AMERICA: Understanding And Overcoming FEAR

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What Americans Fear the Most

Personal Fears & Concerns

- Safety in different spaces
- Personal Anxiety (clowns, tight spaces, blood, etc)
- Anxiety about one’s future (illness, job stability, etc)
- Criminal victimization (murder, mugging, mass shootings, etc)
- Internet-related fears (identity theft, government surveillance, etc)

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(Psa 3 NIV) A psalm of David. When he fled from his son Absalom. O LORD, how many are my foes! How many rise up against me! (2) Many are saying of me, "God will not deliver him." Selah (3) But you are a shield around me, O LORD; you bestow glory on me and lift up my head. (4) To the LORD I cry aloud, and he answers me from his holy hill. Selah (5) I lie down and sleep; I wake again, because the LORD sustains me. (6) I will not fear the tens of thousands drawn up against me on every side. (7) Arise, O LORD! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked. (8) From the LORD comes deliverance. May your blessing be on your people. Selah
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David Got To The Point Of Overcoming Fear Because He Knew God

We Can Too!
Not All Fears Are Bad
Some Fears Are Wholesome And Necessary For Life

Without The Fear Of God ...
- You Do Not Know Him
- You Cannot Serve Him
- You’ll Never Please Him
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Good Fear Keeps Us From Avoiding Dangerous Situations

Harmful Fear Paralyzes Us, It Keeps Us From Doing Things We Should Do
Fears & Phobias

1. The Fear Of The Lord

2. Fear Expressed Through Timidity

3. Fear That Leaves Us Afraid And Wanting To Run
A Phobia Is: A Persistent Excessive Fear
It Can Be A Fear Of Certain Objects – Places -- Situations

A Phobia Is An Unnecessary Controlling Fear
Fear Vs. Faith

Fear Is A Powerful Negative Drive
- *It Restricts Abilities And Thoughts*
- *It Leads Us To Panic Decisions*

Faith Is A Powerful Positive Drive
- *Faith Is A Magnet That Draws You Toward Your Goal*

We Must Have Faith
- *Fear Will Keep You Chained To Your Problem*
Replacing **F E A R** With **Faith**

- **Worry Is Opposed To Faith**
  - Worry Works Hand In Hand With Fear

- **People Worry About Things That Don’t Happen**
  - Satan Tries To Makes Us Ineffective Through Fear

- **Faith Is Much More Powerful And Pleasing Than Fear Ever Will Be**
3 Steps To Overcoming F E A R:

1. Face The Thing That You Fear
2. Turn To God
3. Turn To His Word