



FEAR You Don't Own Me!

- Fear: A toxic relationship for any Jesus follower

• What does the Word of God reveal about our relationship with fear?

- **Fear doesn't come from God**, faith does. God doesn't use fear to accomplish his purposes...⁵ *I remember your genuine faith, for you share the faith that first filled your grandmother Lois and your mother, Eunice. And I know that same faith continues strong in you.* ⁶ *This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you.* ⁷ *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.* (2 Tim. 1:5-7 NLT-SE)
- **Fear, he is a liar!**...⁷ *You were running the race so well. Who has held you back from following the truth?* ⁸ *It certainly isn't God, for he is the one who called you to freedom.* (Gal. 5:7-8 NLT-SE)
- **Don't be afraid.** The exhortation to "fear not" is found 64 times in the Bible"...Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. (Is. 41:10 NLT-SE)
 - **He never stops being our God...***For I am the LORD, your God, the Holy One of Israel, your Savior.* (Is. 43:3 NLT-SE)
 - **He never abandons us...***Do not be afraid, for I am with you.* (Is. 43:5 NLT-SE)
 - **He strengthens us...***Those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.* (Is. 40:31 NLT-SE)
 - **He helps us...**¹³ *For I hold you by your right hand — I, the LORD your God. And I say to you, 'Don't be afraid. I am here to help you.* ¹⁴ *Though you are a lowly worm, O Jacob, don't be afraid, people of Israel, for I will help you. I am the LORD, your Redeemer. I am the Holy One of Israel.'* (Is. 41:13-14 NLT-SE)
- **It's God who sets us free from fear...***I prayed to the LORD, and he answered me. He freed me from all my fears.* (Psa. 34:4 NLT-SE)
- **Fear of man is a trap.** *Once ensnared, the more we struggle, the tighter its hold on us...Fear of man will prove to be a snare, but*

Fear Is a Liar

Jason Ingram / Zach Williams / Jonathan Lindley Smith

When he told you you're not good enough
 When he told you you're not right
 When he told you you're not strong enough
 To put up a good fight
 When he told you you're not worthy
 When he told you you're not loved
 When he told you you're not beautiful
 That you'll never be enough

Fear, he is a liar

He will take your breath
 Stop you in your steps
 Fear he is a liar
 He will rob your rest
 Steal your happiness
 Cast your fear in the fire
 'Cause fear he is a liar

When he told you were troubled
 You'll forever be alone
 When he told you you should run away
 You'll never find a home
 When he told you you were dirty
 And you should be ashamed
 When he told you you could be the one
 That grace could never change

Let Your fire fall and cast out all my fears
 Let Your fire fall Your love is all I feel (X3)

Oh, let Your fire fall and cast out all my fears

Let Your fire fall Your love is all I feel
 Oh, fear he is a liar
 He will take your breath
 Stop you in your steps
 Fear he is a liar
 He will rob your rest
 Steal your happiness
 Cast your fear in the fire
 'Cause fear he is a liar

whoever trusts in the LORD is kept safe. (Prov. 29:25 NIV)

- The fear of human opinion disables; trusting in GOD protects you from that. (Prov. 29:25 MESSAGE)

- **Trusting God breaks us free from fear...**³ When I am afraid, I will put my trust in you. ⁴ I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me? (Psa. 56:3–4 NLT-SE)

- **Knowing who we are in Christ** gives fear no foothold in our lives... ¹⁵ You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." ¹⁶ For his Spirit joins with our spirit to affirm that we are God's children. (Rom. 8:15–16 NLT-SE)

- Some words of wisdom from **Jonathan Helser**, author of **No Longer Slaves**

- "Fear grows in any place where I have a distorted view of the Father. The greatest battle we face as sons and daughters of God is identity. When we worship, we silence the fear and declare who our father really is. When we tell Him who He is, we remember who we are."

• Why is fear so toxic?

- Fear **competes** directly with every important relationship in our lives, especially our relationship with God.

