

Do Not Fear

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[0:00] In the Old Testament, the book of Psalms and Psalm 56. Be merciful to me, O God.! For men hotly pursue me. All day long they press their attack.

! My slanderers pursue me all day long. Many are attacking me in their pride. When I am afraid, I will trust in You. In God whose word I praise.

In God I trust, I will not be afraid. What can mortal man do to me? All day long they twist my words. They are always plotting to harm me.

They conspire. They lurk. They watch my steps. Eager to take my life. On no account let them escape. In Your anger, O God, bring down the nations.

Record my lament. List my tears on Your scroll. Are they not in Your record? Then my enemies will turn back when I call for help. By this I will know that God is for me.

[0:57] In God whose word I praise. In the Lord whose word I praise. In God I trust. I will not be afraid. What can man do to me? I am under vows to You, O God.

I will present my thank offerings to You. For You have delivered me from death. And my feet from stumbling. That I may walk before God in the light of life.

I want to start this morning with a question that may sound a bit like Bible trivia. And that's because it's perhaps about a not so well known fact about the Bible.

But I assure you at the outset that it is anything but trivial. And you'll recognize that as soon as I ask you the question. The question is this. What is the most frequent command given in the Bible?

There's a lot of commands in the Bible. The question is which one is repeated more than any other? One source I saw said this command is given more than 300 times.

[2:08] I found at least 100 references to the same. Perhaps there's many more with other synonyms that could be found. The command is do not fear.

Do not be afraid. Do not worry. Do not be terrified. And so on. And if this is the most frequent command in the Bible. What does that tell us about man?

First of all. Well, it tells us that man is prone to fear. Indeed, the gist of the command in many places could be translated.

Stop fearing. Stop being afraid. As it was often addressed to those who were afraid. Or who were being tempted to fear.

And so needed encouragement not to fear. God does not speak unnecessary words. The Bible has no wasted words. And so.

[3:11] It's a. If this command is repeated over and over. It must be that there are. Many people who are fearful who should not be. Consider to whom God has given this command.

To not be afraid. Well, the likes of Abraham. The father of the faithful. To the other patriarchs. Isaac and Jacob. To Moses. The leader of God's people. To whom God spoke face to face. And to his successor.

Joshua. Who led the people of Israel into the promised land. To deliverers and leaders of God's people. Like Gideon. To the judges of Israel.

The prophets of Israel. Like Elijah. And Jeremiah. Ezekiel. And Daniel. These were bold men. Who accomplished great feats for God.

[4:08] And yet. They too struggled. With fear. Powerful kings of Israel. And Judah. As Solomon. And Jehoshaphat. And Hezekiah.

And to the people of Israel themselves. Who had God as their God. Many times. They were told not to fear. Indeed. The very twelve disciples of our Lord Jesus.

Were often. Given this command. The apostle John. Who leaned upon the bosom of Jesus. Needed to hear. These words.

Do not fear. The apostle Paul. These were people. Who knew God. Who did mighty things for him. And yet.

Often found reason. To hear God say to them. Do not fear. These were people. Who you find in Hebrews 11. Their hall of famers.

[5:06] These are people. Known for their faith. And yet. They too. Struggled with fear. So. From the very. Number of times. That these words are spoken.

We can learn something. That fear is no isolated problem. That only a few struggle with. But it's one that we all battle with. Over 700 verses.

In the Bible. On fear. Besides. The fact that we're commanded. Not to fear. Many. Many instructions. Concerning fear. Indeed.

The boldest among us. The man with the most. Strong personality. Among us. Still has struggles with fear. In some area. Some wear bumper stickers.

And shirts. That say no fear. I for one believe. That they're lying through their t-shirts. They're in denial.

[6:02] They're in denial. Of what is the common lot. Of human beings. Living in a fallen world. Fear. I'd ask you. Is that not your experience as well?

Every one of you. That you have reason enough for God to say to you often. Child. Do not fear. Do not be afraid.

Stop worrying. We may be controlled by fear. Even more than we realize. And perhaps this study. And the one to follow.

God willing. Will help us to identify. Ways that fears. Come into our lives. And control us. Well what kinds of things do we fear?

Well we fear almost anything. We fear people. We fear both enemies and friends. We're afraid of what our enemies might do to us. And we're afraid of what our friends might think about us. We may be afraid to be alone.

[7:02] Or we may be afraid to go into crowds. We may be afraid of the dark. Or we might be afraid to be exposed by the light. We may be afraid of threatening events.

