



JOYCE MEYER  
MINISTRIES®



# FACING FEAR AND FINDING FREEDOM

Overcoming the Diversity of Fears in Your Life



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Fear  
&  
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Freedom

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# FACING FEAR AND FINDING FREEDOM

## The In's And Out's Of Fear

### I. Acceptable Christian Attitude Toward Fear

A. **II Timothy 1:7** – *For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.*

1. Fear is not from God, and I will not baby-sit it.

B. **John 14:30** – Satan has no part in me, and I will not give him any.

C. **Romans 8:15** – We have not received the Holy Spirit to put us in bondage to fear.

1. Fear is bondage.

2. **Bondage** (defined/Vine's) – To bind or to make a slave of.

(JM definition) – To be miserable.

3. **II Corinthians 3:17** – Where the Spirit of the Lord is, there is liberty.

D. **II Peter 3:14** – Dwell in serene confidence free from fear.

E. **John 14:27** – Stop allowing yourself to be fearful.

- F. Fear is a spirit that produces a feeling and other manifestations. (See **Daniel 5:6.**)
- G. The fear of something and the torment it brings is worse than if it actually happened.
  - 1. **I John 4:18** – Fear hath torment, but perfect love casts out fear.

## II. Types Of Fear

- A. Things or places (dark, water, elevators, heights, dirt, germs, etc.)
- B. Animals
- C. People – Fear of man or fear of rejection
- D. Fear of confrontation
  - 1. Causes control and manipulation
- E. Fear of failure, success, or responsibility
  - 1. Causes fear of decisions and being double-minded
- F. Authority
- G. New things
- H. Death or pain (facing painful things)
- I. Fear of the past and the future
- J. Fear of bad news
  - 1. **Proverbs 15:15** – Evil forebodings

### III. Causes Of Fear

#### A. Lack of understanding

1. Baptism of the Holy Spirit, tongues, and other gifts of the Spirit
2. Falling under the power
3. An ice cube (I did not understand what the noise was.)
4. Furnace ducts expanding
5. Even GOOD things if not understood – for example:
  - a. **Mark 4:35-40** – Jesus calms a storm; people were afraid because they were not accustomed to seeing that kind of power and authority.
  - b. **Mark 5:1-17** – Jesus casts out a legion of demons – everyone was terrified.

#### B. People fear what they cannot control.

1. I was afraid of people I could not control due to being abused and controlled.
2. Mouse I locked in the bathroom
3. Bees and Daniel
4. Horseflies and Sandra

#### C. Things we have been programmed to fear

1. Through wrong training – for example:
  - a. Adults often teach children a wrong fear of God by the way they talk about Him.
  - b. I was taught not to trust people.

2. Through bad experiences in the past – for example:
  - a. Snake in my bed and Crayola box
  - b. Near-drowning incident
3. Through what you see and hear
 

The news – bad news is always reported creating fear (example: pit bulls)

**USE WISDOM, BUT DON'T RECEIVE FEAR.**

**IV. The Cure**

A. Do It Afraid.

1. Share story of woman who learned to “do it afraid.”
2. **Fear** – Flight; to run from.
3. **Fear not** – 365 times in the Bible
 

**Joshua 1:2-9** – When you feel fear, don't run.
4. “I am with you” is the key to facing fear.
5. **Romans: Chapter 8** – The love of Christ is the key to fear-free living.

B. Resist the devil at his onset.

1. **I Peter 5:8**
2. **Numbers 13:30** – Move quickly; let us go up at once.
3. **I Samuel 17:48** – David ran quickly toward the battle line.

- C. Pray for boldness.
  - 1. Ask others to pray for you in this area. Paul did.  
(See **Ephesians 6:19-20**.)
  - 2. Make it a lifestyle – not just in certain circumstances.
  - 3. Confess courage, not fear.

## V. Fear – Faith Perverted

- A. Fear is faith in the devil’s word – he is a liar.
- B. **Job 3:25** – The thing I feared has come upon me.
- C. The fearful cause failure.
  - 1. **Judges 7:3** – Eliminate the fear to win the battle.







# Fear No Evil

## I. Fear No Negative Thing – Fear No Bad Thing.

- A. **Psalm 23:4** – I will fear no evil for Thou art with me.
- B. **Proverbs 15:15** – Evil forebodings
  - 1. Expecting trouble
  - 2. Expecting bad
- C. **Isaiah 30:18** – God waits to be good to you.
  - 1. **Psalm 27:13-14** – Believe for the Lord’s goodness.

