

07 - "I Am Fearless"

By Pastor Ed Anderson

Introduction: Overcoming Fear

- **Key Thought:** Fear is a common human experience, but God calls us to live fearlessly through faith in Him.
- **Definition of Fear & Phobia:**
- **Fear** – A natural response to a real or perceived threat.
- **Phobia** – An excessive and irrational fear of a specific situation or object.
- **Key Verse: 2 Timothy 1:7** – "For God has not given us a spirit of fear, but of power and of love and of a sound mind."
- **Question for Reflection:**
- What are the biggest fears in your life?
- How can faith help you overcome them?

Part 1: Biblical Perspective on Fear

- **John 14:27** – *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*
- **Jesus offers a peace that transcends fear.**
- **His peace is not the absence of trouble but the presence of God's calm in life's storms.**

Part 2: The Fear of Death (Thanatophobia)

- **Survey Data (2019):**
- 84% of Americans fear death.
- 11% are very afraid, 31% somewhat afraid, and 42% report fear.
- **Psychology of Fear of Death:**
- It stems from the **unknown and finality of death.**
- Can cause **anxiety, existential dread, and a desire to control one's environment.**
- **Biblical Perspective on Death:**
- **1 Thessalonians 4:13-14** – *"Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope."*
- **Ecclesiastes 9:5** – *"For the living know that they will die, but the dead know nothing."*
- **Death is a sleep until the resurrection.**

Part 3: The Resurrection and Victory Over Fear

- **John 11:25-26** – *“Jesus said to her, ‘I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?’”*
- **1 Corinthians 15:54-57** –
- *“When the perishable has been clothed with the imperishable... ‘Death has been swallowed up in victory.’”*
- **Through Christ, death loses its power.**

Fear is Neutralized Through the Resurrection

- **Viktor Frankl’s Perspective:**
- A Holocaust survivor, Frankl emphasized finding **meaning in suffering**.
- **For Christians, the resurrection provides ultimate meaning**—turning our fears into a pathway to eternal life.

Part 4: The Power of Gratitude Over Fear

- **Gratitude shifts focus from fear to faith.**
- **Philippians 4:6-7** – *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*
- **Practical Steps:**
 1. **Acknowledge fears** before God.
 2. **Replace anxiety with thanksgiving.**
 3. **Trust in God’s peace to guard your heart.**

Conclusion: Living Without Fear

- **Fear, death, and phobias are part of life, but they do not have to define us.**
- **Jesus’ victory over death gives us courage and hope.**
- **By embracing the peace Jesus offers, we can live boldly in God’s promises.**

Final Reflection

- **What fears do you need to surrender to God today?**
- **How can you apply God’s Word to live fearlessly?**

Closing Verse: 1 Corinthians 15:57 – *“Thanks be to God! He gives us the victory through our Lord Jesus Christ.”*

Call to Action

- Choose **faith over fear** every day.
- Trust that **death is not the end, but a transition into eternal life with Christ.**

- Let gratitude and the promise of **resurrection** replace anxiety and doubt.