

FOUR STEPS TO OVERCOME FEAR

¹³ But the angel said unto him, Fear not, Zacharias: for thy prayer is heard; and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John. Luke 1:13 KJV

<p><u>Interactive Questions:</u></p> <p>Have you ever felt afraid of something?</p> <p>Is it possible to have fear and faith at the same time?</p> <p>How many blessings did you miss during 2016 because of fear?</p>	<p><u>Objective:</u></p> <ul style="list-style-type: none"> ▪ Apply four keys to overcome fear & to maintain joy in our lives. ▪ Learn how to declare God's promises. ▪ Discover how to grow our faith.
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Introduction: There are many people that have different fears like the fear of heights, the fear of darkness, the fear of failure or changes, but even though it is normal to feel afraid, we cannot allow it to steal our joy. Let's view the following steps that will help us defeat fear.

1. **Keep your faith in the middle of fear.** *Luke 1:18-20 KJV*

- a. It is possible to have fear and faith at the same time, because being afraid is an emotion that humans experience, but we should not allow it to take our faith.
- b. If we doubt when God gives us news, then we might lose our ability to speak like Zechariah. What does it mean to be unable to speak? This is referring to, not being able to declare the Lord's promises for our lives, because we lack faith.
- c. Perhaps, because we do not have faith, we still don't own a business, we have not graduated neither have some of us gotten married and we have lost many opportunities.
- d. Let's decree the Lord's blessings, and not allow fear to keep us silent. It doesn't matter if others reject or criticize us, because God told us He would bless us; therefore, He will do exactly as He promised.

2. **Do not fear because God is in control.** *Luke 1:38 KJV*

- a. From the moment, God brought us into this world, He already had certain blessings in store for us, all we have to do is believe them and not fear what the world says.
- b. Mary overcame many fears, she had to face a society that did not accept pregnancy before marriage, she had to face Joseph when she told him she was pregnant, but that it wasn't because of him, and she had to overcome the fear of being stoned.
- c. When God is in the situation, He will always be in control and He will never abandon us. It doesn't matter if fear makes us think that disgrace is going to catch up to us, because the Bible says that goodness and mercy will follow us all the days of our life.

3. Do not let fear take your joy.*Luke 2:9-11, 20 NLT*

a.Let's not allow the fear of the unknown to take our happiness. The Word teaches us that the shepherds reacted differently after having an encounter with the angel, Gabriel. They had reverence for God and they believed, in such a way, that they praised Him and received His blessing.

b.We should not let depression keep us from coming to church, instead we must remember that the Lord has changed our sorrow into dancing and tell our soul to praise Jesus.

c.The Bible says, that Jesus was lost for three days when he was 12 years old, and his parents were desperate, until they found him in the temple. **Rhema:** Keep praying for your family and children, because in 2017 you will find them in the Lord's temple. Rejoice!

4. Let your faith be so big that it scares fear.*Luke 1:57-65 NLT*

a.Sometimes fear is so big that when we want to push through it, we're so afraid that it holds us back. When we believe, and proclaim the Word, our faith grows and we crush fear.

b.If fear lies and tells us that we are going to die because of a disease, let's declare that by the stripes of Jesus Christ we have been healed. If the government wants to take us out of this country because we're undocumented, let's decree that we are citizens of the Kingdom and that the Almighty has given us this promised land.

d.When Elisabeth gave birth, her family and friends wanted her baby to be called Zechariah like the baby's father; but, once Zechariah wrote on a tablet that his baby's name would be called John, he was instantly able to speak again. **Rhema:** When we obey, and believe in God's promises, we are immediately able to speak about His blessings, and fear can never again silence us.

Conclusion: We should rejoice, laugh with the Lord's laughter, and lose all fear, because our Heavenly Father is in control of our lives. If you were dealing with fear and your reality seems bigger than your faith, today we invite you to receive Jesus in your heart, the one who casts out all fear. Come on, pray the following prayer with us:

SALVATION PRAYER

Lord Jesus, I recognize I have sinned and that you died for me on the cross. Today, I repent and ask for forgiveness. I give you my life and my heart so you can be my Lord and personal Savior, amen.