

1. In Lesson Two we examined fear. The KJV Dictionary defines fear as "A painful emotion excited by an expectation of evil, or impending danger. Fear is accompanied with a desire to avoid or ward off the expected evil. Fear is an uneasiness of mind, upon the thought of future evil likely to befall us."

We saw that there are **two types of fear** found in the Bible:

- A. The **first** type of fear is **beneficial**. It leads us to have reverence for God. This type of fear leads us to respect and be in awe of His power and glory. In order to have wisdom we must first have a fear of the Lord. "The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding" (Proverbs 9:10).

- a. A second aspect of fear that is **beneficial** for us is spoken about in Matthew 10:28: "And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell." This fear causes us to have concern over our **soul** and to consider (and believe) the gospel message and the hope it gives.

A third aspect of **beneficial** fear is that which keeps us from **harm** to our **bodies**. We will cover this in Lesson Three when we study about worry. Also, being fearful is closely **connected with worry**. The words "fear" and "worry" are often used interchangeably, yet there are differences. We will look at worry in **Lesson Three**.

- B. The **second** type of fear is **not beneficial** for us and it harms us. We are harmed by fear when we do not look first to God for our answer but instead we try to solve a fearful situation in our own strength. We are not trusting God in our circumstance.

*It is this second type of fear that we studied in Lesson Two.*

- C. **We have fear** because we live in a **fallen world**. The **first** time either the word "**afraid**" or "fear" is mentioned in the Bible is right after **Adam and Eve disobeyed God**. They ate of the tree of the knowledge of good and evil which God had commanded them to not eat of it. Immediately they became ashamed of being naked and they sewed fig leaves to make a covering. When they heard the sound of God walking in the garden they hid but God asked Adam where he was.

Adam responded: "And he said, I heard thy voice in the garden, and **I was afraid**, because I was naked; and I hid myself" (Genesis 3:10). We understand that...

*Fear is a result of sin and sin is seen in a variety of ways in our life.*

2. Fear is a **common** experience to every believer in varying degrees during our life. It's **our response** to those fearful situations that we want to consider. There are **four things** to remember about our response to fear:
  - A. We can be so **overwhelmed** by our circumstance that we **forget** God is always with us. We forget that even when things seem out of control God is always in control.

- B. Our **focus** can be on ourselves and how we can fix our problem; or gain control of our circumstance. We then try to solve our problem in our **own strength**. We may say a quick prayer to God but then we automatically fall back into our own strength. You know you are doing this when you do these three things:
- You don't wait on God to learn how He wants you to respond. Remember, the Holy Spirit will bring up God's word to guide you and/or remind you of godly principles in your mind and heart.
  - You don't consult God's word for help and direction.
  - You don't pray earnestly keeping an open mind for His will. Does your prayer sound more like: "help me do it this way God"? Or is your prayer more like: "Lead me God and your will be done"?
- C. The **biblical response** to fear is to apply God's Word with prayer and trust in His will. As a believer we never need to be fearful!

*However, we all need to be encouraged and reminded that living with fear is not what God desires for us and He has the answer to being fearful...*

3. In Lesson Two we looked at four things: (1) those things that make **you** fearful. This was your time for self-examination; (2) the lesson to **learn** from the "12 spies" in **Israel's past**, (3) the believers security in Christ, and (4) we learned and were **encouraged** in the ways **David, the psalmist, and Paul** responded to fear.

*Let's begin our review by examining a few more things about being fearful...*

4. What is mankind afraid of?
- A. In a 2021 survey of 2,000 people conducted by TODAY and AOL, **1 in 3** U.S. adults admit they **fear being alone**. This response was almost equal in women and men alike: 40% of women; 35% of men. They fear not being loved by someone special in their life. (Huff Post News.2021)
- B. In a 2016 survey of 1,511 people in the USA shows that **people fear what they cannot control**. The top 10 fears of 2016: (USA TODAY Oct 12, 2016)
- Corruption of government officials (same top fear as 2015) – 60.6%
  - Terrorist attacks – 41%
  - Not having enough money for the future – 39.9%
  - Being a victim of terror – 38.5%
  - Government restrictions on firearms and ammunition – 38.5%
  - People I love dying – 38.1%
  - Economic or financial collapse – 37.5%
  - Identity theft – 37.1%
  - People I love becoming seriously ill – 35.9%
  - The Affordable Health Care Act/"Obamacare" – 35.5%

