

**Overcoming Fear**  
**Mark 4:35-41 (NIV)**  
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If you do not do the thing you fear, the fear controls your life." Brian Tracy

You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind. Dale Carnegie

The fear of failure is the greatest obstacle in adult life. It is not fear itself that holds us back, it is the fear of failure. It is the anticipation of failure that holds us back. If we think we will fail, we probably will not try. One thing we know, where fear is, happiness is not.

Let's discuss overcoming fear. To overcome fear, we need to identify, define and analyze our fear. On a sheet of paper, write down the things that you are afraid of. Once you do that, then select the one that you feel holds you back the most. Then write:

1. How does this fear hold me back in life?
2. How did it help me in the past?

A) God does not give us fear - 2 Tim 1:7

B) Fear Results from Hopelessness

- a) 1 King 17:9-17 -The widow didn't see a way out
- b) 1 King 19:1-5a Elijah, the prophet of God, was afraid.
- c) Lack of rest feed fear - Proverbs 3:24-26 (AMP)

C) Fear Results from having the Wrong prospective.

- 2) The righteous have no fear of bad news – Psalms 112:5-7 (NIV)
- 3) The righteous trust God – Psalm 118:5-7 (AMP), Psalms 56:2-4 (AMP)
- 4) Fear will make you bury your gifts/talent – Matt 25:25 (NIV)
- 5) Fear Results from focusing on the wrong thing - Mark 4:35- 41 (NIV), Job 3:25 Psalms 23:4, Psalms 27:1-3 (AMP), Isaiah 12:2 (NIV), Jeremiah 1:7-9 (NIV)

D) Love eliminates Fear - 1 John 4:18

George Patton - Do not take counsel of your fears. Don't take advice or directions from your fears. If you feed your faith, your fears will starve to death.

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." Winston Churchill