



# Getting Free of Fear and Anxiety



## How do we get free of Fear?

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**A. Truth is the remedy for fear.**

**- It's not: more faith.**



## How do we get free of Fear?

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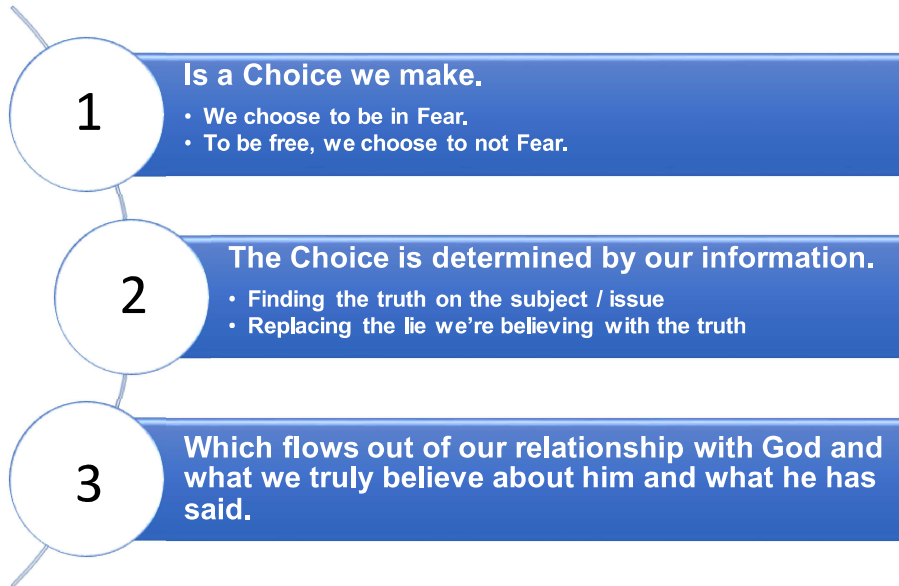
**A. Truth is the remedy for  
fear.**

**B. To overcome fear, we  
need to replace the lie we are  
believing with truth.**

**From God's perspective:  
Being in Fear / Fearing:**

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## From God's perspective: Being in Fear / Fearing:



**365 times: The Bible says  
Fear Not, or Do Not be  
Afraid.**

- 1. Which tells me it's a choice**
  - a. Because "fear not" is a command.**




**Genesis 15:1  
(NIV)**

**[1] After this, the word of the LORD came to Abram in a vision: “Do not be afraid, Abram. I am your shield, your very great reward.”**



**Genesis 21:17 (NIV)**


**[17] God heard the boy crying, and the angel of God called to Hagar from heaven and said to her, “What is the matter, Hagar? Do not be afraid; God has heard the boy crying as he lies there.”**






**Genesis 26:24  
(NIV)**

**[24] That night the LORD appeared to him and said, “I am the God of your father Abraham. Do not be afraid, for I am with you; I will bless you and will increase the number of your descendants for the sake of my servant Abraham.”**



**Matthew 1:20  
(NIV)**

**[20] But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit.**






**Matthew 6:25  
(NIV)**

**[25] “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”**



**Matthew 6:25 (NIV)**



**[25] “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”**

**> Worry / Anxiety / PTSD / Etc. - - Come from Fear**




**Matthew 10:19  
(NIV)**

**[19] But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say,**

- > Here Jesus said it again**
- > v. 19 he used to “worry”.**
- v. 26, 28, 31 he says “.....afraid”**

**Matthew  
10:26  
(NIV)**

**[26] “So do not be afraid of them.  
There is nothing concealed that will not be disclosed, or hidden that will not be made known.**



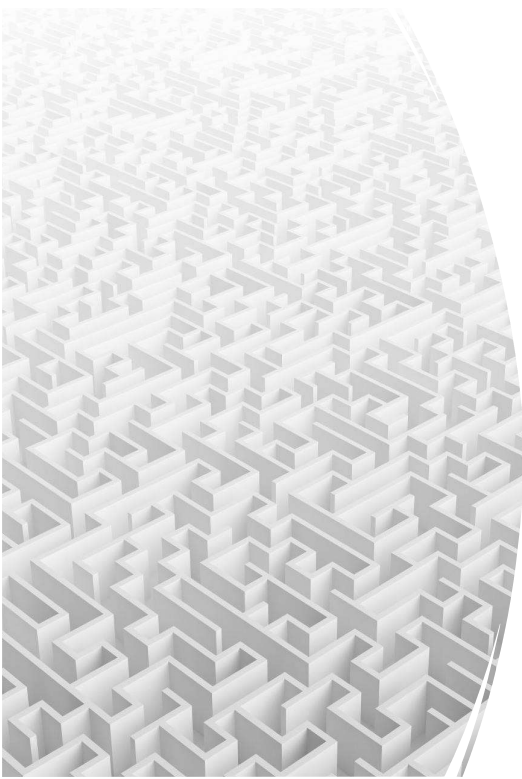
**Matthew  
10:28  
(NIV)**

[28] Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.

**Matthew 10:31  
(NIV)**

[31] So don't be afraid; you are worth more than many sparrows.