## II. What Kind Of Evil Do We Fear?

- A. **Habakkuk 3:16-19**
  - 1. **Trouble** – **James: Chapter 1** and **Romans: Chapter 8**  
Trust – it works for the good.
  - 2. **Romans 5:3-4** – Behaving right in trouble produces mature character.
  - 3. **Philippians 4:13** – I can do all things and I am equal to anything through Christ.
- B. Suffering
  - 1. **Philippians 1:28-29** – Don’t be frightened by anything.  
We are privileged to suffer.
  - 2. **Romans 8:17-18** – Share suffering and share glory

3. Suffering of rejection – Being talked about, misunderstood, judged, and criticized.
  - a. **Galatians 1:10** – Popular
  - b. **John 12:42-43**
4. **Hebrews 5:8** – Learned obedience through suffering
5. **I Peter 4:1-2** – Suffer and stop intentional sin.

C. **Responsibility / Accountability**

1. **Isaiah 22:21-24** – Authority and responsibility go together.

D. End

1. **I John 4:18** – I love you perfectly.
2. I watch you all the time.
3. **Psalms 17:8** – God keeps you as the pupil of His eye.





# Relax And Receive From God

## I. The Greatest Investment In The World

A. This investment pays such outstanding benefits it is hard to believe anyone would pass it up – yet millions do.

B. A three-step plan

1. **Malachi 3:8-12** – Tithe

a. Includes tithing – or we might even say begins with it and moves into other areas.

b. Why would anyone not want to take advantage of a deal like that?

c. People who won't tithe have health insurance, auto and home insurance, life insurance, jewelry insurance, and mortgage insurance; yet they fail to realize that tithing is the best insurance they could ever get.

2. **Deuteronomy 28:1-13** – Simple and hearty obedience

Doesn't the promised return sound worth the investment?

3. Believe

a. People don't make the investment because they don't believe it will work.

OR

b. It seems difficult, and they don't believe God will enable them to follow through.

OR

c. They do it out of religious obligation but still don't release their faith.

You can tithe and not be doing it in faith.

- d. **Matthew 8:13** – Be it unto you even as you believe.
  - e. **Mark 9:23** – The impossible becomes possible to those who believe.
- C. God’s plans always work – man’s plans never work!

## II. God’s Providential Provision

- A. **I Kings 17:6, 16** – God provided for Elijah.
  - 1. When the brook dried up, God had another plan.
- B. **I Kings 17:13-14** – In providing for Elijah, the widow drew dividends on her investment.
- C. **Matthew 14:20** – Provision for the multitude that followed Christ
  - 1. They were hungry for God, and God took care of their physical needs.
- D. **Philippians 4:19** – The dividend of their partnership with Paul was having all their needs supplied.
- E. **Deuteronomy 2:7** – Even though they were in the wilderness, they lacked nothing.
  - 1. Don’t fear hard times!
- F. **Psalms 23:4-5** – In the presence of our enemies, we can still experience abundant blessings.

## III. Don’t Fear Lack – Believe Aggressively That You Won’t Even Have It.

- A. Don’t wait until trouble comes to believe.
  - 1. Stay one step ahead of Satan.
- B. **Psalms 23:1** – I shall not lack because God is a good Shepherd.

1. Believe it and speak it.

If you are already in trouble, start prophesying a prosperous future.

- C. **Hebrews 13:5** – We are free from concern about money because God has promised to take care of us.

1. Work hard.
2. Be wise with what you have.
3. Give.
4. Obey.
5. **Relax! God will meet your need!**

- D. **Deuteronomy 8:6-9** – God promises a land where we will lack nothing.

1. This is both comforting and exciting.
2. It also challenges me to do my part faithfully.

#### IV. Plant Your Seed Then Water It.

- A. **Isaiah 55:10-11** – The words of our mouth either water the seed we have sown or they often curse our seed.

- B. **Malachi 3:13** – Their words had been strong and hard against God.

- C. **Ephesians 5:26** refers to the water of the Word.

1. We water our seed with the Word.
2. **I Corinthians 3:6** – Paul planted and Apollos watered the believers.

Evidently, Paul led them to Christ and Apollos stayed and taught them the Word.

D. **Ezekiel 37:1-10** – Prophecy to the dead bones.

1. Speak to your finances. Tell money and provision to come to you.
2. Don't stop at money. He has promised to meet all your needs.

