

How to Handle our Fears

Charles Stanley

I. Introduction.

A. We live in a fear-dominated society.

B. Text: Isaiah 41:10.

II. In order to deal with our fears we must understand the root of our fears. (Genesis 3)

A. We have to learn how to handle fears, not simply avoid them.

B. All fear is not bad—we are to fear the Lord. To fear God means to be in reverence before God. (Deuteronomy 10)

C. We are not to say that we do not have any fears—this may be a trap of Satan.

III. Basic causes of fear.

A. Parents.

B. Ignorance.

C. Imagination.

D. Doubt.

E. Poor self-image.

F. Guilt.

IV. Consequences of fear.

A. It stifles our capacity to think properly.

B. It results in indecision.

C. It diminishes capacity to achieve.

D. It makes people tank.

E. It torments. (I John 5:18)

F. It damages relationships with others.

G. It steals our joy.

V. The cure for fear.

- A. One must acknowledge that he has a fear.
- B. One must identify the fear with the help of God.
- C. One must focus. We cannot feel fear listening to the attributes of God. (Matthew 14:27, Joshua 1:9, Psalm 23)
- D. One must exercise faith. (Isaiah 41:10)
 - 1. God is omnipotent and with us.
 - 2. God lives in us through the Spirit.
 - 3. God has made us sufficient in Him. (Colossians 2)
 - 4. We must respond to circumstances based on who God is within us.

Application questions:

1. Which basic cause of fear resonates with you the most? Why?

2. How have you seen the negative consequences of fear?

3. Why are faith and focus so important to overcoming fear? Explain.
