



Faith Over Fear

14th June 2020

We are going to look at the theme of Faith Over Fear and how the Holy Spirit helps us to be courageous and brave.

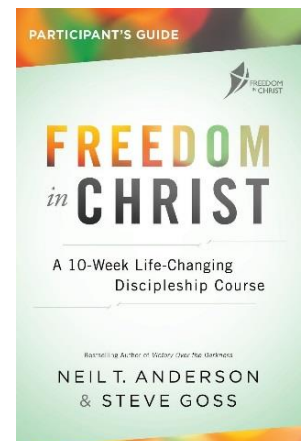
Today we will look at a number of bible passages to explore how fear can hold us back and how the Holy Spirit helps us to be brave. We can find great encouragement looking at the characters in the Bible, remembering that what helped them then is also available to help us today.

This topic may be uncomfortable for some of you, particularly if you have a fear (or many) that you feel holds you back or if you feel that for you being brave is too hard. But remember, nothing is impossible with God (**Matthew 19:26**) and you can do all things through Christ who gives you strength (**Philippians 4:13**).

If fear is something you struggle with then I recommend the Freedom in Christ Course that we run at Trinity a few times a year. This has really helped me identify, confront and overcome the fears in my life. Get in contact with me or any of the youth leaders if this is something you would like to do or if you want to find out more.



I also recommend the book
"Letting Go of Fear"
by Neil T. Anderson and Rich Miller.



I hope you find this session helpful and encouraging and I pray that the Holy Spirit will speak to you and strengthen you today and in the days to come.

You will need:

Your Bible, note book and pen.

Your phone or media device on which to watch videos clips.

Opening prayer (for you to pray):

Lord speak to me through exploring your word. Help me to trust you, to believe the truths in the Bible and to grow in my relationship with you today

Amen.

Getting started

People are fearful of certain objects.

Match up these phobias with the fear object.

Hydrophobia	Spiders
Ophidiophobia	Thunder and Lightning
Arachnophobia	Houses
Astraphobia	Rain
Ombrophobia	Water
Glossophobia	Cats
Ataxophobia	Snakes
Elurophobia	Buttons
Domatophobia	Speaking in public
Koumpounophobia	Untidyness

You can find the answers on this page:

<https://www.verywellmind.com/list-of-phobias-2795453>

How many did you get? Let me know!

Faith Over Fear

Fear is a normal human emotion

In this session we will be looking at how the Holy Spirit helps us to be brave in spite of fear. However, it is important to know that the Holy Spirit can also help us overcome fear.

Do you remember in the YouTube Teaching Video episode 8 I mentioned that I had a fear of water. I spoke about how God helped me to be brave and to keep going despite my fear. However, this is not the end of the story. Some of you may have noticed that I said I **had** a fear of water. Past tense.

What does that tell you?

Yes you are right: That it is possible to become free from our fears!

There is a verse in **1 John 4:18** which says that “Perfect love drives out fear”. As followers of Christ, part of God’s family, we do not need to feel fear because of the perfect love of God **that we have through Christ Jesus**. It is possible to be released from your fear so that you can live a full life. The Freedom in Christ course helped me to understand the truth of God’s perfect love, and combined with my own effort to believe these truths (**John 8:32**) and renew my mind (**Romans 12:2**) and through the power of the Holy Spirit, I no longer have a fear of water.

So I can now get on a boat or cross a river, without fear, without struggle and without needing to work at being brave. This is the power of God’s love.

This photo reminds me of His great gift and how the Spirit has worked in my life, I would never have sat that close to the edge of a boat before, let alone smiled for a photo whilst doing it!



We are going to look at how the Holy Spirit helps us to be courageous, to be brave despite feeling fear.

But I would like you to remember that being brave isn’t the end of the story. That you don’t have to just cope with fear, and that it is possible to overcome it.

To help us do this, let's recap some stories from the life of Peter and then look at the story of Peter and John in **Acts 4: 1 – 22**.



Bible Reading

Acts 4:1-22



Peter

Do you remember these stories about Peter?

