

Fear like **Anger** is a **Gift** from **God** to **Motivate** Us- **Anger**= Engage,(in Harm's Way) **Fear**= Disengage-to **Flee from Danger** (Out of Harm's Way) -**Anger** and **Fear** both have **Similar Effects** on **Body**- (Pos) it is **Energy to Confront Problems** –(Neg) It **Paralyzes** Us and **Allowed** to Get **Out of Control** Causes More **Problems** (to the **Situation** and Our **Health**) -Nuts and Bolts Fear.

1. Worldly Fear Opposes Faith and is the Result of Not Fully Trusting God.(-)

- **Matthew 8:26**, *He said to them, Why are you timid and afraid, O you of little faith? Then He got up / rebuked the winds and the sea, and there was a great and wonderful calm (a perfect peaceableness).*
 - **Mark 4:40, 41** *He said to them, Why are you so timid and fearful? How is it that you have no faith (no firmly relying trust)? And they were filled with great awe and feared exceedingly and said one to another, Who then is this, that even wind and sea obey Him?*
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2. We Should Not be Fearful of Worldly Things because We Know and Believe that God has Our Best Interests in Mind and that He Will Always Meet All Our Needs

- **Luke 12:32**, *Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.*
 - **Luke 12:32 (amp)** *"Stop being afraid, little flock, because your Father was delighted to give to you the kingdom.*
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3. God Has Not Sent Us a Spirit of Bondage to Fear, but a Spirit of Childlike Trust (+/-) Bondage is the Result of Trusting Ourselves Instead of God. We Should Not Rely On Our Internal Defenses Alone Because It Keeps Others Out (possible help)/ Prevents us from Receiving the Blessing that God has for us. Trusting God Sets a Free from Fear.

- **Roms 8:15(AMP)** *For [the Spirit which] you have now received [is] not a spirit of slavery to put you once more in bondage to fear, but you have received the Spirit of adoption [the Spirit producing sonship] in [the bliss of] which we cry, Abba (Father)! Father!*
 - **Heb 13:6 (AMP)** *So we take comfort and are encouraged and confidently and boldly say, The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me? [Ps. 27:1;118:6.]*
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4. We Should Confront Fear with the Power of God, the Love He has for us and Correct Biblical Thinking (+) How We Perceive a Situation in Our Mind Determines the Emotions We Experience.

- **II Tim 1:7 (AMP)** *For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.*
 - **I John 4:18 (AMP)** *There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection].*
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