- C. In a 2014 article the Washington Post reports America's biggest phobia is **the fear of public speaking**. It also reported the following information from the Chapman University Survey on American Fears:
- a. Democrats are nearly twice as likely as Republicans to have a fear of clowns and they are more likely to fear bugs, snakes and other animals, as well as blood and needles.
  - b. A big **predictor of fear is television viewing** claiming that frequently watching television talk shows is related to being fearful.
5. What does fear do to us **physically**? (Cleveland Clinic & Northwestern Medicine)
- A. When you are in a state of fear your body responds by equipping you to take action. Fear is experienced in your mind, but it triggers a strong physical reaction in your body:
    - a. Amygdala (small organ in the middle of your brain) alerts your nervous system.
    - b. Stress hormones like cortisol and adrenaline are released.
    - c. Blood pressure and heart rate increase. You start breathing faster.
    - d. Blood flow changes as your body prepares to take action.
  - B. Living in a **state of fear** and the physical response that results is **unhealthy**. It is a chronic stress to our immune system and our overall health. Consider what God's Word tells us: "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22).
  - C. In summary, **fear** appears everywhere in the **lives of people**.
    - a. People fear being **unloved and alone**, they fear having **no control** in their lives, they fear what others may **think of them**, and they have fears of **inanimate objects** (needles, blood, etc.), **animals and bugs**.
    - b. Fear is **bad** for our emotional and physical health.
    - c. This type of fear **does not come from God**: "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2Timothy 1:7). It comes from the devil. Through the indwelling Holy Spirit we each have all the power, all the love, and the ability to make sound decisions; for us to go through any circumstance in life. This gives us hope! The **Holy Spirit** will enable us to keep from being gripped with fear and will enable us to go through any circumstance. We need to **choose** each day to walk in the Spirit and follow the Word of God.

Let's consider now Romans 15:4: "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope." Let's examine a time in Israel's history when fear overwhelmed the Israelites. (This account is described in Numbers chapter 13 – chapter 14:10).

## 6. Israel's "12 spies".

- A. The Lord was ready to **take Israel into the land of Canaan**. He told Moses to send a ruler from each of the 12 tribes to search out the land and report back to the people. We call these 12 rulers the "12 spies" who spied out the land of Canaan.
- B. After **searching out the land** for 40 days the 12 spies returned to Kadesh unto Moses, Aaron, and to all the children of Israel to give them their report. They said the land flowed with milk and honey. As instructed, they brought back with them some of the fruit of the land. It was one cluster of grapes so big that two men carried it on a staff between them. They also brought pomegranates, and figs.
- C. However, they said the **cities were walled** and very great and they saw the children of Anak there **who were giants**. Comparing themselves to these giants they felt as big as a grasshopper. They went on to list five other peoples who lived there. As they were talking the children of Israel who were listening became increasingly excited. They cried and wanted to go back to Egypt: "And they said one to another, Let us make a captain, and let us return to Egypt" (Numbers 14:4). Only **two of the spies** – Joshua and Caleb – wanted to take the land.

"And Joshua the son of Nun, and Caleb the son of Jephunneh, which were of them that searched the land, rent their clothes: And they spake unto all the company of the children of Israel, saying, The land, which we passed through to search it, is an exceeding good land. If the LORD delight in us, then he will bring us into this land, and give it to us; a land which floweth with milk and honey. Only rebel not ye against the LORD, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the LORD is with us: **fear them not**" (Numbers 14: 6-10).

- D. **Ten** of the twelve spies could only **see defeat** and they were fearful. Only **two** of them – Joshua and Caleb – said that if the LORD delights in them that he would give it to them. Joshua and Caleb **trusted God** and His promise to them. Their faith and confidence in God overshadowed any fear of man they may have had.
- E. How can we **apply** what we have learned from the actions of these 12 spies when we are fearful?
- When your circumstances appear overwhelming and impossible - **trust God**
  - See **beyond** your circumstances so you will see the power and love of God at work in your circumstance.
  - Remember what He has promised and that **God does not lie**.
  - Recall** your past and all the things God has already done for you.
  - Remember God loves you and has **already shown** you His love by giving you salvation.
  - Obey** 2Corinthians 5:7 "For we walk by faith, not by sight".
- F. Observation: Just like Caleb and Joshua, trusting God may put you in the minority, even among others who proclaim to trust God.

