

To Fear or Not To Fear
that is the question

NOTES

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Proverbs 1:7

**7 The fear of the LORD is
the beginning of
knowledge;
Fools despise wisdom
and instruction.**

*Session 1:
Bible Survey*

“True and
Misguided
Meanings of
Fear”

REVIEW

Session 2:
Character Study

**“Glory and
Defeat rooted in
Right and Wrong
Fears”**

Principle #1

Right Fear Produces Love

Principle #2

Right Fear Produces Reverent Worship

Principle #3

Right Fear Produces Sacrificial Spirit of Giving

Principle #4

Right Fear Produces Godliness

Principle #5

Right Fear Produces Faith

Principle #6

Right and Wrong Fear Mixed: Double Minded =
Double Trouble

Principle #7

Right Fear will persevere,
especially in unjust suffering

Principle #8

Wrong Fear will harden your heart!

Principle #9

Wrong Fear will result in complaining
and discontent

Principle #10

Right fear requires great
courage/faith in the Lord

Principle #11

Right fear requires the Holy Spirit

Principle #12

Right fear does not cower before men or death

Principle #13

Right fear prioritizes Christ First

Principle #14

Wrong fear deceives others

Principle #15

Pray and Do God's Will

Session 3: Getting Practical

“How do you
live and die
in light of
fear?”

+



Are you saved? (Justification)



Anchored in Christ!

How are you doing in the
war against sin and striving
to be more like Christ?
(Sanctification)

Fear is a necessary passion in man,
which is planted in nature for the
restraining of us from sin,
and driving us on to duty,
and preventing misery.

- *Richard Baxter*

CHOICES

1 John 2:16 For all that is in the world, the **lust of the flesh**, and the **lust of the eyes** and the boastful **pride of life**, is not from the Father, but is from the world.



Luke 9:23–26 And He was saying to *them* all, “If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. ²⁴ “For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it. ²⁵ “For what is a man profited if he gains the whole world, and loses or forfeits himself? ²⁶ “For whoever is ashamed of Me and My words, the Son of Man will be ashamed of him when He comes in His glory, and *the glory* of the Father and of the holy angels.

Proverbs 22:4 The reward of humility *and* the fear of the LORD are riches, honor and life.

Luke 16:13 “No servant can serve two masters; for either he will hate the one and love the other, or else he will be devoted to one and despise the other. You cannot serve God and wealth.”

Numbers 12:3 Now the man Moses was very humble, more than any man who was on the face of the earth.

Philippians 2:5 (Paul, Believers, Christ)

Have this attitude in yourselves which was also in Christ Jesus,

What is the Most Powerful Emotion/What drives the will?

Micah 7:18 Who is a God like You, who pardons iniquity And passes over the rebellious act of the remnant of His possession?

He does not retain His anger forever, Because He delights in unchanging love.

Forgiveness ←

LOVE

→ **Judgment**

FEAR

HATE

Jeremiah 31:3

³ The LORD appeared to him from afar, saying, "I have loved you with an everlasting love; Therefore I have drawn you with lovingkindness.

2 Thessalonians 1:9

⁹ These will pay the penalty of eternal destruction, away from the presence of the Lord and from the glory of His power, i.e. Rev. 20:14

1 Corinthians 1:23

but we preach Christ crucified, to Jews a stumbling block and to Gentiles foolishness,

2 Peter 2:19

promising them freedom
while they themselves are
slaves of corruption; **for by
what a man is overcome,
by this he is enslaved.**



How are you viewing
your future?
(Glorification)

“Future Meditations”

- * Make the most of your time (Ephesians 5:1-21) v. 15-16
 - Great Commission / Serving / Etc.
- * Be on alert (Mat. 24:42-51) (context tribulation)
- * Parable of the Talents (Mat 25:14-46) (context tribulation)
- * Judgment Seat of Christ (2 Cor. 5:10 / Rom. 14:10)
- * Recognize what will be rewarded
 - What is done according to God’s Word, not your wisdom
 - What is done by Holy Spirit, not your flesh
 - What is done for God’s glory, not yours

FEAR'S RELATIONSHIP TO LAZINESS

Recognize: If we perform our Christian duties responsibly, we avoid a lot of other problems, consequences, & outcomes.