We may be afraid of the unknown future. Fear of death. The loss of something dear to us. Or someone dear to us.

The loss of a job. The loss of money. Of health. A family member. Of reputation. Of popularity. Of beauty. Of position.

Of respect. Perhaps there's a lot of fear. Today about the recession. And what that's going to mean for. My family.

Maybe there's a lot of fear of. What this country will look like. When. My child or grandchild grows up. What kind of world will he be living in?

[8:02] What will this nation look like? It's true of believers. And it's true of unbelievers. And we will confine most of our comments.

In our study to believers. Struggles that believers have. With fear. This is a subject I need help. In. And perhaps you do.

As well. So the fact that God repeats this command. More than any other. Shows man's proneness to fear. What does it teach us about God?

Well it teaches us that he does not want his children. To be afraid. And that. Is something that's so important. That he repeats it over and over and over again.

And it's important that his children not be afraid. On two counts. First of all. He cares about our emotional peace. He knows we're prone to fear.

[9:01] And he doesn't want us. To fear. He wants to relieve us of fear. So he comes to us. Saying do not fear. Do not fear.

It's no small mercy for the Lord. To come to us. Relieving our fears. Because fears. Can be crippling. Can be paralyzing.

Debilitating. Enslaving. Anybody who's ever had a panic attack. Knows that I'm not exaggerating. When I say that. That fears can be paralyzing.

Debilitating. Some are so afraid of germs. That they won't go out of the house. They're controlled by their fears. Others are so afraid of people. That they won't go into crowds.

Fear controls them. It determines where they go. And what they do. Some are unable to make a decision. For fear of making the wrong one.

[10:04] Some are so afraid of failure. That they never try anything new. Or different. Or anything that would stretch them. Or their faith. They'll only do. What they're very certain.

That they can succeed in. They're controlled by their fears. Others are so afraid of what others will think of them. That they aren't free to be themselves.

They're afraid of rejection. So they never open up. And allow anyone to know them. For fear that. They will see something they don't like in them.

And think less of them. Indeed the Bible speaks of those. Who all their lives were held in slavery. By their fear of death. Fears cripple.

Fears enslave. Fears a destructive thing. It destroys relationships. It destroys health. It robs us of sleep. It robs us of rest.

[11:06] Worry. Is exhausting work. And it's a depressing thing. For fear robs us. Joy. And peace.

What a kind heavenly father we have. Who comes to us. Wanting to relieve us. Of our fears. Who cares about. Our emotional peace.

So he comes to. In this command. He comes himself. To. To put us at rest. To quiet us. With his love. To comfort and calm.

Our fears. Now he doesn't do that. By isolating us. From every fearful situation. Situation. Rather. But by giving us grace. To conquer our fears.

In the midst of these situations. For you see. With the words. Do not fear. Comes the grace. To obey that command. That's true of every believer.

[12:04] That as God's word. Of command. Comes to you. Along with it. Comes the grace. To obey it. And so when we hear. These words of God. Do not. Be afraid.

Great. God himself. Comes. To bring us. His peace. That's a concern. For God. That's why he says it so often. He wants us to enjoy.

The peace. That comes from having him. As our God. But secondly. He cares about his own glory. Terrified children. Do not speak well. Of the loving care.

And protection. Of their father. But children. Trusting. Resting. Singing beneath the shadow. Of his wing. Or a glory to him.

What a father. You must have. To not be afraid. In these circumstances. Yes. We can safely.

Entrust our welfare. To him. And not fear. And so.

[13:01] God is greatly glorified. When Daniel. Does not cower. In fear. Before. A den of lions. God is greatly. Glorified.

When three Hebrew. Children. Are not afraid. Of the fiery furnace. God's greatly glorified. By your not fearing. What others fear.

Because of the difference. That your God makes. In your life. You see. Faith. In God. Is one way. That we glorify God. And so.

God. Comes to us. Do not fear. Because he seeks his glory. In the earth. He would have the world know. What a great God. He is. To his people. So the number of times.

God repeats the command. Tells us something about man. And tells us something about God. Now let's consider. In the second place. The fact that our fears.

[13:57] Are revealing. Things. Our fears. Are revealing. Things. They. In the first place. They point us. To the things. That. We really want.

We don't worry. About things. That don't mean. Too much. To us. When we have. An old beater car. We don't. Worry. About where we park it. At work.