- **Luke 5:1-11** – Follow me

[*YP YouTube teaching video Episode 6*](#)

https://www.youtube.com/watch?v=T1VE6GQFFRs&list=PLOXbsH2Xrw7w3i_arStW-1PegYnXFmeGD&index=6

- **Matthew 14:22-33** – Walking on water

[*YP YouTube teaching video Episode 8*](#)

https://www.youtube.com/watch?v=2w4lZINb_x0&list=PLOXbsH2Xrw7w3i_arStW-1PegYnXFmeGD&index=9&t=2s

Readings

- **Luke 22:54-62** – Peter denies Jesus
- **Acts 4:1-22** – Peter and John on trial



Questions

- ✚ What emotions would Peter have felt in each of these stories?
- ✚ What did Jesus say to his followers in both Luke 5 and Matthew 14? Why do you think Jesus said this?
- ✚ Why do you think Peter denied Jesus in Luke 22?
- ✚ How did Peter act differently in Acts 4? What do you think he might have been feeling?

Peter had a history of feeling fear and letting that fear stop him from following his faith and from being brave.

In **Luke 22:54-62** we find the well known story of how Peter denied Jesus. Peter gave into his fear and denied knowing Jesus when he was put on the spot by an angry crowd.

DID YOU KNOW?

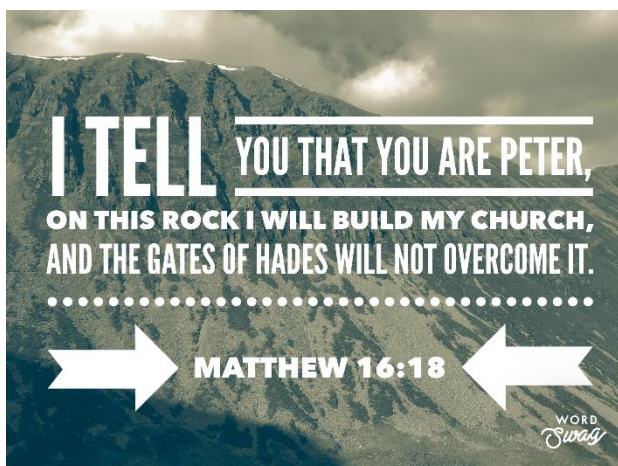
“FEAR NOT” IS THE MOST COMMON COMMAND IN THE BIBLE.
PETER’S DENIAL OF JESUS APPEARS IN ALL 4 GOSPELS.

Yet this is the same Peter who:

- ➡ Declared Jesus as the Messiah in **Mark 8:27-30**
- ➡ Had seen Jesus raise people from the dead in **John 11:38-44**
- ➡ Saw Jesus calm a raging storm in **Luke 8:22-25**.

Did Peter himself not walked water with Jesus in Matthew **14:22-33**?

Amazing !



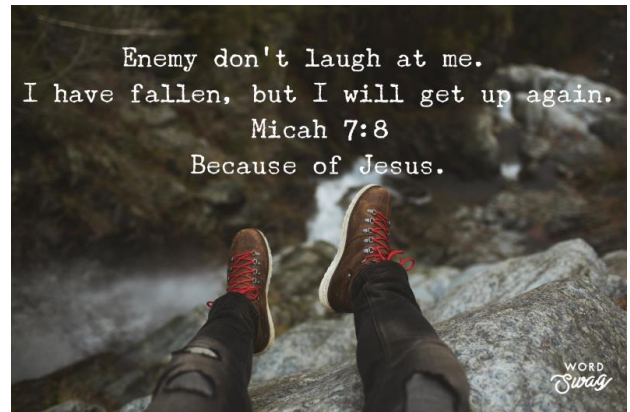
Peter was the man whom Jesus said would be the rock on which He would build His church in **Matthew 16:18**. ***This unschooled, ordinary and fearful man!***

Yet when Peter was challenged he gave into his fear and denied knowing Jesus.

Our God is merciful and full of grace. After the resurrection Jesus asked Peter to reaffirm his faith in **John 21:15-17**. He was given the opportunity to begin afresh. His calling was renewed. Echoing the “Follow me” from **Luke 5:1-11**.

So what can we learn?

There are times when it can be hard to be brave, and there are times when we may fail. But just like when Peter began to sink into the waves in **Matthew 14**, if we call out to Jesus, he will ***always*** help us.



Now lets ***look at Peter and John in Acts 4:1-22*** in more detail.

