

Finding Your Brave

Conquering Your Fears

2 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Last Week: 3 Battlegrounds (Putting On Your Brave)

- **The Demonic Realm**
- **The World System**
- **The Flesh**

A Bad Diagnosis

I Am

An Ominous Lump

Paul stays in the rest

A bad day is when...

- **Your boss says, “You're fired!”**
- **You lose your driver's license and keys**
- **Your spouse tells you they're leaving you**

- **Your children go astray**
- **You discover you've left your iPad in an airport terminal**
- **You discover you have multiple white hairs on your head**

“Adversity is a condition marked by misfortune, calamity or distress.”

–dictionary.com

What typically happens when something adverse happens to us?

- **We get discouraged**
- **Our anxiety levels rise**
- **Our perspective gets blurred**

A blurred perspective will...

- **Diminish the power and presence of God in your life**
- **Release emotions throughout your body that instantly steal your peace**
- **Trigger fearful thoughts in your mind that cause you to think the worst possible scenarios**

(F)alse (E)vidence (A)ppearing (R)eal

**Fear is the ‘anticipation’
of pain whether physical,
emotional, mental,
financial or spiritual**



Satan wants you to...

(F)orget (E)verything (A)nd (R)un!



**No one has ever faced more
fear than Jesus did in the
Garden of Gethsemane**

Jesus knew He would be

- **Betrayed by Judas**
- **Abandoned by His friends**
- **Denied three times by Peter**

- **Falsely tried**
- **Beaten & whipped**
- **Crucified on a cross**

Cut off from His Father

How did Jesus respond?

- He didn't retaliate
- He didn't threaten revenge
- He **entrusted** Himself into His Father's care

**He placed Himself in His
Father's hands**

Luke 22:41-42 He distanced Himself from them about a stone's throw and knelt there, praying. Jesus: Father, if You are willing, take this cup away from Me. Yet not My will, but Your will, be done.

1 Peter 2:21-23 For as a believer you have been called for this purpose, since Christ suffered for you, leaving you an example, so that you may follow in His footsteps. He committed no sin, nor was deceit ever found in His mouth. While being reviled and insulted, He did not revile or insult in return; while suffering, He made no threats of vengeance, but kept entrusting Himself to Him who judges fairly.

Romans 8:35, 37 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? No, in all these things **we are more than conquerors through him who loved us.**

**Romans 8:38-39 For I am sure that
neither death nor life, nor angels nor
rulers, nor things present nor things to
come, nor powers, nor height nor
depth, nor anything else in all creation,
will be able to separate us from the
love of God in Christ Jesus our Lord.**



Don't Give Up, Look Up!



Don't run, don't hide



**Don't be wet, sticky and
rejected, be cool, calm
and collected**

Instead...

(F)ace (E)verything (A)nd (R)ise

**Proverbs 24:16 For a righteous man
falls seven times, and rises again,
But the wicked stumble in time of
disaster and collapse.**

Proverbs 14:26-27 Those who fear the Lord are secure; he will be a refuge for their children. Fear of the Lord is a life-giving fountain; it offers escape from the snares of death.

Matthew 8:23-27 Then Jesus got into the boat and started across the lake with his disciples. Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. The disciples went and woke him up, shouting, **“Lord, save us! We’re going to drown!”** Jesus responded, **“Why are you afraid? You have so little faith!”** Then he got up and rebuked the wind and waves, and suddenly there was a great calm. The disciples were amazed. **“Who is this man?”** they asked. **“Even the winds and waves obey him!”**



Jesus is in your boat

What is the opposite of fear, stress and anxiety?

- **Calm**
- **Peace**
- **Trust**

How do we stay calm, be at peace and trust God when things aren't going well?

By entering His Rest

**Psalm 46:10 Be still, be calm, see,
and understand I am the True God.**

**Don't speed up
slow down**

**Psalm 46:10 Cease striving
and know that I am God.**

Dream

- **A couple worried about their son**
- **Students worried about their test results**
- **I'm worried about getting back to Hawaii**

Flute Player

**When you're younger the
tendency is to depend
on your own strength**

**When you're older
you have less energy**

The Cherubim