Or at the mall. We don't lose sleep. Over it at night. If it's parked. Out on the street. We may even leave. The. The. The doors unlocked. And.

Maybe even. The keys. In the ignition. Just daring. Someone. To drive it off. We don't. Worry. About that. Which means. Little to us. Oh. But then.

It all changes. When we get the new car. Doesn't it? And now. We're. We're worrying. About. Some door. At the mall. Dinging our door. And. We wouldn't. Think of leaving it.

[14:52] Out in the street. With the keys in it. You see. Our fears. Have a way. Of sifting out. And sorting through. Everything in our life. And pointing. And discovering.

What really means. Most to us. What's important? What do we really want? When we feel threatened.

With the loss of these things. That we really want. Then we worry. And fret. But we only worry. About things important to us. Well then.

Nagging fears. That refuse to go away. Can help point out. Idols. In our hearts. Idols. In our lives. Things that mean. Too much.

To us. Why is it. That I'm always. Worrying about this thing. Perhaps. It's because that thing.

Means. Too much. To us. Perhaps.

[15 : 45] We've determined. That. We can't be happy. In life. Without this. Thing. This person. In our lives. And so.

Our fears. Can put a finger. On our idols. Things that we have given. The place. That God alone. Should have. When my mood.

Fluctuates. With the stock market. And I'm continually. Worrying about. Losing. Money. Or losing. My job. Or. Or good health. It could be a sign.

That these things. Mean too much. To me. If I never. Witnessed. To another. Because. Of the fear. Of rejection. It could be. That I've made an idol. About other people's.

Approval. Of me. I'm always. Worrying about. What other people. Think of me. And won't do anything. To jeopardize. Their favor. And I've made an idol.

[16 : 38] Out of my reputation. Parents. You may. Refuse. To discipline. A child. Or to rebuke. An older child. Because you fear. Losing.

Their favor. Or. You may go. To the other extreme. And be overly harsh. In your discipline. Because you're afraid. Of being embarrassed. In front of your peers.

By a. Child. That's acting up. We can make idols. Out of our children. We can make idols. Out of their good behavior. If I'm afraid. Of failure.

Such that I. Shun attempting. Something. I've never done before. Or I'm not sure. I can succeed at. Perhaps my image of success. Has become an idol.

I avoid taking any risks. Doing anything new. Where I don't want to. Take the first step. Unless I'm sure. That the last step. Will be just. As according.

[17 : 35] To plan. That means. I don't like. Walking by faith. I want to walk by sight. I want to see the end. From the beginning. I want to be like God.

Perhaps I've made myself. An idol. And so. Our fears. Can be pointers. To these potential idols. In our lives. It fears reveal.

Where our hearts are at. What we really want. What's really important. To us. But then. They're also revealing. In that they're a sign. Of feeling inadequate. Aren't fears.

Something that. That demonstrates. I don't. I don't feel. I've got what it takes. In this situation. We get panicky. When we get overwhelmed. When we get in over our heads.

And. And life throws us more. Than we can handle. And it seems. That life starts spinning. Out of control. That's the formula. For fear. We like to be.

[18 : 33] In. Control. Or at least. Think that we are. Eight years ago. On 9-11. Our nation. Was struck with fear. Because on that date.

We learned. That we're not nearly. As safe. As we had thought. We were. Our false sense. Of security. Was destroyed. And we realized. We can't even. Control.

Our own safety. There are no. Friendly skies. To fly. And so. We felt vulnerable. We felt afraid. Didn't we? The present.

Recession. Is destroying. Our nation's. False security. Of financial. Strength. And unending. Prosperity. We're finally.

Finding out. That we can't. Control. Our financial. Security. Much of it. Is beyond. Our control. We can save. And save. And put it in. In mutual funds.

[19 : 27] And think. We're safe. And suddenly. We wake up. To the fact. That we can't. Ensure. Financial. Stability. vulnerability. And the fear.

Is the response. Of felt. Vulnerability. A test. Back from the doctor. Reveals. Cancer. And shatters. Our false sense. Of being. In complete. Control. Of our good health. With diet. And exercise. And we think. If I just. Do these things.

Then health. Is mine. And suddenly. We realize. God's the one. That gives life. And breath. And everything else. And even my health. I can't.

Keep myself. Healthy. Or alive. And we begin. To fear. Many things. In this fallen world. That put us. In touch.

[20 : 20] With our creatureliness. The simple fact. That we're not God. But we are dependent. Upon him. For all things. There's a part of us. That would like. To think.

