

A Disciple's Antidote to Fear

Introduction:

Men all of us experience one or more of these major fears in life.

- **Fear of Self** (that is doubt about living up to God's standards)
- **Fear of Man** (that is rejection or even harm)
- **Fear of God** (that is disbelief and being afraid)

Many of us experience all of them and sometimes, all at once!

These are not just modern-day fears but fears that nearly all men, Christian or non-Christian have had throughout history.

So, what are the roots of Fear and Faith?

- **Nearly all Fear is based on unbelief or mistrust of God's promises and therefore, it is sin.**
- **All Faith is based on belief and trust in God's promises and is a free gift from God which is entirely based on Love.**

The two cannot coexist.

If we have faith, we cannot, at the same time have fear. If we fear, then our faith is to be questioned. Think about it. As faith increases, fear must diminish. More faith means less fear and more fear means less faith – like a teeter-totter. Faith lessens our fears but fear lessens our faith.

“If we trust God in everything, we will fear nothing. But, if we mistrust God in anything, we will fear everything.”

There are many Scriptures about faith and fear and trust and love.

“Perfect love casts out fear.” (1 John 4:18)

“Faith comes from hearing...through the Word of Christ.” (Romans 10:17)

“When I am afraid, I will trust in You.” (Psalm 56:3)

Are we alone in this? No! So let’s look at each of these three fears and see if anyone in the Bible had any of them.

- **Fear of Self – (Doubt about living up to God’s standards)**

- Let’s look at Jeremiah in Jeremiah 1:5-6...

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.” “Alas, Sovereign LORD,” I said, “I do not know how to speak; I am too young.”

- Look at Gideon in Judges 6:15...

“My family is poor and I am the least in my family.”

- Paraphrasing Paul in Colossians 3:5-8, we see that...

We fear putting to death our flesh...it is pride demanding its due...we struggle putting to death anger, rage, malice, slander and filthy language.

- **Fear of Man (Rejection)**

- Look at Moses before God in Exodus 4:1...

“No one will listen to me.”

- Look at Jeremiah again in Jeremiah 15:11...

“I have neither lent nor borrowed, yet everyone curses me.”

➤ And again in Jeremiah 18:23...

“But You Lord know **all their plots to kill me.**”

- **Fear of God (Disbelief and Being Afraid)**

This is not the holy, reverent, awesome, respectful ‘fear’ of God but actual afraid-ness of Him.

➤ Look at David in Psalm 119:120...

“My flesh trembles for fear of You, and **I am afraid of Your judgements.**”

Look at Solomon in Ecclesiastes 2:14...

“**For God will bring every act to judgement**, everything which is hidden whether it is good or evil.”

Men, as Disciples of Christ, how do we overcome our fears? With Faith!
But this is easier said than done!

Faith must be put into practice as James said in James 2:18; “*Show me your Faith without deeds and I will show you my Faith by my deeds.*”

Men, there are **five practical ways** (deeds if you will), to becoming the men God wants you to be - **empty of Fear and full of Faith.**

Turn to 1 Corinthians 16, verses 13 and 14.

I will read from the ESV with cross reference to the NIV. Paul is talking to the brothers in Corinth regarding Timothy and Apollos and other visitors going to Corinth.

He says...

Men of Corinth (Grandview)...

- 1. “BE WATCHFUL, (or be on your GUARD)**
- 2. STAND FIRM in the FAITH,**
- 3. ACT LIKE MEN (or be COURAGEOUS)**
- 4. BE STRONG.**
- 5. Let all that you do be done in LOVE.”**

Let’s look at these in more detail.

1. How are we to be watchful or on our guard?

- Be in the Word – every day.
- Know the Word both in your head and heart.
- Apply the Word in your life, in all aspects of home, work and church

2. How are we to stand firm in the faith?

- Tell others that you are a believer and follower of Jesus.
- Tell others the Good News.
- Tell yourself that Jesus is the centre of my life above all else.
- Live like you have Faith in God.

3. How do we act like men or be courageous?

- Love your wife and family. (if single, love your parents and siblings)
- Protect your wife and family.
- Serve your wife and family.

4. How are we to be strong?

- Be strong in your faith walk
- Be strong in your work ethic
- Be strong in your commitment to the brothers

- Be strong in your commitment to discipleship

5. How are we to do everything in love?

- All we need is Love, Love, Love.
- Love even when you don't feel like it.
- Love your family.
- Love your brothers in Christ.
- Love your God.

Ending:

Lastly, there are pitfalls or snares or traps that we need to be aware of as disciples of God that prevent us from doing the above. I am going to call them the four "F" words that men need to heed in order to be true disciples of our Lord.

These "F" words are...

- ✓ **FEMALES (other's females, lust)**
- ✓ **FINANCES (love of money)**
- ✓ **FAME (desiring the praise of others) and**
- ✓ **FURY (being hot tempered, judgmental and prideful)**

Any of these will destroy **our faith journey of discipleship**. Be aware men, we are all prone to wander into these areas.

Let's pray.

"Lord, help me to desire to be a faithful and fearless disciple of Jesus. Remove those terrible "F" words from my life and allow me to be on my guard, to stand firm, to act like the man You created me to be, to be strong in my faith and to do everything in love. In Jesus' name. Amen