

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

Christ's Common Words and  
their Uncommon Significance.

**CLASS 3:**  
**“DON'T BE AFRAID”**

**HYDE PARK & SOUTHERN VALES  
SPECIAL WEEKEND 2024**

# The Four Major Specific Phobia Categories

## Natural Environment



Astraphobia



Hydrophobia



Dendrophobia

## Animals



Batrachophobia



Cynophobia



Equinophobia

## Mutilation/Medical Treatment



Trypanophobia



Dentophobia



Hemophobia

## Situations



Claustrophobia



Glossophobia



Aerophobia

# PHOBIAS!?

## Nomophobia

- Fear of not having mobile phone access

## Phobophobia

- Fear of having a phobia

## Decidophobia

- Fear of Making Decisions

Hexakosioihexekkontahexapho → Fear of the number 666

Hippopotomonstrosesquippedaliophobia → Fear of Long Words

LIVE BY FAITH  
*not by fear*

WHAT ARE YOU AFRAID OF?



“Fear not: for they that be with us  
are more than they that be with  
them.”  
2Kings 6:16



**C l a s s   B r a i n s t o r m**

# Survey Says (42 responses)

## What makes you anxious? (Check all that apply)

- Uncertainty about the future. (31%)
- Earning enough money. (33%)
- My relationships (family, friends, etc) (50%)
- Feeling guilty about my sins. (26%)
- Finding a partner. (5%)
- Getting good grades. (5%)
- My physical appearance. (19%)
- Other. (36%)
- I'd prefer not to answer this question. (2%)

## How often do you feel afraid?

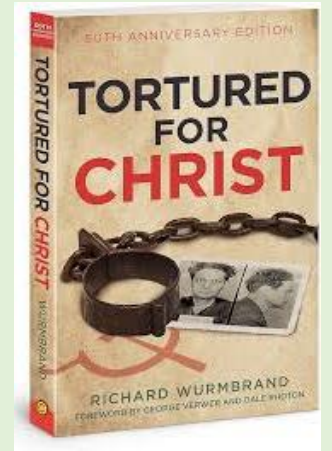
- Almost always. (2%)
- Regularly. (31%)
- Almost never. (55%)
- Never. (12%)
- I'd prefer not to answer this question. (0%)

# Feeling Afraid??? You're in good company!

Abraham, Hagar, Rachel, Jacob, Joseph's brethren, Children of Israel in the wilderness, Moses, Joshua, Gideon, Ruth, People of Israel in Samuel's day, Elijah, Abiathar, David, Hezekiah, Jehoshaphat, Daniel, Jeremiah, Ezekiel, Joseph (Mary's husband), Zacharias (father of John Baptist), Mary (Jesus' mother), Peter, the women at the empty tomb, Paul, John the Apostle.



## “FEAR NOT” – HOW MANY TIMES SAID IN THE BIBLE?



In 1948, Richard Wurmbrand, was a Christian living in Romania with his wife and 10-year-old son at the time that the Russians invaded, at the end of WW2. He had already witnessed the Nazi's and now was facing the Communists.

He writes that he “discovered that there are 366 verses in the Bible that instruct us not to fear, one for each day of the year and even one for the leap year.” He had memorized each verse! He was kidnapped/arrested on February 29, 1948, by the communists. As they put a sack over his head and shoved him in a car and sped away, Richard asked them what the date was. They told him and he, having memorized a “do not fear” verse for each day of the year, was able to call to mind his verse for that day: Psalm 56:3, “What time I am afraid I will trust in Thee.” His life has been recorded in a book “Tortured for Christ” and has also been made into a movie.



# “Fear Not” in scary or stressful situations!



Jairus (Luke 8:49-50)

- While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master.
- But when Jesus heard it, he answered him, saying, **Fear not:** believe only, and she shall be made whole.



Implications:

- ✓ Belief is the antidote to fear!

# “Fear Not” in scary or stressful situations!

During a storm (Matthew 14:22-27)

- And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side...
- But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary.
- And in the fourth watch of the night Jesus went unto them, walking on the sea.
- And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for **fear**.
- But straightway Jesus spake unto them, saying, Be of good cheer; it is I; **be not afraid**.



Implications:

- ✓ Believe your Beliefs
- ✓ Doubt your Doubts!



# “Fear Not” in scary or stressful situations!

Women at the Tomb (Matthew 28:5-10)

- And the angel answered and said unto the women, **Fear not ye:** for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said. Come, see the place where the Lord lay.
- And they departed quickly from the sepulchre with fear and great joy; and did run to bring his disciples word.
- And as they went to tell his disciples, behold, Jesus met them, saying, All hail. And they came and held him by the feet, and worshipped him.
- Then said Jesus unto them, **Be not afraid:** go tell my brethren that they go into Galilee, and there shall they see me.



Implications:

- ✓ Don't forget in the dark what you learned in the light!





# “Fear Not” when called by Christ



Peter (Luke 5:8-11)

- When Simon Peter saw it, he fell down at Jesus' knees, saying, Depart from me; for I am a sinful man, O Lord. For he was astonished, and all that were with him, at the draught of the fishes which they had taken...
- And Jesus said unto Simon, **Fear not**; from henceforth thou shalt catch men.
- And when they had brought their ships to land, they forsook all, and followed him.

Implications:

- ✓ Yes, you are weak and will make mistakes...
- ✓ But God doesn't make mistakes, and he called you...
- ✓ He will finish the work begun!

<sup>6</sup> For I am confident of this very thing, that he who began a good work in you will perfect it until the day of Christ Jesus.

Philippians 1:6  
NASB

# Was Jesus ever 'afraid'???

- When Greeks wanted to see him: John 12:27 Now is my soul troubled; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour.
- In Gethsemane: Matthew 26:38-39 My soul is exceeding sorrowful, even unto death... O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.
- Hebrews 4:15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.



## Implications:

- ✓ Fear is not a sin; it is a natural reaction to physical circumstances.
- ✓ Being immobilized by fear is a sin



conclusion

Luke 12:32

➤ **Fear not**, little flock; for it is your Father's good pleasure to give you the kingdom.





## YOUR ACTION PLAN:

- What am I afraid of?
- What can I do to trust God's plan more, and let go of my fears?
- What will I do in the future when fear starts to paralyze me?
- When I get home I am going to: \_\_\_\_\_



Let us pray

Heavenly Father, we are so often afraid – it's in our nature.

You have given us every reason to be at peace, to be unafraid.

You have given us your son. You have given us a hope and a future.

Please help us to trust you. To let go of our fears and phobias and to fear only you.

Your perfect love casts out all our fear – especially the fear of sin and death.

We thank you for your love, in your son's blessed name. Amen