That I am the master. Of my fate. I am the captain. Of my soul. As Invictus. The poem. Says. We want to be at the helm. We want that feeling.

Of being in. Control. But the truth is. We're not in control. We're not in control. Of our lives. Regardless of what. We may feel. Or tell ourselves.

And when something. Comes to the surface. And shows us. Just how out of control. We are. And we feel overwhelmed. And in over our heads. We get nervous. We get fidgety.

We get. Afraid. Well then. Let your fears. Do you the service. Of reminding you. That you're not in control. Let them do you that good.

[21:16] You are never meant. To be the one. In control. You were never meant. To be self-reliant. Independent. Self-sufficient. And so let your fears. Point you. To look away. To the only one.

Who is. Truly independent. Self-sufficient. And all sufficient. For you. The living God. So fears. Are revealing things. They show us. What. We really want. In life. And they. They show us. That we're not. Really. In control.

Well. Well. God not only says. Do not fear. He also gives us. Many reasons. Why we shouldn't. Be afraid.

And let's look at those. In the third place. This morning. The reason. Sound reasons. Why we. Should not. Be afraid. Now. There's several different.

[22:09] Groupings. Of these reasons. But they all have to do. With God. With. We begin. With his presence. His presence. Isaiah 43. In verse 5.

Says to the whole nation. Who were fearing. For their lives. Do not be afraid. For I. Am. With you. God. Is saying.

That my presence. With you. Should be enough. To remove. Your fears. He says that. To the whole nation. And he says it. To a solitary. Man. Jeremiah.

The prophet. When he called him. And he called him. To take his word. To a rebellious. And stubborn people. It wasn't a popular message. That they wanted to hear.

It was the message. That God is coming. In judgment. Because of your. Stubbornness. And your sins. Against him. And Jeremiah. Is thinking. I'm going to bring.

[23:03] That message. To my neighbors. To these people. That I see. At the temple. Oh no. He starts. Feeling inadequate. And he starts.

Fearing the repercussions. And he's terrified. And so he says. To God. Who's calling him. I do not know. How to speak. I'm only a child. And the Lord responds.

Do not. Be afraid. Of them. For I. Am with you. I. Am with you. He repeats it. Twice.

To Jeremiah. Jeremiah. It doesn't matter. Who you are. All that matters. Is who I am. And I. Am with you. 20 times.

He says such things. To calm the fears. Of his people. I am with you. You find that. That's to be enough. When you go through. The valley.

[24:01] Of the shadow. Of death. I will fear no evil. Why? Because thou. Art. With me. His presence. Is enough.

So when we're feeling. Out of control. And overwhelmed. The. Anxiety medicine. That God gives us. Is his presence. With us.

I'm with you. Child. I'm with you. And that is said to us. In the new covenant. No less than to these. Old Testament saints. Hebrews chapter 13.

Verses 5 and 6. God has said. And then he quotes. What God said. In the old covenant. Never will I leave you. Never will I. Forsake you. So we say. We new testament. Christians.

So we say. With confidence. The Lord is my helper. I will not be afraid. What can man do. To me. Because this God. Is with me. So we've known.

[24:58] The fear disarming. Help of having. Another human being. Standing beside us. While we go through troubles. What is that. Compared to having. The living God. With us.

And he's always with us. Because he lives in us. By his spirit. And that means. That wherever I go. He is with me. And so when I go. Into work. And I fear. That pink slip.

Or I fear. That. That. That. Supervisor. Tapping me on the shoulder. To tell me. This is it. This is it. Pack up your. Your things. And. And move on. He's with me there. He's with me at school.

He's with me in that. Difficult meeting. That caused my heart. To. To beat faster. Because I. I'm. I'm afraid. Of that person. He goes with us. And that presence.

Is to remove our fears. But you know. His presence with us. Will only remove our fears. To the extent. To which we know him. To the extent.

[25 : 53] And how well we know the one. Who's with us. And so the next reasons. Not to fear. Is because. Of who he is. Who is this one. That's with us.

There's Israel. In Deuteronomy 7. Trembling before the. The powerful nations. That are occupying the promised land. We're going in there. And here's the word. Of Jehovah.

To them. Do not be terrified. By them. For. Here's the reason. The Lord. Your God. Who is among you. Is a great. And awesome. God.

Not only am I. With you. But remember. I'm a great. And awesome. God. And you can say that. About every attribute. That's true of God. His love.

