

Fear Less – Part 6
1 John 4:15-21
08/28/2022

If you had to guess, what do you think is the most common command in Scripture?

- A - Love One Another
- B - Fear Not
- C - Serve Each Other
- D - Don't Bet On the Rams

- "Fear not."
- "Don't be afraid."
- "Be strong and courageous."
- "You can trust me,"

Dave Berry - "All of us are born with a set of instinctive fears -- of falling, of the dark, of lobsters, of falling on lobsters in the dark, of speaking before Rotary Club, and of the words 'some assembly required.'"

- Good fear teaches us to respect appropriate boundaries.
- Good fear alerts us to real dangers.
- Bad fears paralyze us from doing what we ought to do.
- Bad fear is a kind of distorted fear.
- One is based on faith.
- The other is based on fear.

1 John 4:15-21 (ESV) Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. By this is love perfected with us, so that we may have confidence for the day of judgment, because as he is so also are we in this world. There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. We love because he first loved us. If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. And this commandment we have from him: whoever loves God must also love his brother.

Overcoming Fear:

1st) Begins with **JESUS**.

1 John 4:15 (ESV) Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.

- Hope precedes faith

John 10:24 (ESV) So the Jews gathered around him and said to him, "How long will you keep us in suspense? If you are the Christ, tell us plainly."

- It was an expression of hope

John 10:25-28 (ESV) Jesus answered them, "I told you, and you do not believe. The works that I do in my Father's name bear witness about me, but you do not believe because you are not among my sheep. My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand."

- Do you want to live forever?
- Do you want to be forgiven?
- Do you want to be loved?
- Where did you get those desires?
- They came from Jesus
- Our fears drive us to Jesus and that's not a bad thing but a good thing.

2nd) Progresses in **KNOWLEDGE**.

1 John 4:16 (ESV) So we have come to know and to believe the love that God has for us.

- The Love of God for us
- God loves you just as you are not as you should be because you'll never be as you should be.
- That is the kind of love that changes us.
- In reality we, as believers, have nothing to fear.

1 Peter 2:11-12 (MSG) Friends, this world is not your home, so don't make yourselves cozy in it. Don't indulge your ego at the expense of your soul. Live an exemplary life among the natives so that your actions will refute their prejudices. Then they'll be won over to God's side and be there to join in the celebration when he arrives.

- However, God had another route planned.
- So God decided to lead them by a roundabout way in the wilderness.
- This is the God who precisely because he loves his children, refuses to take the shortcut they'd much prefer.
- Are we there yet?
- Do you even know where you're going?
- God leads people in roundabout ways, He does not move hastily, He is never in a hurry,
- It is one of his most irritating qualities.
- Are we there yet?
- Not yet. One day, but not yet. Be patient and trust me.

Matt. 6:33 (NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

3rd) Continues in **RELATIONSHIP**.

1 John 4:16b (ESV) God is love, and whoever abides in love abides in God, and God abides in him.

- Did that note make me want to study more or less?
- Did that note make me love my wife more or less?
- It made me smile and say “Thank you” that was very helpful.
- One way to abide in a relationship is to be thankful.
- You don’t look for the worst, you look for the best and you give grace to the rest.
- You don’t spend months or years nurturing fear and panic and then just turn it off the next day.
- This is the exact opposite of how the Bible tells us to live.

Philippians 4:6 (NIV) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God

Philippians 4:7 (NIV) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Your life goes the way of your dominate thoughts
- If you want to control your life, control your thoughts.

Phil. 4:8 (NIV) “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things”

Isaiah 26:3 “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”

- I believe one of the greatest antidotes to fear is thanksgiving and praise.

Psalms 34:1-7 (NIV) I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them.

4th) Is Perfected in **LOVE**.

1 John 4:18 (ESV) There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

- The short and simple answer to our fear is to let God love us.
- The most appropriate thing to do about fear is to “name the demon.”