Proverbs 26:13–16

(FEAR/EXCUSES)

¹³ The **sluggard** says, "There is a lion in the road! A lion is in the open square!"

(SLEEP/TIRED)

¹⁴ As the door turns on its hinges, So *does* the sluggard on his bed.

(STRENGTH/WEAK)

¹⁵ The sluggard buries his hand in the dish; He is weary of bringing it to his mouth again.

(DECEIVED/PRIDE)

¹⁶ The sluggard is wiser in his own eyes Than seven men who can give a discreet answer.

(CONSEQUENCES)

Proverbs 6:6–11 ⁶ Go to the ant, O sluggard, Observe her ways and be wise, ⁷ Which, having no chief, Officer or ruler, ⁸ Prepares her food in the summer *And* gathers her provision in the harvest. ⁹ How long will you lie down, O sluggard? When will you arise from your sleep? ¹⁰ "A little sleep, a little slumber, A little folding of the hands to rest"— ¹¹

Your poverty will come in like a vagabond And your need like an armed man.

NOTE: Parable of the Talents – Matthew 25:14-30 v. 26

Although **Fears** can be
organized and categorized, no two
people experience **fear**
the **same way**.

TOP 10 HUMAN FEARS

- 1. Speaking before a Group**
- 2. Heights**
- 3. Insects, bugs, birds**
- 4. Financial problems**
- 5. Deep water**
- 6. Sickness**
- 7. Death**
- 8. Flying**
- 9. Loneliness**
- 10. Dogs**

Jay Leno quipped, “I guess we’d rather be in the casket than delivering the eulogy.”

UNDERSTAND THE WORLD

1 John 2:16 For all that is in the world, the **lust of the flesh** and the **lust of the eyes** and the **boastful pride of life**, is not from the Father, but is from the world.

Drugs/Alcohol
Abusing Food
Lying
Coveting / Stealing
Financial Woes
Various Fears
Self-Love
Broken Relationships
Grief
Loneliness
Worry
Depression
Critical Sprit/Inferior Judgments
Anger
Trials
Dying (Terminal Illness)
Death

How to Identify Your Fears

1. Keep a journal
2. Note the exact times you are most fearful (start, stop)
3. Note the specific circumstances (location, people, events, smell, etc)
4. What thought, person, place, event kicked off the fearful thought
5. Note precisely the content of the fearful thoughts
6. Note what actions you thought you should or should not take
7. Note how and when the fearful thoughts subsided
8. Identify the topic of the fear
9. Using a topical bible, see if the topic is mentioned in the Bible, and what it says
10. Determine the right Biblical response and steps to face and overcome the fear
 - A. Seek elder assistance
 - B. Someone Biblical knowledgeable
11. Additional Questions:
 - A. Is the object of the fear connected to unconfessed or ongoing sin?
 - B. Is the object of fear something in or out of your control to remove?
 - C. When will this fear be realized? (imminent or distant, probability)
 - D. What is the worst that can happen?
 - E. Focus on your daily obedience to Christ and your gifts in serving
 - F. REMEMBER: The safest, surest place is obeying His Word
 - G. REMEMBER: Persecution for Righteousness has been the Historical, Christian Norm

Daily Disciplines to Fear the Lord

1. Prayer:

- * Dealing with the Anger of God (Psalm 2:12, Jonah 3:8-10)
- * Psalms (Psalm 3, Psalm 35)
- * Hebrews 4:15,

2. Reading/Memorizing the Word:

- * Psalm 1, Psalm 119, Acts 17:11, Ezra 7:10

3. Self-Examination:

- * 2 Corinthians 13:5, 1 Corinthians 11:28 (Context Lord's Supper), Galatians 6:4