Is great. And awesome. His power. Is great. And awesome. His faithfulness. Is great. And awesome. His forgiveness. Is great.

[26 : 49] And awesome. He's great. And awesome. In all that he. All that he is. So he says. To Zion. Do not fear. Oh Zion. The Lord. Your God. Is with you. He is mighty. To save.

The one who is with you. Is no localized. Tribal deity. He's the Lord. Of the universe. Everything. Obeys his command. The Lord. Almighty. Is with us. And therefore. We will not fear.

And often. He reminds us. The one. Who is with us. Is the. The one. That made the heavens. And the earth. That's the one. With you. So don't be discouraged.

For there's a greater power. With us. Than with them. With them. Is only the arm. The arm of flesh. But with us. Is the Lord. Our God. To help us. And fight. All. Our battles.

You see. God is with us. That should calm. Our fears. But only. As we know. Who this God is. He is this great. And awesome. God. He says.

[27 : 51] I am with you. I am your God. Oh this God. He. He's a God in covenant. With me. He's a God who says. I will be your God.

And you will be my people. That God is with me. The God who's for us. And if he's for us. Who can be against us? Abraham.

Genesis 15. And verse 1. Finds himself. In a strange land. Remember. God said. Go. And I'll show you. To a land. That will be your home. And he's in that land now. But there's all sorts of kings.

And powerful armies. And he's just rescued. His nephew Lot. From a whole band of them. But he's trembling with fear. As he thinks of himself.

Being surrounded by such powers. And God comes to him. It's a beautiful thing. That we find in scriptures. That every time this word. Do not fear comes. It's a signal. God knows our fears.

[28 : 45] He's concerned. About what scares us. And so. Here's. Here's his son. Abraham. Trembling with fear. And God comes to him. Do not fear.

He says to them. Do not be afraid. Abraham. I am your shield. And your very great reward. Kids. You know what a shield is.

A shield is something. That comes between you. And danger. Here you are. And here's your enemy. With his sword. And the shield.

Is what keeps his sword. From. Touching you. And God says to Abraham. In the midst of these. Enemy kings. I am your shield.

You see. I'm with you. I'm as close to you. As a shield is to your body. But you. You must know what. What I am. I'm a shield. I'm a protector. And nothing will touch you.

[29 : 41] But what it must. Come through me. First. Do not be afraid. I am your shield. Child of God. This great God. This awesome God.

Is your shield. And nothing can touch you. But what his wisdom. And power. And sovereignty. And faithfulness. And love. Has decided. Is for your good. So don't be afraid.

Well you see. The better I know. This God. Who is with me. The less fear. Has a chance. At controlling me. Because there's enough.

Here. In God's character. To chase away. My fears. There are enough. Attributes in God. To keep me. From fearing. And so it's important. To know theology.

Sometimes people. Think theology. Study of God. That's not very practical. Well you see. Nothing could be more. Practical. How well do you know God. How well do you know.

[30 : 38] This God that's with you. The better you know him. The more equipped you are. To chase. Your fears away. His presence.

Who he is. Secondly. And third. Reason not to fear. What he has done. For in his past deeds. He's revealed his power. And his faithfulness to us. We find Israel.

On the front porch. To the promised land. God has promised them. This land. They're ready to go in. But there's no welcome. Wagon. Reception. God's.

Word. Through Moses. Reveals. Their fears. As well as the remedy. To their fears. Deuteronomy 7. 17. You may say to yourselves.

These nations are stronger. Than we are. How can we drive them out? But do not. Be afraid of them. Remember well. What the Lord your God. Did to Pharaoh. And to all Egypt.

[31 : 35] They too. Were a nation. Stronger than you. But you saw. With your own eyes. The great trials. The miraculous signs. And wonders. The mighty hand. And outstretched arm. With which.

The Lord your God. Brought you out. The Lord your God. Will do the same. To all the people. You now fear. What are you afraid of today? It's not the first time.

You've been afraid. Is it? It's not the first time. That. You've been in over your head. Then recall. The past deliverances. Of the Lord. Remember well.

What he has already. Done for you. And use that. To drive out. Your present fears. God hasn't changed. He appeared in your help. Then. He's still your help.

Today. Use your past remembrances. Of what God has done. To face. Down your present. Fears. He's the same sovereign. The same commitment.

[32 : 33] To you. I have a friend. And we. We pray together. And sometimes. I'm struggling. Perhaps more times. Than not. I'm struggling. With sermon preparation.

