

# FACING YOUR GIANTS

## *Fighting Your Fear*

### Introduction:

1. Most of our Giant-sized problems are in our hearts and minds. They are not external, but they are just as fierce as Goliath.
2. This new series is aimed at getting to ROOT issues in our lives.

### I. The Emotion of Fear (Healthy Fear).

- A. The emotion of fear is God-given and meant to be a protective safety device, and make us more attuned to our circumstances.
- B. God has even planted the emotion of fear in our moral nature to make us uneasy with sin.  
\* Proverbs 1:7 "...the fear of the Lord is the beginning of knowledge."

NOTE: There is a huge difference between the emotion of fear and the spirit of fear.

### II. The Spirit of Fear (Fear that Destroys).

- A. "Fear is the most deadly of all enemies." - Dr. David Jeremiah  
\* Tiny fears, almost unperceived, can build up day by day until we find ourselves paralyzed and unable to function.
- B. Our enemy, Satan aims his biggest weapons at fear.  
\* He wants to have an area of control in our lives so we can be bound up, selfish, and afraid to live life.  
\* Remember Elijah? (I Kings 19:4)  
\* Remember the 12 spies? (Deuteronomy 1:19-28)  
\* Fear opens doors and window in our souls, to the enemy of our souls.
- C. Paul told Timothy, "For God has not given us a spirit of fear, but of power, and of love, and of a sound mind." (2 Timothy 1:7)  
\* Timothy felt inadequate, and fearful of suffering. Those were breeding grounds for destructive fear.
- D. The Top 5 Destructive Fears:
  1. Fear that we won't have enough. (Philippians 4:19)
  2. Fear of the unknown. (Romans 12:2)
  3. Fear of failure (Jeremiah 29:11)
  4. Fear of man. (I Thessalonians 2:4)
  5. Fear of death. (James 4:14, John 14:19)

### III. Over-coming Destructive Fear.

- A. Admit your fear to yourself and God.
- B. Take your spiritual authority and "resist" the devil. (James 4:7-8)
- C. Ask God for wisdom, then search out Bible verses and meditate on the TRUTH.
- D. Release control of your life to God alone. (Psalm 138:8, Jeremiah 29:11)