- It's a relationship built upon **dialogue**.
- It's a relationship built upon **lies** and **deception**.
- The goal of fear is to establish **lordship** in our lives.

- Fear manifests as **anxiety** in our body.

- **Anxiety** is the body's physical response to fear. The symptoms might include: Racing heart, rapid breathing, sweaty palms, butterflies in your stomach, or 'burst' of energy.

- ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Phil. 4:6–7 NIV)

- ⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Phil. 4:8–9 NIV)

No Longer Slaves

Jonathan David Helser / Brian Joel Case / Mark Johnson

You unravel me, with a melody
You surround me with a song
Of deliverance, from my enemies
Till all my fears are gone

I'm no longer a slave to fear I am a child of God (X2)

From my mothers womb
You have chosen me
Love has called my name
I've been born again, into a family
Your blood flows through my veins

I'm no longer a slave to fear
I am a child of God (X5)

I am surrounded
By the arms of the father
I am surrounded
By songs of deliverance
We've been liberated
From our bondage
Were the sons and the daughters
Let us sing our freedom

You split the sea
So I could walk right through it
My fears were drowned in perfect love
You rescued me
And I will stand and sing
I am the child of God

- **“Perfect love casts out fear”**

• **What does “perfect love” look like?**

- ¹⁷ *As we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world.* ¹⁸ *Such love has no fear, because perfect love expels all fear.* (1 John. 4:17–18 NLT-SE)
- *Do not yield to fear, for I am always near. Never turn your gaze from me, for I am your faithful God. I will infuse you with my strength and help you in every situation. I will hold you firmly with my victorious right hand.* (Is 41:10 TPT)

- **Faith, Fear and Trust...** “Faith that conquers fear depends on absolute trust in God.” It is the kind of faith that has an open heart to whatever God provides for us. It is a faith that is manifested as an utter dependence on the sovereignty of God. When we live by faith, we know that even when the storm is at its worst, we can trust that God is working out His purposes for us.” (Matthew 8) ~ Dr. Michael Youssef
- **New wine!...** When you pay the price of crushing, the wine you make is beyond compare. Out of the bloodshed and bruising, rising up from the depths of fear and grief pulling you under, something is growing. You’re being crushed right now, but there is something in you that will survive. Let’s make wine! ~ T.D. Jakes, *Crushing*
- True Lordship is what we’re after and what fear consistently tries to rob us of.

- **Today, we get free. Today, we break our partnership with fear!**

- One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again. ~ Abraham Maslow
- ¹⁵ Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation, ¹⁶ for through him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can’t see— such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through him and for him. ¹⁷ He existed before anything else, and he holds all creation together. ¹⁸ Christ is also the head of the church, which is his body. He is the beginning, supreme over all who rise from the dead. So he is first in everything. ¹⁹ For God in all his fullness was pleased to live in Christ, ²⁰ and through him God reconciled everything to himself. He made peace with everything in heaven and on earth by means of Christ’s blood on the cross.

²¹ This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions. ²² Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault. (Col. 1:15–22 NLT-SE)

Break Up Song

Bart Millard / David Garcia / Francesca Battistelli

Sick and tired of being sick and tired
Had as much of you as I can take
I'm so done, so over being afraid
I've gone through the motions
I've been back and forth
I know that you're thinking you've heard
this before
I don't know how to say it
So I'm just gonna say it, yeah

Fear, you don't own me

There ain't no room in this story
And I ain't got time for you
Telling me what I'm not
Like you know me well guess what?
I know who I am
I know I'm strong
And I am free
Got my own identity
So fear, you will never be welcome here

Take a minute, let it settle in
You probably never saw it coming
Something's gotta give so I give up you, oh
There's no room for you here
Yeah, I've had enough
The "No Vacancy" sign on my heart is lit up
In case you didn't hear it
Here it is again

Is there anybody out there just like me?
Anybody needing fear to leave?
If you don't know how to say it
Sing along with me...