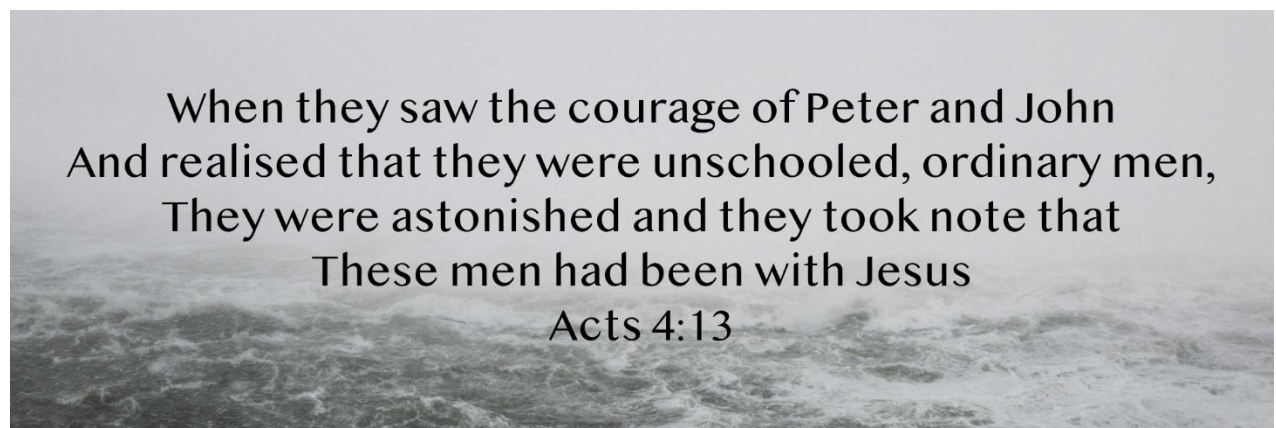
Peter and John were being forced to explain what they believed and who they followed yet again. This time, not just in front of an angry crowd but in front of the religious leaders who had the power to punish and even kill them.

Peter was put on the spot once again. In a frightening situation. But this time as he stood in front of the Sanhedrian, he boldly declared Jesus as his Lord and Saviour because he knew that he didn't need to be afraid – ***he was courageous in spite of his fear.***

Q *What is main difference between Luke 22 and Acts 4?*

A *The Holy Spirit*

It was not until the coming of the Spirit, the presence of God living in him, that Peter finally understood that he didn't need to be afraid – even if he felt it. With the help of the Holy Spirit he could ***choose*** to be courageous.



What About Us?

The Bible tells us to “have courage” or “be courageous”.

Think about times that you have been afraid. Think about how the Holy Spirit could help you to be brave. Helping you to **choose faith over fear**.

You may need to be brave at this moment, in this situation.



Have a **listen** to Andy Croft from Soul Survivor talk about Living Bravely.

[Andy Croft | Living Bravely - YouTube](https://www.youtube.com/watch?v=nZO2DWNyrT4&list=PLwPfh2uO_pAua7TP7YM6ZUNxbYj2siGAa&index=44&t=0s)

https://www.youtube.com/watch?v=nZO2DWNyrT4&list=PLwPfh2uO_pAua7TP7YM6ZUNxbYj2siGAa&index=44&t=0s

The Holy Spirit helps us to be brave. He is the source of our supernatural strength and courage. But we must choose to be brave, to have courage through the power of the Holy Spirit. The Spirit helps us to choose faith over fear.

How can we be brave?

Ask Him for help

Be intentional and choose to believe God’s word

Choose to act courageously despite our fear.



In a nut shell, being brave is saying ...



“I am choosing to trust God despite my fear, even though I have no idea what will happen.”

This is choosing *Faith Over Fear*.

Prayer

In a time of quiet prayer **ask** the Holy Spirit to reveal to you how you can be brave and courageous.

Think about how you can choose to be brave. Instances where you have been afraid and not acted or where fear has held you back. Ask God to help you make the courageous choice and to act bravely.

Write out a short and simple prayer that you can use in times of fear asking for the Spirit's help and reminding you of the truth that God is greater than anything in this world. Put it somewhere you can easily find it like on your phone or in your wallet.

Songs to Inspire and to Bless You

[You Make Me Brave – Amanda Cook – Bethel Music](https://www.youtube.com/watch?v=UglO7SGUWk)

<https://www.youtube.com/watch?v=UglO7SGUWk>

[Take Courage – Kristene DiMarco– Bethel Music](https://www.youtube.com/watch?v=r49V9QcYheQ)

<https://www.youtube.com/watch?v=r49V9QcYheQ>

Comments

Thank you for taking the time to look at the life of Peter with me and exploring how the Holy Spirit makes a difference in our lives.

We will be praying that the Spirit helps you at this time to be brave when you feel fear and to be strong when you feel weak.

Let us know if there is anything we can pray about for you, or if you have any comments or questions. You can get in touch via the YP email (talk to your parents), Instagram and or on Facebook. Better still, you can discuss things and give feedback to your mentor.

Take care

Helen