



Getting Free of Fear and Anxiety Pt. 2

**2 Corinthians
10:3-5 (AMP)**

[3] For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons. [4] For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds, [5] [Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One)



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 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

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

Orphan spirit:
The thinking, feeling,
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1. Simplest definition:

Orphans must take care of themselves. No one else can be trusted to do it.

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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 must 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.

1. The choice:

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



2.The Lie:

**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)



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Getting free
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3) Which flows out of our relationship with God and what we truly believe about him and what he has said.

Genesis 3:1-10 (NIV)

[1] Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

[2] The woman said to the serpent, "We may eat fruit from the trees in the garden, [3] but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

[4] "You will not surely die," the serpent said to the woman. [5] "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."



Genesis 3:1-10 (NIV)

[6] When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. [7] Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

[8] Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. [9] But the LORD God called to the man, "Where are you?"

[10] He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."



If Fear came when relationship was put into question,
then Fear is removed when relationship is made secure.

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.”



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Matthew 6:25 (NIV)

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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.

1 John 4:7-21 (NIV)

[7] Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. [8] Whoever does not love does not know God, because God is love. [9] This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. [10] This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. [11] Dear friends, since God so loved us, we also ought to love one another. [12] No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. [13] We know that we live in him and he in us, because he has given us of his Spirit. [14] And we have seen and testify that the Father has sent his Son to be the Savior of the world.

1 John 4:7-21 (NIV)

[15] If anyone acknowledges that Jesus is the Son of God, God lives in him and he in God. [16] And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. [17] In this way, love is made complete among us so that we will have confidence on the day of judgment, because in this world we are like him. [18] There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. [19] We love because he first loved us. [20] If anyone says, "I love God," yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen. [21] And he has given us this command: Whoever loves God must also love his brother.

1 John 4:18 (AMP)

[18] There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection].



Fear is NOT a lack of Faith problem.
It is a “WHO are you going to put your
Faith in?” problem.

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- 2. The more we trust him, the more we'll believe him and what he has said.**
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- 4. Growing via the process is what produces peace in our lives.**

> Process doesn't do it at first, but as we walk through it over and over, it does.

1 John 2:13 (NIV)

[13] I write to you, fathers,
because you have known him who
is from the beginning.....

Psalms 27:1 (NIV)

[1] The LORD is my
light and my salvation—
whom shall I fear?
The LORD is the
stronghold of my life—of
whom shall I be afraid?



Psalms 34:4 (NIV)

**[4] I sought the LORD,
and he answered me; he
delivered me from all
my fears.**

Isaiah 41:10 (NIV)

**[10] So do not fear, for
I am with you; do not
be dismayed, for I am
your God. I will
strengthen you and
help you; I will uphold
you with my righteous
right hand.**

