

PERFECT LOVE CASTS OUT ALL FEAR

(Learning to live without fear by trusting God
at all times)



The Apostle John wrote,

“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.” **(1 John 4:18)**

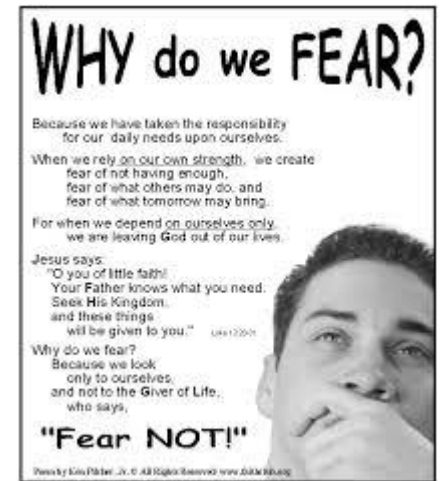
The Apostle Paul wrote,

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

**So as believers we have the ability to live a life
without fear**

Overcoming our fears is a great key to enjoying life to its fullest – First of all what can trigger our fears?

- **Our past experiences** (Our past failures, rejections and disappointments in life)
- **Our current circumstances**
- **Concerns about the future**
- **Our insecurities** (fear of failure of being rejected or betrayed by others)
- **The negative words spoken by others over our life**
- **What we hear on the news, and**
- **OUR THOUGHT LIFE** (The battle ground is the mind)



FEAR IS THE OPPOSITE OF FAITH

- Fear stopped a whole generation of the Children of Israel from entering into the Promised Land
- Though God had promised to give the land of Canaan to the Children of Israel, the negative report of ten of the twelve spies sent out by Moses when they saw the giants in the land, who said that “we were like grasshoppers in our own sight, and so we were in their sight” so filled the people with fear that **they did not end up entering in the land of Canaan** (*Refer to Numbers Chapters 13 & 14*)
- So too, fear can stop us from fully embracing all that God has planned for our life as believers



We were made to do life together with God – To enjoy *His love and peace* and to depend upon His ability, wisdom and strength to help us in life

- The moment Adam and Eve disobeyed God and succumbed to the temptation of the devil to do their own thing FEAR and SHAME entered into their lives. We see this in the book of Genesis

“Then the LORD God called to Adam and said to him, “Where are you?” So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.”” **(Genesis 3:9-10)**



FEAR, anxiety, stress and discouragement will begin to enter into our lives when we try to live life WITHOUT God's help and guidance, especially given the times that we are now living in.



FEAR and stress prevents us from enjoying true freedom in Christ



WHAT IS THE KEY TO OVERCOMING OUR FEARS? – Trusting God in ALL circumstances

- Trusting God in every situation needs to be a daily choice

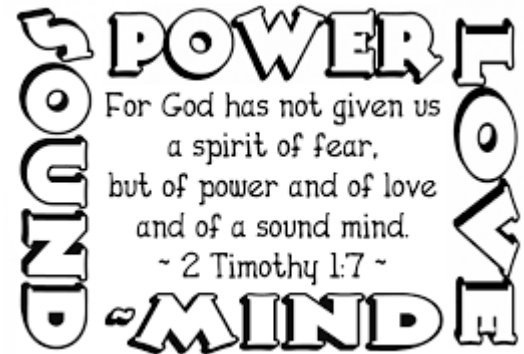


- That we refuse to be moved by our circumstances and simply maintain a childlike trust in God's ability to work things out in His time



We must simply refuse to allow the spirit of fear to gain access into our lives

- We must not open the door to fear by entertaining negative and fearful thoughts
- We must be careful what we listen to and focus on in life
- We must give the enemy no opportunity to torment our mind and to grip us with a spirit of fear
- We must simply choose to focus on God's promises in His Word rather than on our problems and fears



Continually renewing our mind with the Word of God is a great key to remaining strong in our faith and to trusting God at all times

The Apostle Paul wrote,

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” **(Romans 12:2)**



The Apostle Paul also wrote,

“So then faith comes by hearing, and hearing by the Word of God.” **(Romans 10:17)**



As Christians we can build our lives on the many promises that are contained in God's Word – For this reason we do not have to fear



- **The Apostle Paul wrote,**
“For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.” **(2 Corinthians 1:20)**
- So as believers we simply need to choose to build our lives based on what God says about our lives and what **He can do** in and through our lives.
- We need to learn to appropriate God's promises for our own life by faith (Just BELIEVING in the truth of God's Word) – **This is the key to fulfilling our full potential in Christ**



The Apostle Paul Wrote,

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,” **(Ephesians 3:20)**

- God is never limited by our ability or even circumstances, only our availability and willingness to trust Him in every area of our life – “For with God nothing will be impossible” **(Luke 1:37)**
- Trust and obedience is the key to seeing all that God has planned for our life coming to pass

Continually meditating on the Word of God helps us to be strong in our faith and to trust God in EVERY area of our life

I will now look at 6 Scriptures from the bible that can help us to have faith to trust God in all of our circumstances so that we can live a life without fear and full of God's peace



