

FREEDOM FROM FEAR

Hebr. 11:6

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Fear is the opposite to faith. You cannot have faith and fear at the same time!

These two cannot exist at the same place at the same time.

Fear is one of satan's weapons against the children of God. But through the word of God you can be set free from fear.

The greek word for fear is *phobos*. From this we get the word phobia.

Fear is a phobia which gets bigger and more intensive the more you think of it. The word also signifies, *escape, tremble and horror*.

Let's study a man who was filled with fear.

Fear in his life made him totally paralyzed and handicapped. It also influenced his thoughts, his speech, his daily life and his future.

His name was Gideon.

Judges 6:1-5

1. Then the children of Israel did evil in the sight of the Lord. So the Lord delivered them into the hand of Midian for seven years,

2. and the hand of Midian prevailed against Israel. Because of the Midianites the children of Israel made for themselves the dens, the caves, and the strongholds which are in the mountains.

3. So it was, whenever Israel had sown, Midianites would come up; also Amalekites and the people of the East would come up against them.

4. Then they would encamp against them and destroy the produce of the earth as far as Gaza, and leave no sustenance for Israel, neither sheep nor ox nor donkey.

5. For they would come up with their livestock and their tents, coming in as numerous as locusts; both they and their camels were without number; and they would enter the land to destroy it.

6. So Israel was greatly impoverished because of the Midianites, and the children of Israel cried out to the Lord.

We see that it was because of disobedience that God's blessings was not over the country. It resulted in the fact that the enemy could make the life hard for Israel. The people lived in great fear.

But when the people asked for forgiveness of their sin and returned to God, God answered their prayer.

Judges 6:11-16

11. Now the angel of the Lord came and sat under the terebinth tree which was in Oprah, which belonged to Joash the Abiezrite, while his son Gideon threshed wheat in the winepress, in order to hide it from the Midianites.

12. And the Angel of the Lord appeared to him, and said to him, "The Lord is with you, you mighty man of valor!"

13. Gideon said to Him, “O my Lord, if the Lord is with us, why then has all this happened to us? And where are all His miracles which our fathers told us about, saying, ‘Did not the Lord bring us up from Egypt?’ But now the Lord has forsaken us and delivered us into the hands of the Midianites.”

14. Then the Lord turned to him and said, “Go in this might of yours, and you shall save Israel from the hand of the Midianites. Have I not sent you?”

15. So he said to him, “O my Lord, how can I save Israel? Indeed my clan is the weakest in Manasseh, and I am the least in my father’s house.”

16. And the Lord said to him, “Surely I will be with you, and you shall defeat the Midianites as one man.”

Gideon was so full of fear that he hid himself in the winepress when he was threshing the wheat.

But now the angel of the Lord appears and says: “The Lord is with you, you mighty man of valor!” It might seem strange. Why does the angel say that?

The answer from Gideon really shows that he is not a mighty man of valor.

But the angel of the Lord doesn’t listen to his negative picture of himself.

On the contrary the angel says:

“Go in this might of yours, and you shall save Israel from the hand of the Midianites. Have I not sent you?”

Again Gideon answers by showing a negative picture of himself and with obvious signs of fear.

For the third time the angel is not listening to what Gideon is saying. The angel of the Lord gives a wonderful promise to Gideon.

“Surely I will be with you, and you shall defeat the Midianites as one man.”

“Surely I will be with you” is something very strong.

It means that God would fight for Gideon and Israel. In **Rom 8:31** it says: *Is God for us who can be against us?*

But why did the angel of the Lord say all this to Gideon, when everybody knew that he was full of fear and that his self-image was so bad?

Because the angel of the Lord didn’t look upon how Gideon was right then, but what he would be when he gave himself 100 % to the Lord and accepted and believed the promises the Lord had spoken over his life.

God doesn’t have any problem with our weaknesses and shortcomings.

When God needs a man or a woman who can serve him, he is not looking for those who are big and strong in themselves.

He is looking for those who believe in him and want to walk in obedience to his word.

If He only gets hold of our hearts, he will from our hearts work through us.

So, when the angel of the Lord was looking ahead, he looked upon Gideon as a mighty man of valor.

Let’s continue with the story and see what happened to Gideon:

