

HOW TO FACE OUR FEARS - Luke 24:36-49

You've probably heard the acronyms for F E A R
False evidence appearing _____ False emotions appearing real
Future events appearing real _____ everything and recover
Face every day and reboot Forget everything and _____!!

1. Christ _____ our fears – Luke 24:38
Christ already knows the answers! He's not asking so HE can know – He's asking so _____ can know!

Often the first step in overcoming fear is being able to define what it is we fear!

Ps. 103:14 - He knows our frame, He remembers that we are dust. The Living Bible says that He is "tender and sympathetic".

"Tomorrow is _____ job!!"

2. He _____ our fears v. 39-42

He addresses them specifically. When we take our fears to Christ, He speaks to them specifically - most frequently through the Bible.

3. He reminds us of His Word - v. 44-47

When fear overwhelms you, go to the promises; let God speak His Word to you - and quote His Word back to Him - "This is YOU talking, God, not me - this is what YOU said!"

4. He renews His commission to us - v. 47,48; John 20:21 "I am sending you"
A good way to overcome fear is to get busy _____ others!

I believe we need to be spending some time thinking about "what's next." It's time to pray, "God, how do you want me living my life once this quarantine life is over?"

5. He empowers us - v. 49 John 20:22 - "He breathed on them and said, 'receive the Holy Spirit'."

The secret of overcoming fear is the power of the Holy Spirit. "I can do all things through Christ who keeps on pouring His power into me."

6. He gives us His _____ - John 20:21 - "peace be with you"

The word He uses that is translated "peace" means "to be undisturbed; to be "joined together".

That peace comes first from a personal relationship with Christ. Do you know Him?

