

BREAKING FREE FROM FEAR

Stop Running Scared Part 1

"I prayed to the Lord and He answered me; He freed me from all my fears." Psalm 34:4

1. THE DAMAGE FEAR DOES

* **It paralyzes** _____

(The disciples) "... were together with the doors locked for fear of the Jewish authorities." John 20:19

* **It ruins** _____

(Adam) "... I was afraid and hid from you ... " Gen. 3:10

* **It hinders** _____

"Worry can rob you of happiness." Proverbs 12:25

(David) "I am worn out by my worries." Psalm 55:2

* **It sabotages** _____

(Job) "Everything I fear and dread comes true." Job 3:25

2. THE THREE ANTIDOTES TO FEAR

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"You will know the truth and the truth will set you free." John 8:32

"In the full light of God's truth we live ... " 2 Corinthians 4:2

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"Love contains no fear -- indeed fully developed love expels every particle of fear, for fear always contains some of the torture of feeling guilty." 1 John 4:18 (Phillips)

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"Above all be sure to take faith as your shield, for it can quench every burning missile the enemy hurls at you." Ephesians 6:16

"When I am afraid, I will put my confidence in God. Yes, I will trust the promises of God." Psalm 56:3

Next Sunday:

FACING FINANCIAL FEARS

Stop Running Scared

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