

# Fear – Be Gone!

Are you **fearful** about something today?  
Why? Because of sickness or disease?  
Family? Friends? School?  
...Money?



To be fearful means to be *full* of fear.  
Fear might start out small but it expands  
to fill us up. It's a very heavy feeling.  
When we're frightened, our heart pounds, our knees feel weak,  
and our mind is confused — we forget things,  
and we act impulsively.

When we are controlled by fear, people who don't care about us  
can take advantage of us  
and convince us to do wrong things.

## Living in fear is no way to live!

What does God's Word — the Bible — say about fear?

- ▶ Fear steals our peace and causes torment (1 John 4:18).
- ▶ Fear makes us into slaves (Romans 8:15).

*Did you know that fear does not  
come from God?*

"For God has not given us  
a spirit of fear and  
timidity, but of power,  
love, and self-discipline."  
(2 Timothy 1:7)

Yet many people in the world are stuck in fear.  
The Bible gives us many examples of people  
who were fearful...



**Gideon** was such a person.

He was filled with fear and doubt. But God had an important job for Gideon, and that was to fight and conquer the enemies who had enslaved the people of God for years.

At first, Gideon was too frightened to accept such a daring mission.

Before he would do it, he wanted God to perform miraculous signs to give him confidence. God graciously performed several signs — then finally, Gideon obeyed God and succeeded in defeating the Midianite enemy army. (Read about Gideon in the Bible's Book of Judges, chapters 6-8.)

Like Gideon, when fear controls us, we can't do the things God has for us to do. But when we trust the Lord, we are able to act.

Gideon had to learn to fear God above anyone or anything else. To 'fear' God in this sense actually means 'to be in awe of Him', and to love and obey Him — because we know **He is perfect and all-powerful**.

God is worthy of our worship and love. When our hearts are filled this kind of healthy fear of God — this awe — we gladly do the things God asks us to do.

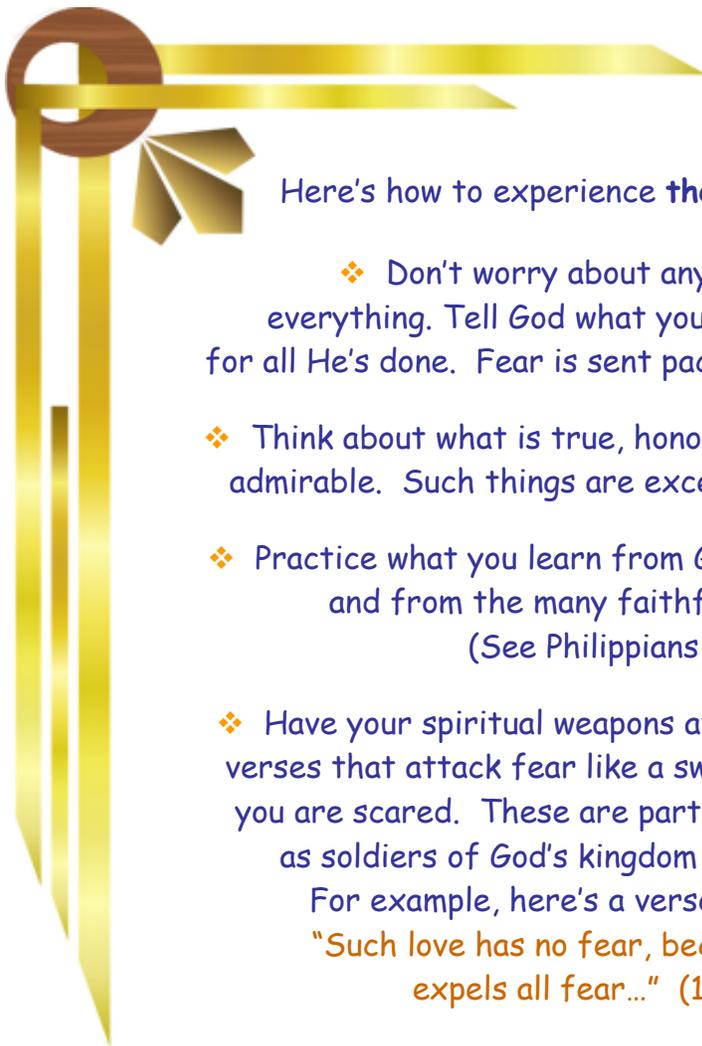


**What's the first step to victory over fear?** It is to give our hearts and lives to Jesus Christ — God's own Son. Jesus is the Saviour who rescues us from death, and fear. When we ask Jesus to receive us as His own, He sends God's Holy Spirit to live in us and bring us peace.

But all those who do not belong to Jesus are helpless against fear, worry, and anxiety.

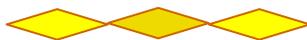
Jesus said: "I am leaving you with a gift — peace of mind and heart.  
And the peace I give is a gift the world cannot give.  
So don't be troubled or afraid..." (John 14:27)

Satan, the enemy of God, will try to disturb our peace with fear.  
He will try to fool us into thinking things are out of God's control.  
Whenever that happens, call upon the Lord for His peace. Even if it's a  
thousand times a day, you can call upon Jesus. He never runs out of peace!



Here's how to experience **the peace of God** each day...

- ❖ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He's done. Fear is sent packing when we praise God.
- ❖ Think about what is true, honorable, right, pure, lovely, and admirable. Such things are excellent and praiseworthy.
- ❖ Practice what you learn from God's Word; and from Jesus; and from the many faithful people of God.  
(See Philippians 4:6-10)
- ❖ Have your spiritual weapons at hand. Memorize scripture verses that attack fear like a sword, and say them when you are scared. These are part of our *spiritual armour* as soldiers of God's kingdom (Ephesians 8:10-18).  
For example, here's a verse about God's love:  
"Such love has no fear, because perfect love expels all fear..." (1 John 4:18)



In God's power, we can say: ***Fear...Be Gone!!!*** And it will go!