By the time. We pray together. And I. Feel like a man. With an empty bucket. And if I'm to have anything. To bring to you. He's got.

To fill that bucket. And. Nothing's coming. And deadlines. Are approaching. And. I'm starting. To. To worry. And my friend. Does me well.

He's good. At reminding me. Of all the other times. That the Lord. Has filled the bucket. So that I have something. To give to you. This isn't the first time.

You've preached. John. Is it? No. Has he helped you in the past? Yes. How often? Well. I guess every time. Then. Can you not trust him this time?

[33 : 29] Remember well. What the Lord has done for you. Dear Christian. In the midst of your fears. Look back to how he has delivered you. In the past. He's done enough for you.

To drive out your present fears. Remember well. Now. And the last reason. We've seen his presence. Who he is. What he's done. And the last reason.

To not be afraid. Is what he has promised you. What he's promised. To do. Not only. In Deuteronomy 7. Did God say. Remember well.

What he did. To the Egyptians. But he went on. To say. For their further comfort. The Lord. Your God. Will do. The same. To all the people. You now fear.

When Joshua. Was. Leading the Israelites. Into the promised land. And was conquering. These. Enemy nations. Joshua chapter 11.

[34 : 24] Tells us. That the southern cities. Of the promised land. Were conquered. And then he tells us. That the northern kings. Got an idea. They had seen. This.

Conquering campaign. Go from one city. To the next. Just destroying. Everybody in their way. And they said. You know. If we just sit up here. And one by one. They attack us.

They're going to destroy us too. So what. Why don't we all get together. And have a coalition. And we'll fight them. All at once. With all our power. So that's what the.

The northern cities. Of. Of the promised land did. And we're told. In Joshua 11. That they comprised. A huge army. As numerous.

As the sands. On the seashore. That means. You couldn't count them. With a large. Number of horses. And chariots. Those were the tanks. Of the ancient world.

[35 : 17] And then the word. Of the Lord. Comes to Joshua. And he says. Do not be afraid. Of them. Because. By this time. Tomorrow. I will hand.

All of them. Over to Israel. Slain. Wow. What a promise. To hang on to. As you're facing. Enemies like that.

By this time. Tomorrow. They'll all be dead. They're looking. Petrifying. Right now. But. They'll be petrified. Tomorrow.

Don't be afraid. Of them. God's promises. Are given. To enable us. Not to be afraid. You say. Oh. If only.

If only. The Lord. Would say that. About. The thing. I'm afraid. Of. By this time. Tomorrow. That thing. Will. Will look. Completely different. If only.

[36:11] God. Would come. And. And. Promise. Me. That. That. He's going. To fight. My battles. For me. Well. Now. Wait a minute. Has he not. Promised you. Enough. Christian. To face down.

Your fears. In your present. Battles. Has he not. Said enough. Has he not. Given us. Many. Great. And. Precious. Promises. By which. We become. Partakers.

Of the divine. Nature. And so. Escape. The corruption. That is in the world. Through evil desires. Has he not. Promised to help us. And to fight.

Against our enemies. Of sin. And temptation. And all that would scare us. Has he not. Promised to protect us. From the evil one. Has he not. Said surely. Goodness.

And mercy. Will follow you. All the days. Of your life. That would be today. That would be this situation. And has he not. Promised that. Nothing. Will ever happen. To you.

[37:05] Christian. But what. Might work. And what. Will work. For your good. Has he not. Said something. To that effect. In Romans 8. 20. We have every.

Promise. That we need. To look straight. In the eyes. Of whatever it is. That scares us. And to not. Be afraid. He's added. His promises. To us.

Enough. To chase. Fear's dark. Clouds. From our hearts. Think of all. That he's promised. To be for us. In Jesus Christ. Our prophet. To teach us.

The will of God. You ever scared. Because you don't know. What to do here. You've got the prophet. In heaven. To teach you. The will of God. Ever afraid. Because of your sins.

You've got the priest. The living priest. Who died. For your sins. And pleads. With God. For us. You ever feel. Defenseless. You've got the great.

[38:03] Living king. Who rules over us. And defends us. He's our savior. Our deliverer. And don't think of a deliverer. As one that just. Delivers once.

When we read about. Our savior. He. He saves us. From our sins. That's more than once. Yes. At Calvary. We had that great. Deliverance. Brought for us. But. He goes on.

Saving us. We go on experiencing. His deliverance. In our lives. From enemies. Too strong. For us. So. You're in a conversation.

