



HOW TO BREAK FREE FROM FEAR

BIBLE STUDY SERIES
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HOW TO BREAK FREE FROM FEAR

- **What is Fear?**
 - Fear is the opposite of faith
 - We're either in fear or we are faith
 - Two can't exist at the same time
 - **Scriptural Example:** Mark 4:35-41 (Focus on v. 40)
- **Fear is satan's number one weapon against Christians.**
 - **First indicator:** satan is the epitome of opposition to God. He causes sin which manifests as fear. Romans 14:23; Romans 3:23;
 - **Second indicator:** Fear is a spirit that causes bondage. Romans 8:14-15
 - **Third indicator:** the enemy seeks open portals in order to wreak havoc in our lives. Job 3:25-26 (Job 1:6-12 [Focus on hedge]); 1 Peter 5:8





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- **Fear is *pachad*** (Hebrew) – denotes dread. Job 3:25
- **Fear is *phobos*** (Greek) (phobia)—when we think on phobias, it becomes more intense. It means dread or terror. It causes us to be nervous. Mark 4:41
- **Fear is *deilia*** (Greek)— denotes cowardice and timidity. Never used positively. 2 Timothy 1:7
- **Fear is *chared*** (Hebrew)—trembling with fear. Shaking inside. 1 Samuel 13:5-7
- **Fear is *eulabeia*** (Greek)—caution—can also mean reverence or awe—Ex: fear of God; cautious in the way we approach Him. Hebrews 12:28
- **Opposite of Fear is *aphobos***—without fear (fearless). Luke 1:74 ; Philippians 1:14 (what Christians should be). Must have confidence in the Word. (Isaiah 55:11); Proverb 1:33

KINDS OF FEAR

- **Old Testament– *Pachadh* ~ Dreadful Fear ~ Job 3:25**
 - Means terror or dread
 - Said in the context of fear as being a companion for life
 - Bondage, particularly fear of death all our lives.
 - **Often This Lifelong Fear Starts From Birth**
 - “Be careful, you might hurt yourself”
 - “Don’t cross the street”
 - “Watch out”
 - **Scriptural Example:** Hebrews 2:15 (that was supposed to end when we came to Jesus)
- **The Lord Jesus Christ’s Response to Dreadful Fear**
 - **Dreadful Fear Cause by Sin ~Matthew 9:2 (KJV/ESV)**
 - **Palsy = Paralysis** (*often accompanied by weakness and the loss of feeling and uncontrolled body movements such as shaking*) (Remember charad – fear that causes shaking)
 - **Their Faith =** Responsible to **have faith of others** for someone else
 - **Son = Intimate Relationship (Romans 8:14-17)**
 - ***Good Cheer = Take Courage (Opposite of Dread) (eg John 16:33)**



KINDS OF FEAR

- **Sins Forgiven = Perhaps Root of Dread Causing Palsy** (perhaps dreadful fear/shame of what God might do/ OT Mentality)
- **Forgiveness of sins = Freedom from Fear and Dread**
- **Uncomfortable/Hopeless Fear** (Fear that things will not get any better because of extreme discomfort)
 - **Matthew 9:20-22**
 - **Woman with 12 years of sickness (unclean/ridiculed)**
 - Hopeless and Fearful because of exhausted all money on Drs (Mark 5:26) (Luke 8:43)
 - Hopeless and Fearful because her health got worse than at first (Mark 5:27)
 - Afraid because she had run out of options; afraid to touch because she was unclean and was an outcast because of her physical condition
 - She had desperate faith but preceding underlying fear probably thwarted her healing (vv21-22) (cp. Mark 5:27-28) (Mark 11:23)
 - **Daughter = Relationship**
 - **Be of good comfort = Good Cheer = Have Courage/Take Heart** (The Lord Jesus Offset Fear with Impartation and Reminder of Faith in God)



KINDS OF FEAR

- **Immediate Threat of Harm Fear ~ Matthew 14:22-32**
 - Note: there's something about an immediate threat of harm that will let us know if we possess an underlying fear or what type of faith we really have.
 - Note: Mark 6:48 Jesus saw them in peril while afar off on the mountain praying,
 - He sees us in our dark and difficult times
 - **Therefore. Be of Good Cheer v. 27 = Have Courage/ Have Faith (Opposite of Fear)**
 - Note: even with faith, we can lose faith with doubt based on our immediate situation (vv28-31)
- **Fear Based on Injustice ~ Acts 23:1-5; 6-11 (Focus on v11)**
 - Paul was on mission testifying of The Lord Jesus Christ
 - He was afraid because it wasn't going well. The Sadducees and Pharisees unjustly brought him before the council in order to quiet him and even plot to kill him for being on mission.
 - But God, The Lord Jesus Christ said: **Be of Good Cheer = Have Courage/ Have Faith (v11) = I am (HE is) standing with you (us) in your (our) time of unjust, false accusations for Christ Sake (1 Peter 3:13-17 ESV)**