In the book of Isaiah we read,

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, For in YAH, the LORD, **is everlasting strength.**” (Isaiah 26:3-4)

In the book of Jeremiah we read,

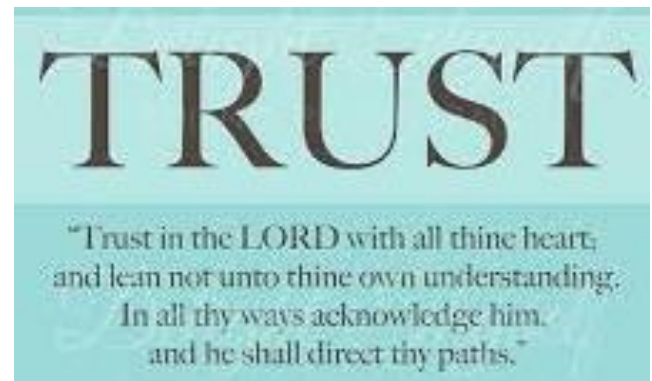
“Blessed is the man who trusts in the Lord, And whose hope is the Lord. For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, **Nor will cease from yielding fruit.”
(Jeremiah 17:7-8)**



In the book of Proverbs we read,

“Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” (Proverbs 3:5-6)

- As we learn to trust God in every situation and in every area of our life, we will see God’s best plan and purpose for our life coming to pass
- God knows what is best for us. Continually seeking His wisdom and guidance in life helps us to make right choices in life and to walk in victory as a believer



Jesus Himself said,

“Therefore do not worry, saying, ‘What shall we eat?’ Or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”
(Matthew 6:31-33)



When we put God first in our life, we do not have to worry about the everyday things of life. God promises to meet our every need in life when we allow Him to be Lord of our life. God is a good God and will never let us down when we put our trust in Him



**DON'T WORRY
ABOUT ANYTHING;
INSTEAD, PRAY
ABOUT EVERYTHING.
TELL GOD WHAT
YOU NEED
AND THANK HIM FOR ALL
HE HAS DONE.**

The Apostle Paul wrote,

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6-7)

We need to learn to refuse to worry about things and to always seek the Lord for His help in time of need. We have a God who cares for us and who wants to help us in life

**THE BIBLE MAKES IT VERY CLEAR THAT WE
HAVE A GOD WHO *BOTH HEARS AND ANSWERS
OUR PRAYERS* – We can trust God at all times**



The Apostle John wrote,

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. **(1 John 5:14-15)**”

When our lives are fully surrendered to Jesus, we do not have to worry about the every day things of life



- God is sovereign in the affairs of this world
- When Jesus is truly Lord of our life we can be assured that nothing can ever happen to us apart from His will for our life. Jesus Himself said,
“Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father’s will.” (Matthew 10:29)
“Do not fear therefore; you are of more value than many sparrows.” (Matthew 10:31)

So when we are confronted with fears in our life we need to simply do what Jesus told the ruler of the synagogue to do,

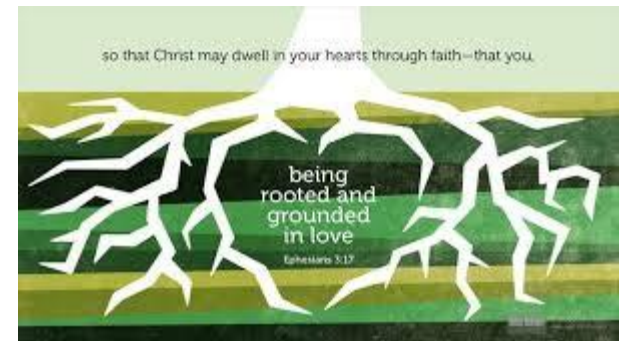
“Do not be afraid; only believe.” (Mark 5:36)

Jesus also said, “If you can believe, all things are possible to him who believes.” (Mark 9:23)



WITH GOD,
ALL THINGS ARE
POSSIBLE.

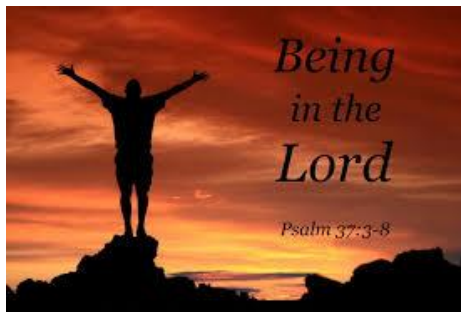
Being continually filled with God's love as we spend time in His presence is a great key to continually overcoming all fears in our life



The Apostle Paul wrote,

“that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height - to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.” **(Ephesians 3:17-19)**

When we commit our future to the LORD and continually trust in God's faithfulness we CAN live a life without fear. SO MAY I ENCOURAGE YOU TODAY TO SIMPLY ENTRUST YOUR FUTURE COMPLETELY INTO THE LORD'S HANDS – As you do you will see the faithfulness of God in your life



King David wrote, “Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. **Delight yourself also in the Lord, And He shall give you the desires of your heart. Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.” **(Psalm 37:3-5)****
GOD HAS A GOOD PLAN FOR YOUR LIFE