

OVERCOMING FEAR

The Overcoming Life - Week 4

Luke 22:39–47 ⁴²“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.”
⁴³Then an angel from heaven appeared and strengthened him.⁴⁴He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.

Why Jesus Was So Fearful Before His Death

I. He was and is fully _____.

Hebrews 4:15 “This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.”

Hebrews 5:1–2 ²“And he is able to deal gently with ignorant and wayward people because he himself is subject to the same weaknesses.”

Hebrews 2:14–15 “Because God’s children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death. ¹⁵Only in this way could he set free all who have lived their lives as slaves to the fear of dying.”

II. Jesus knew _____ He was to endure.

Jesus knew . . .

. . . their thoughts (Matthew 9:4; 12:25; Mark 2:8; Luke 5:22; 6:8)

. . . their plans (Matthew 12:15) . . . their motives (Matthew 22:18)

John 2:24 “But Jesus didn’t trust them, because he knew all about people.”

III. Jesus was under full-scale _____ by Satan.

Luke 4:13 “When the devil had finished tempting Jesus, he left him until the next opportunity came.”

1 Samuel 16:14 “Now the Spirit of the Lord had left Saul, and the Lord sent a **tormenting spirit** that filled him with depression and **fear**.”

Luke 22:44 “And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground.”

How to Overcome Fear

2 Timothy 1:7 “For God has not given us a **spirit of fear** and timidity, but **of power, love, and sound mind**.”

I. _____ your fear without shame. See Hebrews 4:16

Philippians 4:6 “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.

Hebrews 4:16 “Let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.”

II. _____ your fears to God. See James 4:6–8a

1 Peter 5:7 “Give all your worries to God, for he cares about you.”

III. Focus on God’s _____ , _____ and _____

Psalms 23:4 “Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”

Psalms 16:8–11 “I know the Lord is always with me. I will not be shaken, for he is right beside me. ⁹No wonder my heart is glad, and I rejoice. My body rests in safety. ¹⁰For you will not leave my soul among the dead or allow your holy one to rot in the grave. ¹¹You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.”

Hebrews 13:5–6 Don’t love money; be satisfied with what you have. For God has said, “I will never fail you. I will never abandon you.” ⁶ So we can say with confidence, “The Lord is my helper, so I will have no fear. What can mere people do to me?”

Philippians 4:19 “And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.” (See Numbers 13:31–33 & Numbers 14:6–9)

IV. Face your fears by _____ and watch them crumble.

Luke 24:36 "Jesus himself was suddenly standing there among them. "Peace be with you."

The Overcoming Life

Overcome or Overcoming - God created us to be overcomers in this world. God intended for us to live a victorious, overcoming life.

Overcoming Rejection - Jesus was the most rejected man in the history of the world, but he overcame rejection on every level - and has empowered us to do the same!

Overcoming Doubt - Everyone has questions, "Why does God allow me to suffer?" or "Why doesn't God answer my prayers?" "What is the right decision?" "Did I really hear God?" We'll look honestly at our doubts and learn to overcome any doubt in our lives.

Overcoming Unforgiveness - In life, offenses, hurts, unkind words, rejection, and betrayal will come - sometimes from strangers, but sometimes from close friends or family. Regardless of the source, we must forgive to live as overcomers.

Overcoming Discouragement - It is human nature to feel discouraged and overwhelmed. All of us will be discouraged from time to time, how we respond when we are down is always a choice. Our choice will determine our outcome.

Overcoming Fear - On his way to the cross, Jesus experienced more fear than any person ever and yet He overcame. Based on Christ's example, we'll identify how to overcome our fears and accomplish God's will for our lives

Overcoming Death - Jesus frees us from sin and death and his resurrection assures us of life eternal. He lived, died, and rose to give us a rich and satisfying life. (John 10:10)

Overcoming Shame - Even though we were created to live without shame, everyone battles guilt, regret and self-hate. However, Jesus rejected the curse of shame on the cross.

Overcoming Sickness - God still heals! So why isn't everyone healed? In this teaching we'll identify some of the different reasons for sickness to fully understand how He heals.

Overcoming Comparison - How do we stop dealing with unhealthy comparisons with others? The torment of comparison is perpetual, and

God's only answer is for us to stop comparing!

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