With someone. And an opportunity. To witness. Presents itself. And you're frozen. With fear. You're tongue-tied. God. And then you remember. The promise. In 2nd Timothy. Chapter 1.

That God has not given us. A spirit of fear. But he has given us. The spirit of power. And of love. And of self-control. So do not be ashamed.

[38:57] To testify. About the Lord. And you open your mouth. With confidence. Bolstered by. The promise. And your fears. Are sent packing. How. How well do you know.

The promises of God. How familiar are you. With them. Are you able to recall them. In the. Moment of your fear. The first rising. Of your fear.

Have you got a promise. To beat it down with. They're there. Many great. And precious promises. Memorize them. Pray them. Trust them.

Be sure they're a part. Of your working knowledge. He said. More than enough. To remove our fears. What more can he say. To you. Than you. He hath said.

So to summarize. God has given us. This command. Do not fear. But along with it. He heaps up. Reasons. To not be afraid. His presence. Who he is.

[39:53] What he's done. And what he's promised to do. And you know. Usually. It's. Usually. It's several. Things. That he tells us. In his word. Doesn't just say. Don't fear. Because I'm with you.

But often. He'll say. Because I'm with you. And. And I am. This. And that. And I promise you. This. And remember. I did that. He. He heaps them upon us. Isaiah 41. In verse 10.

Is one such passage. Many were raging. Against the Israelites. Nations were waging war. Against them. And Jehovah says. Do not fear.

For I am with you. There's. My presence. Do not be dismayed. For I am your God. That's who he is. God of the covenant. In covenant with us.

I will strengthen you. And help you. I will uphold you. With my righteous right hand. That's what his promise is. Verse 13. For I am the Lord. Your God.

[40 : 47] Who takes hold of your right hand. And says to you. Do not fear. I will help you. He's telling them. Over and over. Why they shouldn't be afraid. Verse 14. Do not be afraid.

Oh worm Jacob. Oh little Israel. For I myself. Will help you. Declares the Lord. Your Redeemer. The Holy One. Of Israel. And so we find our God.

Who knows our fears. Heaping on us. Every reason. Not to be afraid. Oh we must know. These things. We must. Do more than hear. The do not fear. We must.

Know the reasons. If we would face fear down. There is enough. In God. To face all our fears. There's enough in his presence.

Enough in his character. Enough in what he's done. And in what he's promised. For us to not be afraid. Well if that's true. Then fear.

[41 : 43] Is forgetting. The Lord. Isn't it? If there's everything in him. To keep us from fear. Then fear would mean. I'm forgetting. The Lord. And that's exactly.

What he says. To the Israelites. In Isaiah 51. 12 and 13. I. Even I. Am he who comforts you. Who are you.

That you fear. Mortal men. The sons of men. Who are. But. But grass. That you forget. The Lord. Your maker. Who stretched out the heavens. And laid the foundations.

Of the earth. That you live in constant terror. Every day. Because of the wrath. Of the oppressor. Who is bent on destruction. You're forgetting something. Aren't you? Like.

Me. God says. Your maker. Creator of all things. Fear is the result. Of forgetting. But it's not only. The result.

[42 : 37] Of forgetting. Fear. Continues. To make us. To forget. Fear is like a drug. That gives us amnesia. And so we can't remember. These reasons.

We shouldn't be afraid. You found that? That the fearful situation. Calls for your attention. Indeed. It would demand your attention. And say. You must think of me.

And let's go around again. And around. And around. We go. Thinking about that fearful situation. It would monopolize. Monopolize. Our thoughts.

It would block out. Everything else. Especially. God. And his promises. And his presence. When you're preoccupied.

With the conditions. That point to the ending. Of your job. And worry is growing. Like a weed on miracle grow. Then you're forgetting. God's promises.

[43 : 33] Aren't you? When he says. Your God will. Supply all your needs. According to his riches. And glory. By Christ Jesus.

And you're not remembering. How God has provided everything for you. For the past. 40 years. However old you are. You're here. You're alive. You've eaten.

You've been provided for. Fear keeps us. Forgetful. So we need to remember. Remember. God. Let's let David tell us.

The remedy. In the last place. The remedy for fear. You know. David. David's well qualified. To be a man. To instruct us about fear. He fought bears.

And lions. And Philistines. Giants. In his youth. He had the whole. Army of Israel. And its kings. Seeking to. Kill him.