Judges 7:1-22

1. Then Jerubbaal (that is Gideon) and all the people who were with him rose early and encamped beside the well of Harod, so that the camp of the Midianites was on the north side of them by the hill of Moreh in the valley.
2. And the Lord said to Gideon, "The people who are with you are too many for Me to give the Midianites into their hands, lest Israel claim glory for itself against Me, saying, 'My own hand has saved me.'
3. Now therefore, proclaim in the hearing of the people, saying, 'Whoever is fearful and afraid, let him turn and depart at once from Mount Gilead.'" And twenty-two thousand of the people returned, and ten thousand remained.
4. But the Lord said to Gideon, "The people are still too many; bring them down to the water, and I will test them for you there. Then it will be, that of whom I say to you, This one shall go with you, the same shall go with you; and of whomever I say to you, This one shall not go with you, the same shall not go.
5. So he brought the people down to the water. And the Lord said to Gideon, "Everyone who laps from the water with his tongue, as a dog laps, you shall set apart by himself; likewise everyone who gets down on their knees to drink water.
6. And the number of those who lapped, putting their hand to their mouth, was three hundred men; but all the rest of the people got down on their knees to drink water."
7. Then the Lord said to Gideon, "By the three hundred men who lapped I will save you, and deliver the Midianites into your hand. Let all the other people go, every man to his place.
8. So the people took provisions and their trumpets in their hands. And he sent away all the rest of Israel, every man to his tent, and retained those three hundred men. Now the camp of Midian was below him in the valley.
9. It happened on the same night that the Lord said to him, "Arise, go down against the camp, for I have delivered it into your hand.
10. But if you are afraid to go down, go down to the camp with Purah your servant,
11. and you shall hear what they say; and afterward your hands shall be strengthened to go down against the camp." Then he went down with Purah his servant to the outpost of the armed men who were in the camp.
12. Now the Midianites and Amalekites, all the people of the East, were lying in the valley as numerous as locusts; and their camels were without number, as the sand by the seashore in multitude.
13. And when Gideon had come, there was a man telling a dream to his companion. He said, "I have had a dream: To my surprise, a loaf of barley bread tumbled into the camp of Midian; it came to a tent and struck it so that it fell and overturned, and the tent collapsed."
14. Then his companion answered and said, "This is nothing else but the sword of Gideon the son of Joash, a man of Israel! Into his hand God has delivered Midian and the whole camp."
15. And so it was, when Gideon heard the telling of the dream and its interpretation, that he worshiped. He returned to the camp of Israel, and said, "Arise, for the Lord has delivered the camp of Midian into your hand."
16. Then he divided the three hundred men into three companies, and he put a trumpet into every man's hand, with empty pitchers, and torches inside the pitchers.
17. And he said to them, "Look at me and do likewise; watch, and when I come to the edge of the camp you shall do as I do:
18. When I blow the trumpet, I and all who are with me, then you also blow the trumpets on every side of the whole camp, and say, 'The sword of the Lord and of Gideon!'"

19. So Gideon and the hundred men who were with him came to the outpost of the camp at the beginning of the middle watch, just as they had posted the watch; and they blew the trumpets and broke the pitchers that were in their hands.

20. Then the three companies blew the trumpets and broke the pitchers – they held the torches in their left hands and the trumpets in their right hands for blowing – and they cried, “The sword of the Lord and of Gideon!”

21. And every man stood in his place all around the camp; and the whole army ran and cried out and fled.

22. When the three hundred blew the trumpets, the Lord set every man’s sword against his companies throughout the whole camp; and the army fled to Beth Acacia, toward Zererah, as far as the border of Abel Meholah, by Tabbath.

It was a miracle that 32 000 men stood up for Gideon. He who had been so afraid, now he was a mighty leader.

But God didn’t want a lot of soldiers. Then they would think that they had won the victory because they were so many and mighty.

God wanted everybody to see that, “*Not by might nor by power, but my spirit says the Lord.*”

The Lord gave the victory when the enemies fought one another.

Gideon really experienced that: “Surely I will be with you, and you shall defeat the Midianites as one man.”

✕ Why do I share this with you?

Because you don’t have to fear anything.

God is with you no matter of how it looks in the country.

The scripture that we read in **Rom 8:31** is for you today. When God is for us, nobody can be against us. Because he that is in us, is greater than he who is in the world.

1 Joh. 4:4

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

There are so many verses in the Bible where it says. “Fear not, for I am with you.”

If we trust in God’s word, we can receive it, and walk totally without fear.

5 TRUTHS THAT HELP YOU TO LIVE A LIFE TOTALLY WITHOUT FEAR

1. Look upon Jesus

Hebr. 12:1-2

1. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

2. looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

With our eyes on Jesus fear vanishes.

Mt. 14:25-31

25. Now in the fourth watch of the night Jesus went to them, walking on the sea.

26. And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear.

27. But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid."

28. And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water."

29. So He said, "Come". And when Peter had come down out of the boat, he walked on the water to go to Jesus.

30. **But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!"**

31. And immediately Jesus stretched out His hand and caught him, and said to him, **"O you of little faith, why did you doubt?"**

Verse 30. When Peter lost his focus on Jesus and saw the circumstances he was afraid and started to sink!

When we start looking at the circumstances, not looking at the promises of God, fear want to come over us so that we loose our peace.

Therefore it's important to feed our inward man with the promises of God's word. Then we have a solid foundation of God's word to stand on.

I have included some bibleverses in the end of this subject. Read them and meditate on them. Learn some of them by heart. It will make you strong when the storms are coming.

2. It might storm around you!

Joh. 16:33

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.

He has overcome every storm, every difficulty, nothing is knew for him.

Jesus is saying that the words he has spoken, is so that we will have peace in him. We might face problem in the world, but we can still be of good cheer. He is with us, the one who has overcome the power of darkness.