*In order to have our hope that rests in Christ firmly embedded in our mind and heart we must have a complete understanding of the believer's security in Christ. This understanding will shore up our faith when we become fearful.*

7. The believer's **security in Christ** according to **Romans 8:28-39**.
- A. **The big picture**: We are completely secure in Christ. Not one thing can ever separate us from God's love nor our future in heaven. God allows circumstances in our life which He will use for our good in order to conform us into the image of His Son.
- B. **Specific points** from Romans 8:28-39. These points and the "Definition of Terms", are from Pastor Jim Devney's Study on the book of Romans for our Sunday School Class in 2017-2018.
1. The Holy Spirit (Word) is at work in believers' lives to **mature our relationship** with God.
  2. **All things** that happen to believers will be used by God to accomplish His will for our lives. He uses both the good things and our sufferings for our benefit; conforming us into the image of His Son Jesus. All things work together to accomplish **His will and purpose for our lives**.
  3. No matter what problems we face in our life our **final destiny is fixed**; for one day we will be in heavenly places.
  4. **God knows beforehand** who will and won't be saved. This truth will happen.
  5. God called us and **when we believed**, He justified us by declaring us righteous once-for-all. Christ imputed, put to our account, His righteousness.
  6. It doesn't matter who is ever against us because no one nor anything is more powerful than God. **Nothing can stop us from arriving** at our final destiny which is heaven.
  7. We all had a part in putting Christ on the cross, but ultimately it was God Himself who delivered Christ over and He did it for us. **Christ was delivered for our offences, and was raised for our justification**.
  8. We are acquitted, pardoned, and **forgiven of all our sins** and our case will never be reopened. It is a closed matter with God.
  9. **Christ's death** is the final sacrifice for sin and is **sufficient to satisfy God's justice**. Christ's **resurrection** proved the Father accepted His Son's work. Christ's **ascension** shows that He went to the place of authority and to watch care for believers. Christ's **intercession** happens because the Son is for us in heaven just as the Holy Spirit is in us and for us in earth.
  10. **Our security** is totally dependent upon Christ and His work on the cross. It is NOT about whether we fail or sin, our feelings, nor our love for Him. It's about His love for us.
  11. **We suffer**, but it is not because we are separated from the love of God. We are in God's purpose and He is using us for His glory. We are not alone in this. We groan with the whole creation. One day, **at the rapture**, we will no longer experience the consequences of what sin has brought to this world.
  12. **We can face every single circumstance because God loves us**. In our tribulations we learn:
    - a. To trust God and develop patience.
    - b. That in our distress to look to God for our way out. We learn how to lean upon God in the midst of dangers.
    - c. That in times of hunger to pray for our daily bread.
    - d. To become Christ-like toward our persecutors.
    - e. How to be content with less.
    - f. How to stand for Christ as our priority, not our government or culture.

13. For believers there is not one thing: death, trials, sufferings, temptation, angels, principalities nor Satan's power of evil, anything in the future, nothing in this vast universe or beyond, hell, nor any other creature (this includes us) that can separate us from our position of love in Christ.

*The following "Definition of Terms" will be helpful in your study of Romans*

**"Definitions of Terms" used in Romans 8:28-39**

(Pastor Jim Devney, GracePoint Church, New Whiteland, IN.)

**Foreknowledge** – Before the world ever was, God knew me and God knew that I would belong to Him. This involves a special, loving relationship.

**Predestination** – In eternity past, God marked out a wonderful future for me – that I should be like His Son.

**Calling** – God brought me to Himself in a wonderful way, out of my darkness, into His marvelous light.

**Justification** – God declared me to be perfectly righteous in His righteous Son, based upon the cross-work of the Lord Jesus Christ.