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**1. To Fear or Not to Fear is a choice.**

**2. To be free of fear**

↓  
**Change what you believe.**

↓  
**Replace the lie with the truth.**

**Genesis  
15:1  
(NIV)**

[1] After this, the word of the LORD came to Abram in a vision:

**“Do not be afraid, Abram. I am your shield, your very great reward.”**

- 1. The choice: to fear or not fear**
- 2. The lie: God isn't there for me.**
- 3. The truth: God is my shield and great reward**

## Genesis 21:17 (NIV)

[17] God heard the boy crying, and the angel of God called to Hagar from heaven and said to her, "What is the matter, Hagar? Do not be afraid; God has heard the boy crying as he lies there.

1. The choice: to fear or not to fear
2. The lie: God doesn't care and has abandoned you.
3. The truth: God heard the cries  
- so he cares and hasn't abandoned you.

[24] That night the LORD appeared to him and said, "I am the God of your father Abraham. Do not be afraid, for I am with you; I will bless you and will increase the number of your descendants for the sake of my servant Abraham."

1. The choice: to fear or not to fear
2. The lie: God is not with you and won't help you to have success down the road
3. The truth: God is with you, and he will help you prosper (have success down the road)

> The promise of having a Godly heritage.

## Genesis 26:24 (NIV)

## Matthew 1:20 (NIV)

[20] But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit.”

1. The choice: Fear or not to fear marrying Mary
2. The Lie: She’s been unfaithful.
3. The truth: What is happening here is of God.

## Matthew 6:24-33 (NIV)

[24] “No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

[25] “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? [26] Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? [27] Who of you by worrying can add a single hour to his life?”

## Matthew 6:24-33 (NIV)

**[28] “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. [29] Yet I tell you that not even Solomon in all his splendor was dressed like one of these. [30] If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? [31] So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ [32] For the pagans run after all these things, and your heavenly Father knows that you need them. [33] But seek first his kingdom and his righteousness, and all these things will be given to you as well.”**

1. The choice: To worry or not to worry.

2. The lie: You will need to figure out a way to supply for yourself.

> Which by the way turns you into a slave to money and material things. (v. 24)

3. The Truth: God values you, so he will take care of you - as your Father.



## “Father” Definition

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- Nourisher, Protector, Upholder
- Generator, Originator, Transmitter
- Creator, Preserver, Guardian, Protector
- Upholder, Ruler, Ancestor

**Orphan spirit:**  
The thinking, feeling, and reasoning that came as the result of the fall

**1. Simplest definition:**  
Orphans must take care of themselves. No one else can be trusted to do it.

**Orphan spirit:  
The thinking, feeling, and reasoning that came as the  
result of the fall**

2. So as a result, it is engrained into our old nature to not believe that God will take care of us.
  - a. We are alone, God is not trustable, faith doesn't work, you can't depend on what God or the word has to say, God will fail you, don't count on God doing anything for you,.....
  - b. We are more apt to believe that bad will happen to us, and we have to protect ourselves against it.

**John 14:1-4 (NIV)**

**[1] “Do not let your hearts be troubled. Trust in God; trust also in me. [2] In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. [3] And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. [4] You know the way to the place where I am going.”**

# John 14:15-21 (NIV)

[15] “If you love me, you will obey what I command. [16] And I will ask the Father, and he will give you another Counselor to be with you forever— [17] the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. [18] I will not leave you as orphans; I will come to you. [19] Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. [20] On that day you will realize that I am in my Father, and you are in me, and I am in you. [21] Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him.”

## Matthew 10:19 (NIV)

[19] But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say,

1. The choice: To worry or not to worry
2. The lie: you better know what YOU are going to say, have it all figured out, be ready to take care of yourself.
3. The Truth: You will be given what to say.  
(God will take care of you)

## Matthew 10:19-31 (NIV)

[19] But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, [20] for it will not be you speaking, but the Spirit of your Father speaking through you.

[21] “Brother will betray brother to death, and a father his child; children will rebel against their parents and have them put to death.

[22] All men will hate you because of me, but he who stands firm to the end will be saved. [23] When you are persecuted in one place, flee to another. I tell you the truth, you will not finish going through the cities of Israel before the Son of Man comes.

[24] “A student is not above his teacher, nor a servant above his master.

## Matthew 10:19-31 (NIV)

[25] It is enough for the student to be like his teacher, and the servant like his master. If the head of the house has been called Beelzebub, how much more the members of his household!

[26] “So do not be afraid of them. There is nothing concealed that will not be disclosed or hidden that will not be made known. [27] What I tell you in the dark, speak in the daylight; what is whispered in your ear, proclaim from the roofs. [28] Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. [29] Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. [30] And even the very hairs of your head are all numbered. [31] So don't be afraid; you are worth more than many sparrows.



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## 1.The choice:

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**To fear or not fear  
betrayal,  
persecution,  
hatred by people.  
(specifically by  
relatives)**



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## 2.The Lie:

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**You will be killed.  
God won't take care  
of you.**



### 3. The Truth:

God will give you what to say. (v. 19-20)

God will save you, so keep your faith (v.22)

You may need to break relationship with those who are doing this to you.(v. 23) \_\_\_\_\_

They will say what's happening with you is evil and of the devil (v. 24-25)

The Truth will come out. (v. 26)

So keep saying what I tell you to. (v. 27)

They may threaten to kill you, (v. 28)

But don't be afraid, God is so closely watching you that he knows even the number of the hair on your head. (v. 30)

He values you, so he will take care of you. (v. 31)



**From God's  
perspective:  
Getting free  
from fear is:**

**1) A Choice we make.**

**> We choose to be in Fear.**

**> To be free, we choose to not Fear.**