

Unmasking Fear

Phillip E. Moore, July 2017

F.E.A.R. - False Evidence Appearing Real

FEAR - loves to Taunt, Intimidate, and Manipulate

FEAR - thrives on False Perception

FEAR - isn't Rational or Factual

2 Timothy 1:7 (AMP)

SOME OF THE TACTICS OF FEAR:

1. FEAR - Focuses on our attention on what's Wrong

- **Fear** gets our mind on the negative

On the other hand:

Faith - Focuses our minds & quiets our souls

Faith - helps us focus on what we can expect to go right

FAITH & FEAR

- Both are believing - what I cannot see - will happen

- Fear comes more easily
- Faith is something we have to develop, grow in, and strengthen in our lives

2. FEAR - Minimizes God

- Magnify the problem through Fear - Minimize God

For every challenge/obstacle/fear

- we know that we have an even Bigger **GOD**

- a Heavenly Father who can be completely **Trusted**

Ephesians 3:20

3. FEAR - Paralyzes Us

FEAR can literally hinder our ability to move

Overwhelmed - we become stalled in life

When we're stalled / stopped / paralyzed by fear

- we become easier targets for the enemy

Matthew 14:25-33

What we can learn from Peter:

1. Saw Something Different

Peter - the only disciple singled out

Peter - stood out because he saw something different

- While the other disciples saw the STORM
- Peter saw JESUS.

2. Took Jesus at His Word Matthew 14:27

Peter went from being Frightened about the storm... to Full of Faith!

- He took Jesus at His word
- He took courage and was not afraid

3. Got Out of the Boat Matthew 14:28

Peter - overcame his fear & left the comfort & security of the boat

Peter - **walked** on the water - with JESUS!

Psalm 34:4

God wants us to be free from fear... **ALL of them!!**

TO UNMASK FEAR: We have to TALK...

1. Talk to Ourselves Psalm 27:3

Self-Awareness - a key to a successful & victorious life

- What are my strengths & weaknesses?
- What traps of the enemy am I especially vulnerable to?

WHEN confronted by fear we need to:

- take those thoughts captive
- speak truth to ourselves

Philippians 4:8

2. Talk to Our Enemy

We need to: Rise up & confront the enemy of our souls

We need to: Stir ourselves up, resist, & stand up to his tactics

James 4:7

GOD NEVER intended for us to be a Doormat. **Isaiah 26:3**

- "You can't keep a bird from flying over your head
- but you can keep him from building a nest in your hair."

God has given us the power to:

- resist the enemy
- have a sound mind

When we actively resist we SAY what/who controls our mind

3. Talk THE WORD of God Colossians 3:16

"Principle of the Sponge"

- When we're "squeezed in life" - what's on the inside will come out. (good or bad)
- We need to soak up the Word of God

Proverbs 3:5-6

Psalm 112:7-8