4. Confess Sin:

- * 1 John 1:9-10, James 5:16

5. Put off Sin / Put on Righteousness:

- * Colossians 3:8-17, 2 Timothy 2:20-26

6. Don't Neglect Your gifts and Service:

- * 1 Timothy 4:14, 1 Corinthians 12-14

7. Don't Neglect Fellowship:

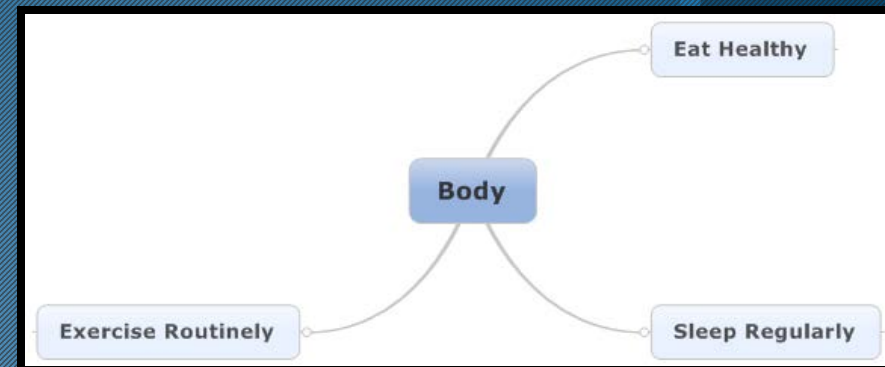
- * Hebrews 10:24-25

8. Imitate Christ:

- * 1 Thessalonians 1:6-7, 1 Peter 2:21-25, Acts 7:60 (Stephen)

9. Remember God's Past Faithfulness to You and to other Believers

- * Psalm 103



ANXIETY / WORRY

Preliminaries:

Daily Disciplines Must be in Place

The Three Key Instructions:

MEMORIZE: Philippians 4:6–9

PRAY: ⁶ Be **anxious** for nothing, but in everything by prayer and supplication with thanksgiving **let your requests be made known** to God. ⁷ And the **peace of God**, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

THINK:

⁸ Finally, brethren, whatever is true,
whatever is honorable,
whatever is right,
whatever is pure,
whatever is lovely,
whatever is of good repute,
if there is any excellence and if anything worthy of praise,
dwell on these things.

DO:

⁹ The things you have learned and received and heard and seen in me,
practice these things, and the **God of peace** will be with you.

F.E.A.R.

False Evidence Appearing Real

Forget Everything and Run

Face Everything and Recover

Failure Expected And Received

False Emotions Appearing Real

Feeling Everything's Awful Real

Fighting Ego Against Reality

Forever Escaping And Retreating

Forgetting Everything's All Right

Frantic Effort to Appear Real

Frustration, Ego, Anxiety, Resentment

Future Events Already Ruined

Face Everything And Rejoice

HOW TO FACE ANY FEAR

1. Do you desire to glorify God more than ... (being understood, be accepted, be safe, etc...)
 - Philippians 1:21, 2 Corinthians 5:9
2. Are you willing to sin to fulfill your desires? The result will end in conflict.
 - James 1:1-10
3. Recognize that the only way to experience the love of God is through obedience.
 - John 14:21
4. We have to stop obsessing with self, and love and serve God and others.
 - John 13:12-17
5. Fear is sinful when it proceeds out of unbelief or distrust in God
 - Matthew 14:25-31 (Peter walks on water)
6. Fear is sinful when you attribute more power to what you fear than the Bible allows
 - Luke 12:4-5
7. Fear is sinful when it attributes to God characteristics that are inconsistent with His nature.
 - i.e. God would never send someone to hell, God is a tyrant

