil.”**
- Let us now examine **how he accomplished this.**
- The first thing David did was to **recognize or identify the enemy of fear.**
- The Apostle writes in **2 Timothy 1:7**, what David already knew, that the enemy of fear is a spirit.
- The second thing David did was to **confront his fears.** David did not run, nor did he hide. He had the courage to face it.

- A word of advice for everyone that is walking around afraid: **face your fears**, stop hiding or running from things that God has given us the victory over.
- The third and final thing that David did in conquering his fear was to **rely on the word of God**.
- David writes in **Psalms 119:105**, “Thy word is a lamp unto my feet, and a light unto my path.”

- How does one overcome fear? Remember to do these **Three things:**

1). Identify it.

2). Confront it.

3). Rely on God's Word.