

Title: "Growing through Fear"

Text: Psalm 27

Introduction: *Illus.: Fear of Fear*

Theme: If we stand in the Lord Jesus Christ through our times of fear, we have nothing or no one to fear—no matter what—and we will grow during those times in our trust and relationship with the Heavenly Father.

Why we experience fear

C We fear our "enemies" and what they can do to us (vs. 2,3)

1. What can man do to me—what is there to fear—who is there to be afraid of???—plenty from a worldly standpoint
2. *ILLUS.: PAYING THE BULLY*
3. "*Greater is He that within you than he that is in the world.*" 1 John 4: 4

C We fear the loss of relationships and what that will mean to us (vs. 10)

1. One of the deepest fear that not only little children but even adolescents and adults fear is rejection by family
2. Jesus said one of the crosses we will bear in the faith is, "*From now on there will be five in one family divided against each other, three against two and two against three. They will be divided, father against son and son against father, mother against daughter and daughter against mother, mother-in-law against daughter-in-law and daughter-in-law against mother-in-law.*" Luke 12: 52-53
3. Even if they do you still have a *FAMILY* in God's family

C We fear abandonment by God and the eternal terror that brings (vs. 9)

1. When troubles set in Satan wants to weave the fear of doubt in our hearts that even God has abandoned us
2. We often make foolish choices and decisions based on this fear "*that it is all up to me*"
3. Jesus was abandoned by the Father on the cross so that we would never have to experience that
4. "*He himself has said, 'I will never desert you, nor will I ever forsake you', so that we confidently say, 'the Lord is my helper, I will not be afraid. What shall man do to me?'" Hebrews 13: 5,6*

How to conquer and grow through out of our fear through faith

C Dwell in the Word and in the House

1. Find rest and freedom from your fears
--- "*If you dwell in my word...then you will know the truth and the truth will set you free.*" John 8: 31-32
2. You will find directions and deliverance from your worst fears (vs. 1, 4b)
— you will see an awesome (beautiful) Lord which is bigger than your problem
— *The remarkable thing about fearing God is that when you fear God you fear nothing else, whereas if you do not fear God you fear everything else. Citation: Oswald Chambers in The Highest Good.*
— you will find his saints to surround you with encouragement and comfort when you are ready to give up

C Seek shelter when the storms of life roll in (VS. 5)

1. *ILLUS.: STORMY PRAYERS*

C Celebrate the victories that God gives

1. *ILLUS.: WE HAVE NOTHING TO FEAR BUT FEAR ITSELF (Winston Churchill)*
2. Often we are so consumed by our fears that we cannot see deliverance and freedom that God is bringing (evildoers—consume/army—encamp/war—break out) (vs. 2, 3)
3. *ILLUS.: TERRIFIED BY THE UNKNOWN*
4. God does thwart our enemies, calm our fears, bolster our confidence—and we see it **IF WE ARE LOOKING!**
5. Celebrate the victories God gives—don't let Satan steal your joy with ghosts of fear (vs. 6)

C Listen for the Master's voice in your life

1. "*My sheep hear my voice, and I know them, and they follow Me; and I give eternal life to them, and they shall never perish; and no one shall snatch them out of my hand..*" John 10: 27,28
2. Walk in the Light so that you have nothing to fear
3. Obedience which is instantaneous so that you miss the blows of life (vs. 8)
ILLUS.: OBEDIENCE OUT OF RESPECT (AVOIDING THE SNAKE)
4. Obedience which is teachable and lead-able (vs. 11)

Fear of Fear

Peladophobia: fear of baldness and bald people. Aerophobia: fear of drafts. Porphyrophobia: fear of the color purple. Chaetophobia: fear of hairy people. Levophobia: fear of objects on the left side of the body. Dextrophobia: fear of objects on the right side of the body. Auroraphobia: fear of the northern lights. Calyprophobia: fear of obscure meanings. Thalassophobia: fear of being seated. Stabisbasiphobia: fear of standing and walking. Odontophobia: fear of teeth. Graphophobia: fear of writing in public. Phobophobia: fear of being afraid.

Paying the Bully

In his book *Fuzzy Memories*, Jack Handey writes: There used to be this bully who would demand my lunch money every day. Since I was smaller, I would give it to him. Then I decided to fight back. I started taking karate lessons. But then the karate lesson guy said I had to start paying him five dollars a lesson. So I just went back to paying the bully. Too many people feel it is easier just to pay the bully than it is to learn how to defeat him.

Stormy Prayer

I have never liked thunderstorms. A few weeks ago, as I sat at my kitchen table during a particularly noisy storm, I started to pray in an effort to comfort myself. As lightning and thunder split the night sky on all sides, my prayer unwittingly began, "Dear LOUD Jesus ..."

Terrified by the Unknown

An Arab chief tells a story of a spy who was captured and then sentenced to death by a general in the Persian army. This general had the strange custom of giving condemned criminals a choice between the firing squad and the big, black door. As the moment for execution drew near, the spy was brought to the Persian general, who asked the question, "What will it be: the firing squad or the big, black door?" The spy hesitated for a long time. It was a difficult decision. He chose the firing squad. Moments later shots rang out confirming his execution. The general turned to his aide and said, "They always prefer the known way to the unknown. It is characteristic of people to be afraid of the undefined. Yet, we gave him a choice." The aide said, "What lies beyond the big door?" "Freedom," replied the general. "I've known only a few brave enough to take it."

Killer Biscuits

A woman in Arkansas was sitting in her car in a parking lot last year when she heard a loud bang and then felt a sharp pain in the back of her head. She was holding her hands behind her head when someone walked by and asked, "Are you OK?" The woman answered, "I've been shot in the head, and I'm holding my brains in." Well, it wasn't her brains. It was dough. A Pillsbury biscuit canister had exploded in the back seat, apparently from the heat, making a loud explosion and shooting the dough into the back of the woman's head. So, this woman in Arkansas got bashed by a biscuit

Psalm 27:1-14

¹The LORD is my light and my salvation.

Who is there to fear?

The LORD is my life's fortress.

Who is there to be afraid of?

²Evildoers closed in on me to tear me to pieces.

My opponents and enemies stumbled and fell.

³Even though an army sets up camp against me,
my heart will not be afraid.

Even though a war breaks out against me,

I will still have confidence in the LORD.

⁴I have asked one thing from the LORD.

This I will seek:

to remain in the LORD'S house all the days of my life

in order to gaze at the LORD'S beauty

and to search for an answer in his temple.

⁵He hides me in his shelter when there is trouble.

He keeps me hidden in his tent.

He sets me high on a rock.

⁶Now my head will be raised above my enemies who surround me.

I will offer sacrifices with shouts of joy in his tent.

I will sing and make music to praise the LORD.

⁷Hear, O LORD, when I cry aloud.

Have pity on me, and answer me.

⁸When you said,

"Seek my face,"

my heart said to you,

"O LORD, I will seek your face."

⁹Do not hide your face from me.

Do not angrily turn me away.

You have been my help.

Do not leave me!

Do not abandon me, O God, my savior!

¹⁰Even if my father and mother abandon me,

the LORD will take care of me.

¹¹Teach me your way, O LORD.

Lead me on a level path

because I have enemies who spy on me.

¹²Do not surrender me to the will of my opponents.

False witnesses have risen against me.

They breathe out violence.

¹³I believe that I will see the goodness of the LORD
in this world of the living.

¹⁴Wait with hope for the LORD.

Be strong, and let your heart be courageous.

Yes, wait with hope for the LORD.

[GW]