

**FEAR IS A LIAR****Introduction**

Fear is a Liar is the third single from Christian rock artist, Zach Williams, from his debut studio album Chain Breaker. The song was written by Jason Ingram, Zach Williams, and Jonathan Lindley Smith. Part of the lyrics are included here in the introduction. “When he told you you’re not good enough. When he told you you’re not right. When he told you you’re not strong enough. To put up a good fight. When he told you you’re not worthy. When he told you you’re not loved. When he told you you’re not beautiful. You’ll never be enough. Fear, he is a liar. He will take your breath. Stop you in your steps. Fear, he is a liar. He will rob your rest. Steal your happiness. Cast your fear in the fire. ‘Cause fear, he is a liar.” The song reminds listeners that there is nothing to fear. A phrase from the 1933 inaugural address of Franklin D. Roosevelt, “the only thing we have to fear is fear itself”. A famous quote by Mark Twain, “Courage is resistance to fear, mastery of fear-not absence of fear”. Fear is constricting. Fear holds us back from things we desire to do because we are afraid of the outcome. We must not be fearful, within reason. We should not do something that knowingly will cause harm to ourselves. We should not participate in something that is not in line with God’s will and His word.

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

**Biblical Application**

The word for fear in the Strong’s Concordance (#1167) is deilia. It is defined as timidity. Merriam Webster defines fear as anxious concern and timidity is defined as feeling or showing a lack of courage or self-confidence. Why do we fear? The Bible is full of examples of God’s ability to take care of us, to provide for us, to keep us, to sustain us. Ephesians 3:20 says “Now unto him that is able to do exceedingly abundantly above all that we ask or think, according to the power that worketh in us”.

- Be confident. Philippians 1:6
- Trust in the Lord. Joshua 1:9; Psalm 9:10, 56:3, 118:8-9; Proverbs 3:5-6, 29:25; Matthew 6:24-34

- God is with you. Joshua 1:9; II Chronicles 32:7-8; Psalm 46:1-3, 118:6; Isaiah 41:10; Hebrews 13:5-6
- Fear God. Psalm 111:10; Proverbs 3:7; Ecclesiastes 12:13; Luke 12:4-7; Colossians 3:22-24

### **Everyday Life Application**

What have you missed out on because you let fear consume you? What steps will you take today to overcome fear?

<https://www.merriam-webster.com/dictionary/fear>

<https://www.merriam-webster.com/dictionary/timidity>

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