

How to be Strong in the Face of Fear

2 Timothy 2:1-4

Listen, in order to be strong let's, eliminate some habits, things that have and still are keeping us from being who and what God has called us to...

To be strong I must eliminate some habits... things that's keeping me from being who and what God has called us to...

I MUST:

1. Stop making excuses own my failures...."EXCUSES" only show weakness.
2. Stop procrastinating, I'm not busy, you're avoiding work. Strength, respect and growth come from execution not intentions
3. Stop blaming others; take full responsibility. People respect leaders, not victims.
4. Stop disrespecting time. Wasting time shows I don't value myself or others.
5. Stop being overly emotional, control my feeling. High emotions = low resistance to fear
6. Stop complaining. No one respects or listens to someone who constantly whines, focus on solutions not problems.

Eliminate these habits now. If you don't, strength will escape you in times of fear and respect will be the last thing you get.

My "STRENGTH" is my will, my endurance and my confidence.

How to be strong in the face of fear

Fear is real.... but what we fear is often not often based in reality

Fear is an unpleasant emotion as a response to perceived danger

God gave me this unpleasant emotion to help me to know when to be cautious or when to be safe.

Fear to deal with distress can become greater than the distress

Fear paralyzes me and stops me in my track.

Fear takes my focus from the work to what I'm afraid of.

Fear intimidates me, fear causes me to back down when I really should be stepping up.

Fear makes me weak

Fear not faced gets stronger. The longer I go without facing that fear the stronger that fear gets.

When I look to my heavenly Father I get confidence in Him and I get confidence in what I can do for Him.

God wants me to have confidence in His word so that I can have confidence in myself

In the face of fear

1. Pray to the Father

Nehemiah 4 :6

a. When I pray, I take my fears to my Father.

b. When I pray, I get strength from the Father.

God doesn't want me coming to Him with false confidence, He wants me to come with humility.

c. I can get direction from my Father.

When I pray because He speaks to me it refocuses me.

2. In the face of fear, I must hear my Father's words

John 14

My Father's word

a. Reminds me of His will

The Holy Spirit will speak. The Holy Spirit will Teach but I have to hear.

God will always remind me of His will... His instructions and His promises.

My Father's words is the TRUTH, fear is perceived.

3. I must trust my Father's Spirit

The Holy Spirit is a teacher and a guide to make my spirit conform to "His Spirit"

a. I have a spirit of power

b. I have the spirit of Love

Love conquers fear.

c. A sound mind

A sound mind is a disciplined mind; a sound mind means that I can control my fears and not be controlled by my fears

Hope is an anticipation of good

Hope is rooted in Truth

Hope is a mindset.

Romans 5:1

I must know how to have hope

1. Stand!!!

Stand in hope stand in the confidence of THE outcome.

b. Stand in hope.

c. Stand against the wiles of the devil.

d. Just keep standing

Timidity steals your hope

a. You glorify God

b. Go through according to your faith

3. Let patience work

a. Let patience give you experience

Experience is proven character.

Say these powerful words every morning, repeat them with strength. Because the first voice you should hear every day is your God's

1. I must control my mind because nothing else does
2. I will choose peace over chaos every single time
3. I let go of what I can't control and focus on what I can
4. I press to become stronger, wiser and more aligned with God's word each day
5. 5. I don't chase approval of others I stand by the principles of the word of God no matter what.

6. 6. I rise back from wrong choices that cause for me setbacks with clarity not bitterness and resentment.
7. 7. I walk with purpose and act with calm authority.
8. So I must speak power, think power, live power. Make this a part of your daily routine.