HOW TO FACE ANY FEAR

8. Fear is sinful when one fears what God forbids him to fear.

- The Bible forbids us from fearing people (man).
 - * Matthew 10:28, Psalm 27:1-3, Psalm 56:4, **Proverbs 29:25**
- The Bible forbids us from inordinately fearing our environment & circumstances.
 - * Psalm 46:1-3, Psalm 91:5-6
- The Bible forbids us from fearing bad news.
 - * Psalm 112:4, 7-8
- Fear is sinful when it is rooted in the loss of some cherished idolatrous desire.
 - “What is it that you are most afraid of losing?”*
 - Money / Poverty
 - Approval / Rejection and conflict
 - Control / Losing control
 - Intimacy / Loneliness
 - Pleasure / Boredom
 - Their own lives / Losing them

HOW TO FACE ANY FEAR

If you fear your remedy,
what shall cure the fear of your disease?

Consider what a horrible injury it is to God, to think of him as you do of the devil: as an enemy to humble, willing souls, and a destroyer of them, as an adversary to them that diligently seek him;’ of whom he is a lover and rewarder.

- *Richard Baxter*

HOW TO FACE ANY FEAR

9. Fear is sinful when it is so paralyzing that it keeps us from fulfilling our biblical responsibilities (when it keeps you from loving God & neighbor as the Bible commands).

10. Fear is sinful when it is rooted in selfishness rather than love.

- 1 Corinthians 13:5
- **Love:** is being more concerned with what I can give than with what I can get.
- **Selfishness:** is being more concerned with what I can get than with what I can give.
- **Fear:** is being more concerned with what I might lose than with what I can give.
 - * Fear & selfishness are the sins of commission
 - * Lack of love for God and neighbor are the sins of omission.
- **Man-Pleaser:** Unpleasant consequences keep/paralyze you from loving God and loving others.

11. Deal with unresolved past guilt

- Acts 24:16, Psalms 103:12

12. Recognize the miseries and consequences with a life paralyzed by sinful fear

- Proverbs 29:25, Proverbs 14:14, Galatians 6:7

HOW TO FACE ANY FEAR

John Flavel said:

“The more you are mortified,
the less you will be terrified ...
It is the strength of our affections
that put so much strength
into our afflictions.”

HOW TO FACE ANY FEAR

13. Nothing can afflict you independent of God permission

- John 19:10–11 (Pilate)

14. Understand how fear can be imposed from the past to the present

- Public Speaking

15. There is a connection between fear and undisciplined thinking

- Imagination can be our worst enemy
- 2 Timothy 1:7 “discipline” =

“self-controlled, disciplined, & properly prioritized mind

Romans 8:18

For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

DIFFERENCE: Godly & Worldly Sorrow

2 Corinthians 7:9–11

⁹ I now rejoice, not that you were made sorrowful, but that you were made sorrowful to *the point of* repentance; for you were made sorrowful according to *the will of* God, so that you might not suffer loss in anything through us. ¹⁰ For the sorrow that is according to *the will of* God produces a repentance without regret, *leading* to salvation, but the sorrow of the world produces death. ¹¹ For behold what earnestness this very thing, this godly sorrow, has produced in you: what vindication of yourselves, what indignation, what fear, what longing, what zeal, what avenging of wrong! In everything you demonstrated yourselves to be innocent in the matter.

ANGER ASSESSMENT

Preliminaries:

Psalm 7:11 God is a righteous judge, And a God who has indignation every day.

Trials/Testing/Temptation

John 15:2 (Prunes), 1 Peter 1:6-7 (Trials/Tests), Hebrews 12:7 (Disciplines)

Perspective

Genesis 50:20, Romans 8:28

1. Where is your anger directed recently and typically?

* God * Self * People * Situations

2. Wrong Ways to Handle Anger

* **Proverbs 15:1** * **Proverbs 29:11** * Matthew 5:21-26
* Proverbs 26:21 * Proverbs 29:20 * 1 Peter 2:20

