

**ACCM**

**Bible Study:** Thursday, August 17th 2017. **Topic: Fighting the spirit of fear**

**Text: 2 Timothy 1:1-17; Jonah 1:3-17; Revelations 21:8**

In the world that we live in today, fear has become a tool in the hands of unscrupulous elements to limit how many progress. The image of fear is shown to us via every media possible; through social media outlets, audio-visual channels and even by the word of mouth. It is almost like the power or control over our lives could be measured by how much fear an individual can spread.

The bible clearly says “God has not receive the given us the spirit of fear…”(2 Tim 1:7), yet many Christians in their everyday lives are ruled by fear. Some have been so hampered by fear that the manifestation of their potentials is severely limited. Others rather than deal with the power of fear over their lives have also become tools in the hand of the devil to spread false information or outright fear.

The goal of our discussion today is to understand, what exactly fear is? Where it comes from? Why it exerts so much influence over our lives? And what we can do to overcome it?

Let is start by defining what fear really is:

1. What is Fear?

* An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.
* a mixed feeling of dread and reverence.
* a feeling of anxiety concerning the outcome of something or the safety and well-being of someone
* the likelihood of something unwelcome happening.
* Fear is an emotional response induced by a perceived threat, which causes a change in brain and organ function, as well as in behavior. Fear can lead us to hide, to run away, or to freeze in our shoes. Fear may arise from a confrontation or from avoiding a threat, or it may come in the form of a discovery (***culled from Psychology today-What is Fear by Alex Niles).***

**A popular acronym for FEAR is False Expression Appearing Real,** that is fear could be termed an illusion of a sort. Something that could possibly just be a figment of our imagination.

Jonah 1:3-5 3 But Jonah rose up to flee unto Tarshish from the presence of the Lord, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the Lord.4 But the Lord sent out a great wind into the sea, and there was a mighty tempest in the sea, so that the ship was like to be broken.5 Then the mariners were afraid, and cried every man unto his god, and cast forth the wares that were in the ship into the sea, to lighten it of them. But Jonah was gone down into the sides of the ship; and he lay, and was fast asleep.

2. What does Fear do to you when it kicks in? Is fear in phases?

* Causes you to shrink in
* Raises you blood level or activity
* Causes you to freeze
* Causes you to become incoherent
* Causes you to run away or hide

The things that trigger fear in a child would not necessarily do same to an adult. In that same vein the things that would instill fear in an adult that has never been faced with a precarious situation will differ from one that always lives on the edge

3. Where is the origin of fear? Jn 8:44. Is fear truly a spirit? 1 kg 22:19-23; Rev 12.9

At the center of fear is falsehood. A lack of understanding of the truth forces one to believe and may transfer a spirit of fear. Picture what effect a horror movie would have on you if you were there when the movie was made or if you just watched the already made movie.

4. How would the mariners have reacted to the storm, if God had forewarn them that He was going to bring a storm their way! Acts 27:21-25 (Discuss)

Jonah 1:10-16 10 Then were the men exceedingly afraid, and said unto him. Why hast thou done this? For the men knew that he fled from the presence of the Lord, because he had told them.11 Then said they unto him, What shall we do unto thee, that the sea may be calm unto us? for the sea wrought, and was tempestuous.12 And he said unto them, Take me up, and cast me forth into the sea; so shall the sea be calm unto you: for I know that for my sake this great tempest is upon you.13 Nevertheless the men rowed hard to bring it to the land; but they could not: for the sea wrought, and was tempestuous against them.14 Wherefore they cried unto the Lord, and said, We beseech thee, O Lord, we beseech thee, let us not perish for this man's life, and lay not upon us innocent blood: for thou, O Lord, hast done as it pleased thee.15 So they took up Jonah, and cast him forth into the sea: and the sea ceased from her raging.16 Then the men feared the Lord exceedingly, and offered a sacrifice unto the Lord, and made vows.

5. Does this scripture indicate that there is fear with God? Exo 20:18-20; Heb 4:16; Heb 10:31

6. Why then are God’s Children struggling with the spirit of fear? Rom 8:15

* Lack of Faith- Mk 4:36-41
* Absence or limited information or knowledge-Hos 4:6
* Sin-Gen 3:6-10
* A focus of the size of the situation and not the size of God-Num 13:32-33
* A dependence on the man of flesh- Jer 17:4-6

In conclusion, once we discover who we are in Christ Jesus, leverage on how understanding of His Love and capacity to save us, then all fears in our lives will melt to reveal an individual strongly dependent on the Holy Spirit. Rom 31-39 NLT. We will then cease to be servants to fear but will realize that the only fear that is acceptable is the holy reverence of The Almighty God.