

SCARED SPITLESS

ESCAPING THE GRIP OF
PARALYZING FEAR

Part 1

Pastor Grant Fishbook
September 13 & 14, 2008

The first negative emotion that mankind ever experienced was fear.

But the LORD God called to the man, "Where are you?"

He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." – Genesis 3:9-10

The most basic instinct of every living creature is fear.

**You know that have experienced the fear of man
if you have ever...**

1. Caved to public opinion

Then Saul said to Samuel, "I have sinned. I violated the LORD's command and your instructions. I was afraid of the people and so I gave in to them.

– 1 Samuel 15:24

2. Made a decision based on what other people might think

3. Changed the direction of your life because some said,
"You can't..."

Yet at the same time many even among the leaders believed in him. But because of the Pharisees they would not confess their faith for fear they would be put out of the synagogue; for they loved praise from men more than praise from God. – John 12:42-43

*Fear of man will prove to be a snare,
but whoever trusts in the LORD is kept safe.*

– Proverbs 29:25

Two People Who Refused to Bow to the Fear of Man

1. Joseph

This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit. Because Joseph her husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly. But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."

When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. – Matthew 1:18-21, 24

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2. Paul

Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ.

– Galatians 1:10

Two Questions Each of Us Must Answer

1. Will I say yes to pleasing God?

2. Will I say no to pleasing people?

Jesus' response to these questions:

By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me. – John 5:30

*The remarkable thing about fearing God is that
when you fear God, you fear nothing else;
whereas, if you do not fear God, you fear everything else.*

– Oswald Chambers

One of greatest fears in coming to God is that we will be rejected
(Isaiah 53:3)

God's answer to that fear is acceptance

Accept one another, then, just as Christ accepted you, in order to bring praise to God.

– Romans 15:7

Next Steps

- Fear and Anxiety Half-Day Workshop – Saturday, October 18
- Small Group Leadership Training – Monday, Sept. 15 or 22
- Core Class I – Sunday, September 21

On your way home:

What is your greatest fear? Why?

Small Group Discussion Questions



- 1) What was your greatest fear as a child? Have you overcome that fear or does it still affect you to this day?
- 2) Have you ever experienced the fear of man? What was the result?
- 3) What do you believe the Bible means when it tells you to fear God? What scriptures can you use to justify your position?
- 4) In what ways can you say yes to God and no to pleasing people this week?
- 5) How do you know that you have been accepted by God?
- 6) How can we pray for you tonight?