3. Right Ways to Handle Anger

* **Ephesians 4:26-32** * Colossians 3:8 * 1 Peter 3:8-10
* Proverbs 17:14 * Ephesians 4:29

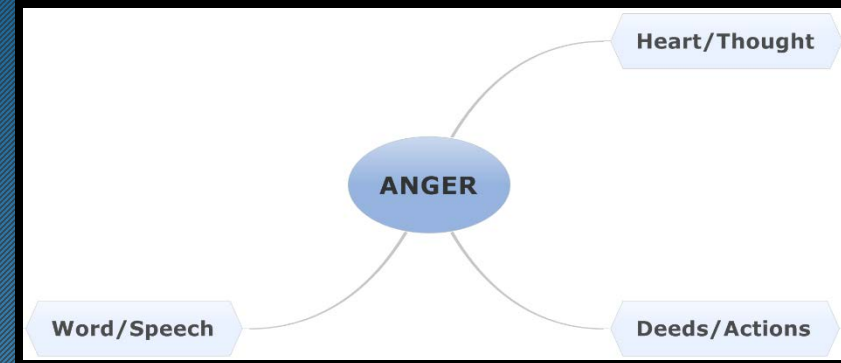
4. Consider your position (bond-servant / slave with no rights) – Concentrate on God's Rights rather than yours

* 1 Corinthians 6:20, 1 Corinthians 7:23

5. Become Self-controlled

* Renew the Mind (Romans 12:2) * Redeem the Tongue (James 3:9-10)
* Redirect Your Actions (1 Peter 1:15-16)

6. Don't Forget your witness (1 Peter 2:10)



Richard Baxter - Directions Against Sinful Grief and Trouble

1. Make sure you are saved
2. Renew not the wounds of conscience by renewed, wilful, gross sin.
3. 'Be well acquainted with the general grounds of hope in the mercy of God, the office and death of Christ, and the free, universal offer of pardon, grace, and life in the New Covenant.'
4. 'Know well the true nature and use of godly sorrow: how it is but a means to higher grace, and a thing which may exceed, and not a thing that we should stop it, or think we can never have too much of it.'
5. 'Know well the nature and excellency of those higher graces which sorrow tendeth to: even love, and thankfulness, and delight in God, and fruitful obedience.'
6. Manage all your affairs, especially those of your souls, with prudent foresight: and look not only on things as they appear at hand.'
7. 'Look always on your remedy when you look on your misery, and when you find any dangerous sin or sign in you, presently consider what is your duty in order to your recovery and escape.'

Directions against sinful Grief and Trouble

8. 'Remember your causes of joy as well as your cause of sorrow, that each may have their due, and your joy and sorrow may both be suited to their cause.'
9. 'Read over all the commands of Scripture that make it your duty, to rejoice in the Lord, and exceedingly to rejoice; and make as much conscience of them of other commands of God.'
10. 'Befriend not your own excessive sorrow by thinking them to be your duty, nor suspect lawful mirth and joy as if it were a sin, or a thing unbecoming you'
11. 'Love no creature too much, and let it not grow too sweet and pleasant to you: else you are preparing for sorrow from the creature.'
12. 'Learn to be pleased and satisfied in the will of God.
Trust your heavenly Father who knoweth what you need.'
13. 'Afflict yourselves no further than God or man afflict you:
but remember if you think that you have too much already against your wills,
how foolish and self-contradicting it is to lay a great deal more,
wilfully upon yourselves.'

Directions against sinful Grief and Trouble

14. 'Abhor all that tendeth to take down the power and government of reason (that is, all feebleness and cowardice of mind, and a melancholy, a peevish, passionate disposition): and labour to keep up the authority of reason, and to keep all your passions subject to your wills; which must be done by Christian faith and fortitude.'
15. 'Observe the mischiefs of excessive sorrow that you may feel what reason you have to avoid it.'
16. 'Govern your thoughts, and suffer them not to muse and feed on those objects, which cause your grief.'



God

Fear * Glory * Honor * Love * Praise