**Glorification** – God will complete my salvation and in the mind and plan of God, it is as good as done!



In Romans 8:28-39 God has explained to us in great detail just how secure we are in Christ. God wants this firm in our mind and in our heart. Seeing God's love and concern for our well-being alone gives us hope! God has removed all doubt about our security in Christ. We never have to wonder if what we've done, or what was done to us, can rob us of our hope in Christ. **It cannot!**

8. What can we learn from the examples of David, the psalmist and Paul as they faced fear?  
A. What does David say about fear?

"The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?" (Psalms 27:1).

"I sought the LORD, and he heard me, and delivered me from all my fears" (Psalms 34:4).

We conclude from this:

- a. Because the LORD was his light David knew that the LORD would **show him the right way**.
- b. David knew God was the **only one** who could save him. The LORD gave him both salvation from his sin and salvation in circumstances. **David was not afraid of anyone** or anything because he trusted in the LORD.
- c. This certain hope in the LORD gave David the **strength** he needed to handle any situation.
- d. The **LORD** kept David from being fearful.

B. What did the **psalmist** do when he was afraid?  
 "What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me" (Psalm 56: 3-4). We see here that...

- a. The psalmist **purposed in his heart** to do three things when he became afraid:
  1. He will trust in God
  2. He will praise his word
  3. He will not be afraid of what man (flesh) can do to him.
- b. Consider the example of **Daniel** who was taken captive from Jerusalem to Babylon. He was a godly Jewish boy who understood that he was being taken into a pagan city where his Jewish beliefs would be challenged.
  1. On his journey to Babylon he thought about this and **made a decision** before he arrived in Babylon how he would handle eating the kings food and drinking the kings' wine:

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself" (Daniel 1:8)

2. Decide BEFORE you are in a fearful situation to "purpose in your heart" exactly what your hope is and make the decision to honor that hope. **Decide ahead that your response will be to trust in the LORD.** Then when it happens remind yourself of your decision to trust in God and go to Him for strength.

*Being fearful does not mean that you do not have enough faith. In the course of life we will encounter circumstances where our first reaction is to be afraid. The key is to not remain fearful. Take your fears to God in prayer knowing it is not His will for you to be fearful. He is faithful and He will comfort you in your fear and make you strong.*

- C. Our apostle Paul is our example "Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample" (Phil 3:17).
  - a. In Corinth the Lord appeared to Paul in the night by a vision and encouraged him "**Be not afraid**, but speak, and hold not thy peace: For **I am with thee**, and no man shall set on thee to hurt thee: for I have much people in this city" (Acts 18:9-10).
  - b. In 1Corinthians 2:3 Paul told the Corinthians "And I was with you in **weakness**, and in **fear**, and in much trembling."
  - c. In Ephesus Paul asks for **prayer** because he did not want fear to keep him from speaking boldly when he shares the gospel:
 

"**Praying** always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints: And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel. For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak" (Ephesians 6: 18-20).

9. At the end of Lesson Two you were asked to do two things:
- A. **Think of your plan to confront fear** in the future and write it down.

Perhaps your plan is similar to mine:

I am going to purpose in my heart that I will take my fears to God before I begin to imagine what things could happen: "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (2Corinthians 10:5). It is so easy to let our fears take over our mind and then we start to create scenarios that probably are not true because it comes from our fear. This leads to fretting about our fear, which is worry. I am going to take my fears to God first and wait on His leading. I will trust in His will for me even if I don't understand it. I am going to read the Bible for comfort, guidance and strength because I understand that God has spoken to us through His word.

When I am fearful I feel insecure so I will need to remind myself that God has shown his love for me on the cross. My future in heaven is secure in him. I am never alone because the Holy Spirit dwells within me who intercedes for me when I have trouble praying. He turns my prayers into the will of the Father.

When I am fearful because I have been let down, I will remind myself that I am accepted in the Beloved. No one loves me like God. And I can trust him because he never lies. My home is heaven where I will have a new body and a glorious future bringing glory to Christ.

- B. **Select a scripture verse** from Lesson Two that will encourage you when you see it. Write this verse on an index card or post it note and place it where you will see it each day. As you see it you will be encouraged in handling those fears you identified in Question #1.

The scripture verse I selected is Psalms 56:3-4.

"What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me" (Psalm 56: 3-4).

The psalmist purposed in his heart to do three things when he became afraid:

4. He will trust in God
5. He will praise his word
6. He will not be afraid of what man (flesh) can do to him.