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## Mixed Emojis Series- Episode II

“Fear”

### Understanding fear:

1. Positive fear
  - a. The fear of the Lord

“The fear of the Lord is the beginning of wisdom.” **Proverbs 9:10**

“Fear God and keep his commandments, for this is the duty of all mankind.” **Ecclesiastes 12:13**

- b. Protective/Preservation fear

2. Negative fear

A few common negative fears:

- Fear of sickness and death
- Fear of the future
- Fear of lack
- Fear of failure

### What the bible said about negative fear:

1. Existed since the fall of man

“But the LORD God called to the man, “Where are you?” He answered, I heard you in the garden, **I was afraid** because I was naked; so I hid.” **Genesis 3:9-10**

2. The effect of negative fear
  - a. keeps us from entering into the abundant life that God has for us

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“Only do not rebel against the LORD; and **do not fear the people of the land**, for they will be our prey. Their protection has been removed from them, and the LORD is with us. **Do not fear them.**”  
**Numbers 14:9**

### Overcome our fear:

“For God hath not given us the spirit of fear; but the power, and of love, and of a sound mind.” **2 Timothy 1:7**

1. Overcome fear with God’s power

“Whenever I am afraid, i will trust in You.” **Psalms 56:3**

2. Overcome Fear with a Sound Mind

“For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment *and* personal discipline [abilities that result in a **calm, well-balanced mind and self- control**].” **2 Timothy 1:7 (AMP)**

**Sound Mind:** Calm, well balanced, disciplined and self controlled

**Fearful Mind:** Stirred up and stormy, out of balance (focus on the negative), out of control

3. Overcome Fear with Love

“There is no fear in love. But perfect love drives our fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because he first loved us.”

**1 John 4:18-19**

All scripture is from the New International Version unless otherwise noted.