[44 : 29] For some 12 years. Going to bed at night. Not knowing. If he should wake up. Here or. In heaven. Was he ever afraid?

You bet he was. And he opens his heart to us. In the book of Psalms. That's why. The book of Psalms. Is probably the most read book. Of the Bible. Because it's.

A lot about David's fears. And the answer. To them. We read in Psalm 55. In verse 5. Fear and trembling.

Has. Has. Have beset me. Horror. Has overwhelmed me. And immediately. We know. This is the man. That can teach us something. About fear.

I'm listening. David. What do you have to say? And he gives us the remedy. In Psalm 56. Three and four. The passage read for us. When I am afraid.

[45 : 26] Afraid. Here's David's motto. And that was often. When I am afraid. I will trust in you. In God.

Whose word I praise. In God I trust. I will not be afraid. What can mortal man do to me? The remedy for fear. Is faith in God. I will trust in you.

Your attributes. Your works. Your promises. Your presence. All these reasons. Are true enough. To chase out fear. But they're only work. They'll only be effectual. In your life.

As faith. Lays hold of them. And rests upon them. So. Whatever your fears. And worries. See them as wake up. Calls to faith.

It's time. For faith. To start. Laying hold of. This God. And what he said. And leaning hard. Upon him. It's time to get your eyes. Off the problem. And on to the Lord.

[46 : 20] Looking to Jesus. Look to the Lord. In his strength. And so. Faith is the refusal. To look at any situation. In life. Without seeing God.

In the picture. So take your fearful situation. And put God. In the picture. Remember him.

Remember his presence.

His attributes. His works. On your behalf. In the past. And his promises. For what he will do. When fear begins.

To strangle you. Act fresh faith. In God. Fear says. You are insufficient. For this situation. This is out of your control.

Well that's true enough. You can agree with your fears. On that score. But it's not the resting place.

We don't stop there. This is no place to lay your head. I'm insufficient. Or you will fear.

[47 : 17] But go on. And lay your head upon one. Who is sufficient. The Lord. Himself. When waves are going over our heads. We cry.

Lead me to the rock. That is higher than I. Faith says of this sovereign God. I am not sufficient. I am not in control. But you are.

And that's enough. So we may be poor. Finding our own resources insufficient. But our father is rich. And we may be weak.

Without strength before the enemy. But our redeemer is strong. So let the weak. Say. I am strong. And let the poor. Say. I am rich.

Because of what. The Lord. Has done. For us. What is it. That can enable. The weak man. The poor man. To say such things.

[48 : 12] In the face of things. That scare him to death. It's faith. That lays hold. Of this God. Who is all this for them. In Jesus Christ. Do you know him? Do you know him?

You see Christian. All this life. This life. Of chasing away fears. It's possible. Because of the Lord Jesus. We owe it all to him. He has faced. Our greatest fear.

God's wrath. That stood against us. Because of our sins. Now there's something. To be afraid of. And Jesus stood in our place. And faced down that fear. And took all that wrath.

Upon himself. That we might not. Have to face any of it. He turned God's wrath. Away from us. So that we have his smile. His favor forever. And because of that.

We enter into fears. With the knowledge. That Jesus is with us. And he's for us. So what can be. Against us. Blessed life.

[49 : 09] In Christ. Next time. Lord willing. We'll look at an event. In Israel's life. That will. Be the illustration. Of these points. And we'll. Seek to draw.

These applications. Again. For. Dealing with fear. In the days. In which. We live. Let's sing. In the. The conclusion. In our response. To God's word.

From the overhead. Give to the winds. Thy fears. Father. We thank you. For. Your son. We thank you. That he's taken away. Our greatest fear.

Standing before you. In our sins. To receive that. Punishment. Do them. Thank you. That because. He has died. For us. That we can know.

That he is for us. And that you are for us. And that that in itself. Is enough to remove. All of our fears. Thank you. That you are enough.

[50 : 03] And that you have done enough. And you've said enough. To help us. With everything. That tends to. To make us worry. Forgive us. For our fears.

They. Dishonor you. Our. Great. And. Awesome. God. And father. They dishonor your loving. Kindness. And they make us.

Miserable wrecks. Unable. To minister. To a world. With its fears. So come. And. Heal us. Come. And. Help us. And strengthen us. And enable us. Then to go into a world. That is frightful. And there. To declare. The greatness. Of our God.

Even by the way. That we live. We ask it. For Jesus. Praise. Amen. Amen.