

Dealing With Fear

Hearing About Sailing:

- God has a mission for His people
- God has gifted and made plain the priorities
- God has been clear about expectations

Reaction - agreed, but what about:

- where will it end up – lets not get carried away
- will I like it – may not be comfortable, same, easy
- what will it cost – money, time, emotions etc

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1. Instincts or Instruments – Fear of Where

- steering by the gauges
- navigating by the compass

*I know better than God cause this feels right! *

- it is unrealistic to expect me to go against my feelings

- if that is right, shouldn't I feel like doing it

- if that is wrong, why doesn't it feel like it

*I have to trust my senses, after all, I am the one it affects! *

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“But blessed is the man who trusts in the Lord, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit. The heart is deceitful above all things and beyond cure. Who can understand it?” Jeremiah 17:7-9”

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Proverbs 3:5-8

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Important Truth:

- Our hearts are deceitful and wicked – default setting is to destruction!
- Our feelings are often not based on facts
 - how we think others view us
 - how we think God views us
- what we sense in our circumstances should never outweigh what we know from truth

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Can I Trust God to Guide While Underway?

* I will make course corrections based on what I know from God's word, not what I feel about my circumstances! *

- must decide ahead of time - training for emergencies
- navigating life by the truth will mean making some decisions by faith that we trust will bring blessing.
- God's promise when we do - *does not fear, has no worries, never fails to bear fruit*

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2. Danger & Discomfort -Fear of What Might Happen

- some twisted game of pain

- that path looks painful!

- * I know better than God what will hurt or help,
after all, only I really know what is best for me! *

 - if I go that way it will be filled with pain

 - if I go that way I will miss out

- Fear and Anxiety can convince us that God's path is full of Danger and Discomfort

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“For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.” *Jeremiah 29:11-12*

“My son, keep your fathers commands and do not forsake your mother’s teaching. Bind them upon your heart forever; fasten them around your neck. When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you. For these commands are a lamp, this teaching is a light, and the corrections of discipline are the way to life,”
Proverbs 6:20-23

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God desires the absolute best for us

- His ways for us are designed for protection and blessing not restriction and pain
- We often base decisions on looking at others not God

God's way will bring abundant life and keep me from that which will destroy me *

- hope, future, relationship
- guide you, speak to you, watch over you
- lamp from teaching – see the next step
- light from commands – avoid that which destroys

freedom – isn't doing what we want, it's fulfilling what we were created to be!

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3. What About Me – Fear of Cost

- face a choice of holding on or letting go
- life of holding on to:
 - secret places - we have our needs met our ways
 - choices – we want to decide what makes us happy
 - resources – only I decide what to do with what I have
 - relationships – I will decide who to love, spend time

We become convinced that to trust God's Guidance:

He will ask what I cannot give!

He will lead where I cannot walk!

He will place me beyond what I can endure!

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“If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”

John 8:32

“Come unto me all ye who are weary and heavy laden and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30

“My grace is sufficient for you, for my power is made perfect in weakness.” 2Corinthians 12:9

“You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal. Isaiah 26:3

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God is not:

- asking what you cannot give – he is asking for your trust and promising his care
- leading you where you cannot walk – he is telling you he will light each step, and clearly mark your path
- placing you beyond what you can endure – his grace is sufficient for you in every circumstance

* I will only succeed if I decide to let go and leave survival to God himself. He can be trusted, and will be faithful if I do it his way! *

“Even when you are right on track, you will get run over if you sit there!” Will Rogers

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So What

1. The Fear of Where

- determined to be guided by truth not feelings or circumstances.
- determined to daily get direction – sail with the next way point identified
- Faith step – taken by making a choice based on what is unseen

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2. Fear of What – Danger and Destruction

- if we believe God is for us – cannot let fear paralyze us
- perfect love cast out fear – 2 Tim.1:7
- trust means we sail

3. Fear of Cost – what about me

- do I believe God will do what is BEST for me
- do I trust God to care for me?