## V. **All Blessings In Abundance**

A. **Ephesians 3:20** – Exceedingly, abundantly, above and beyond all you can dare to ask or think

1. Don't think small.

B. **II Corinthians 9:6-11**

1. Every favor and earthly blessing
2. Able to give to every good work
3. Increased fruits of righteousness
4. Enriched in all things
  - a. Social life
  - b. Spiritual discernment and revelation – hear from God
  - c. Emotional stability and mental soundness
  - d. Good health and long life
  - e. Able to solve problems for self and others

## VI. **God Has Unlimited Ways To Meet Your Need.**

A. **II Kings 3:10-20** – God caused Elisha to help the three kings, and he did not even like two of them.

1. God can use your enemies to bless you.
- B. **Matthew 17:27** – Peter found the money to pay taxes in a fish’s mouth.
- C. **Acts 12:7** – He sent an angel to get Peter out of jail.
- D. **Genesis 50:18-21** – Someone you once hurt and abused may be the one God uses to meet your need.
1. That isn’t normal, but God likes to move in ways we least expect.
- E. One of Dave’s brothers once gave us a car when we were in real need.
1. Since then, we have given away several cars.
  2. Recently, a Christian couple gave me a brand new car.

**When someone does something for you,  
pass it on to someone else.**

- F. In WWII on D-Day at Normandy Beach, a dense fog rolled in just when our troops needed protection. Otherwise, they would have been destroyed.
- G. When George Washington’s troops were on the verge of starvation, God caused fish to swim back upstream in great abundance; and it saved their lives.
- H. Manna from heaven is still available. God can still part the Red Sea! Believe in miracles!!
- I. He can still feed the multitude with five fish and two loaves and have more left than He started with.

JM NOTE: Give examples from my life.

**RELAX! GOD WILL MEET YOUR NEED!**







# The Fear Of Failure

## I. What Is The Fear Of Failure Rooted In?

- A. The fear of rejection
  - 1. Insecurity is a psychological disturbance of epidemic proportions.
  - 2. Insecurity – Unstable, uncertain, lacking confidence, unsure, shaky, and unsound.
- B. The danger of looking at yourself rather than God
  - 1. Numbers 13:33 – Grasshopper image
  - 2. Joshua: Chapter 1 – I will be with you.
- C. The paralysis of analysis
  - 1. Jeremiah: Chapter 1 – He kept analyzing his faults rather than looking at God.
  - 2. Moses (Exodus: Chapters 3 and 4) – Same problem: I will be with you. Tell them “I AM” sent you.

## II. The Fear Of Change

- A. Hebrews 12:27 – Change is always certain.
- B. Joshua: Chapter 1 – Moses is dead; that meant big change.
  - 1. In leadership
  - 2. Ways of doing things
  - 3. Responsibility shift

4. Moses means “rescuer”; Joshua means “Jehovah saves.”
- C. Let go to go on.
1. Abraham – **Genesis 12:1** – *Now [in Haran] the Lord said to Abram, Go for yourself [for your own advantage] away from your country, from your relatives and your father’s house, to the land that I will show you.*
  2. **Hebrews 11:8-10** – He went but did not **analyze** it.

### III. Fear Of Decision

- A. Fear of being wrong, fear of failure, or fear of missing God
1. If you miss God, He will find you – if your heart is right.
- B. **James 1:5-8** – God gives direction without reproach.
1. A double-minded man is miserable and unstable in all his ways.
- C. **Luke 12:29** – Be ye not of a doubtful mind.

### ARE YOU DOING NOTHING IN FEAR OR SOMETHING IN FAITH?

- D. **Joel 3:14** – Multitudes in the valley of decision
1. Not just the lost, but many believers need to become decisive.

### IV. Self-Doubt

- A. **Acts 16:6-7** – The apostles were decisive. They believed they were being led by God’s Spirit.
- B. **Psalms 119:168** – Always keep “your ways” before Him.
1. Always ready to drop your plan and adopt His

2. **Pray** – “Your will be done and not mine.”
- C. **II Samuel 7:3** – Do all that is in your heart.
1. The procedure is “**go forward**” unless God instructs otherwise.
  2. Walk in conventional wisdom unless or until a word from God comes.
- D. **I Kings 8:18-19** – God told David through Nathan that he could not build the temple, but it was good that it was in his heart.
1. He was not chastised or punished – he was simply redirected.
- E. **Genesis 21:22** – . . . *Abraham, God is with you in everything you do.*
- F. **Acts 1:20-26** – See the simplicity of decision-making. Judas’ replacement is selected by prayer and drawing straws.
1. Adam naming all the animals – it was Adam’s choice.





