**Notes**

****November 25th. 2018**



**All the Help You Need - 5**

***“ Overcoming Fear”***

Welcome

The first Sunday of the Rest (Best) of your life

2018

**All the Help You Need– Part 5**

***“Overcoming Fear”***

**John 16:7** Amplified Bible (AMP)

*But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby) will not come to you; but if I go, I will send Him (the Holy Spirit) to you [to be in close fellowship with you].*

**The Holy Spirit helps us in a key area…**

Overcoming Fear

**Range:** ‘feeling of mild uneasiness’

 to procrastination’

 to ‘panic attacks’

 to ‘running in stark terror’.

Fear/intimidation is the first negative force introduced in Eden.

 Fear is therefore a spiritual condition, …

 ...that cannot be dealt with by reason alone.

Over 300 encouragements to “fear not” in the Bible.

It’s a choice to trust God vs our ‘eyes’

**‘Run baby run’
(Even prophets need help at times)**

**1 Kings 19:1-3**

God had to go past the dramatic to teach Elijah to listen to the “still small voice” (Vs 12)

Fear clouded the reality that God had never left him, and that he was not alone in the fight against evil in Israel. (Vs 14,18)

**Deuteronomy 31:6**

**What are you focused on?**

Circumstances (what we see) – subject to change.

Or

God’s Word (His promises) – not subject to change.

 *(The cross speaks of His unchanging love for us today).*

Like oil and water that don’t mix,

 …so do love and fear not mix.

**God’s perfect love for us casts out fear**

**I John 4:18 - NKJV**

*There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected (become changed and stable) in love.*

**NLT** *Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.*

**Remember, the focus:**

**1 John 4:19** *We love Him because He first loved us.*

**Final take Away & Communion**

When we survey the cross

we realize that Jesus paid the price to remove fear

and replace it with…

(a Spirit of)

**2 Timothy 1:7**

*"For God has not given us a spirit of fear,*

*but of power and of love and of a sound mind"*