3. The Lord is with us

Ps. 46:1-7

1. *God is our refuge and strength, a very present help in trouble.*

2. *Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea;*

3. *though its waters roar and be troubled, though the mountains shake with its swellings. Selah.*

4. *There is a river whose streams shall make glad the city of God, the holy place of the tabernacle of the Most High.*

5. *God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.*

6. *The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.*

7. *The Lord of hosts is with us; the God of Jacob is our refuge. Selah.*

A wonderful truth: God is our refuge. Therefore we don't need to fear whatever is happening around us.

Psalm 23:1-6

1. *The Lord is my shepherd; I shall not want.*
2. *He makes me to lie down in green pastures; He leads me beside the still waters.*
3. *He restores my soul; He leads me in the paths of righteousness for His name's sake.*
4. *Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.*
5. *You prepare a table before me in the presence of my enemies, You anoint my head with oil; my cup runs over.*
6. *Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord, forever.*

4. We are head and not the tail.

Deut. 28:13-14

13. *And the Lord will make you the head and not the tail; you shall be above only, and not be beneath, if you heed the commandments of the Lord your God, which I command you today, and are careful to observe them.*
14. *So you shall not turn aside from any of the words which I command you this day, to the right or to the left, to go after other gods to serve them.*

Eph 1:17-22

17. *that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him.*
18. *the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,*
19. *and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power.*
20. *which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places,*
21. *far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come.*
22. *And He put all things under His feet, and gave Him to be head over all things to the church.*

5. Jesus has delivered us from fear of death

Hebr. 2:14-15

14. *Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil,*
15. *and release those who through fear of death were all their lifetime subject to bondage.*

A friend of mine, Birger, went to India to preach in different places about Jesus Christ. In one meeting many people experienced the power of God unto salvation.

Before he went one lady had prophesied over Birger:

“It will be dangerous in southern India. Then you shall proclaim the victory of Jesus and you will see what power there is.”

My friend didn't think so much about that when he came to India. But after a wonderful meeting one night, the pastor and Birger went home to his house. Outside his house they met a gang of youths with stones and knives who shouted, “Death to the pastor, death to the christians.” The pastor was terrified and said, “Now, we are in serious trouble.”

Then Birger remembered the prophetic message that he got back home before he went to India.

“When you are in trouble, call the name of Jesus!”

Then Birger whispered: **“In the name of Jesus, get away.”**

Suddenly the boys were running away!

“It's dangerous to be here”, the boys cried.

They had seen a big angel come down, placing himself between them and Birger and the pastor. The angel had a sword.

Since then there has been peace around the pastor's home.

God is so wonderful and he loves you. You might be inside Iran facing difficult circumstances around you. You might feel alone and abandoned, then fear might try to get a hold of you.

But you don't need to fear.

God is with you, and if he is with you, who can be against you?

Finally I want to give you some scriptures that you can read and meditate on.

Words that will help you to win over fear in your life.

Rom. 8:31-32

31. What then shall we say to these things? If God is for us, who can be against us?

32. He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

Ex. 14:13

And Moses said to the people, “Do not be afraid. Stand still, and see the salvation of the Lord, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever.

Deut. 1:21

Look, the Lord your God has set the land before you; go up and possess it, as the Lord God of your fathers has spoken to you; do not fear or be discouraged.

Deut. 31:6

Be strong and of good courage, do not fear not be afraid to them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

Jos. 1:9

Have I not commanded you? Be strong and of good courage; do not be afraid, not be dismayed, for the Lord your God is with you wherever you go.

Isa. 41:10, 13

10. Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.

13. For I, the Lord your God, will hold your right hand, saying to you, "Fear not, I will help you."

Is. 43:1,2

1. But now, thus says the Lord, who created you, O Jacob, and He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine.

2. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned.

Rom. 8:15

For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

Phil.1:28

And not in any way terrified by your adversaries, which is to them a proof of perdition, but to you of salvation, and that from God.

Phil. 4:6,7

6. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

7. and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

2 Tim. 1:7

For God has not given us a spirit of fear, but of power and of life and of a sound mind.

Hebr. 13:5,6

5. Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."

6. So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?"

1 Joh. 4:18

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Be of good courage.

Greetings

Barnabas

EXAM

1. Is it possible to fear and believe at the same time? Yes No

2. How many times did the angel of the Lord speak positive things to Gideon?

3. How many soldiers did Gideon gather before God started to sorting them out?

4. What words did Jesus say to Peter, when he was sitting in the boat?

5. Why did Peter sink when he walked on the water?

6. Where in the Bible do you find this verse: *“And the Lord will make you the head and not the tail?”*

7. Where in the Bible do you find this verse: *“I will never leave you nor forsake you.”*

I hope that you will do well on the exams.

This was the last subject in part 1. If you have sent in all the answers to the 18 subjects and have at least 80 % right answers, you will receive a diploma from us. Then you are also welcome to study part 2. For this you need a personal code which we will send to you when you have done all the exams in part 1.