

# Overcoming Fear

**Psalm 23:4-6**

**...and more**



## **Psalm 23:1-3**

The LORD is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
He leads me beside quiet waters.  
He restores my soul;  
He guides me in the paths of righteousness  
For His name's sake.

## Psalm 23:4-6

Even though I walk through the valley of the shadow of death,  
I fear no evil, for You are with me;  
Your rod and Your staff, they comfort me.  
You prepare a table before me in the presence of my enemies;  
You have anointed my head with oil;  
My cup overflows.  
Surely goodness and lovingkindness will follow me  
all the days of my life,  
And I will dwell in the house of the LORD forever.

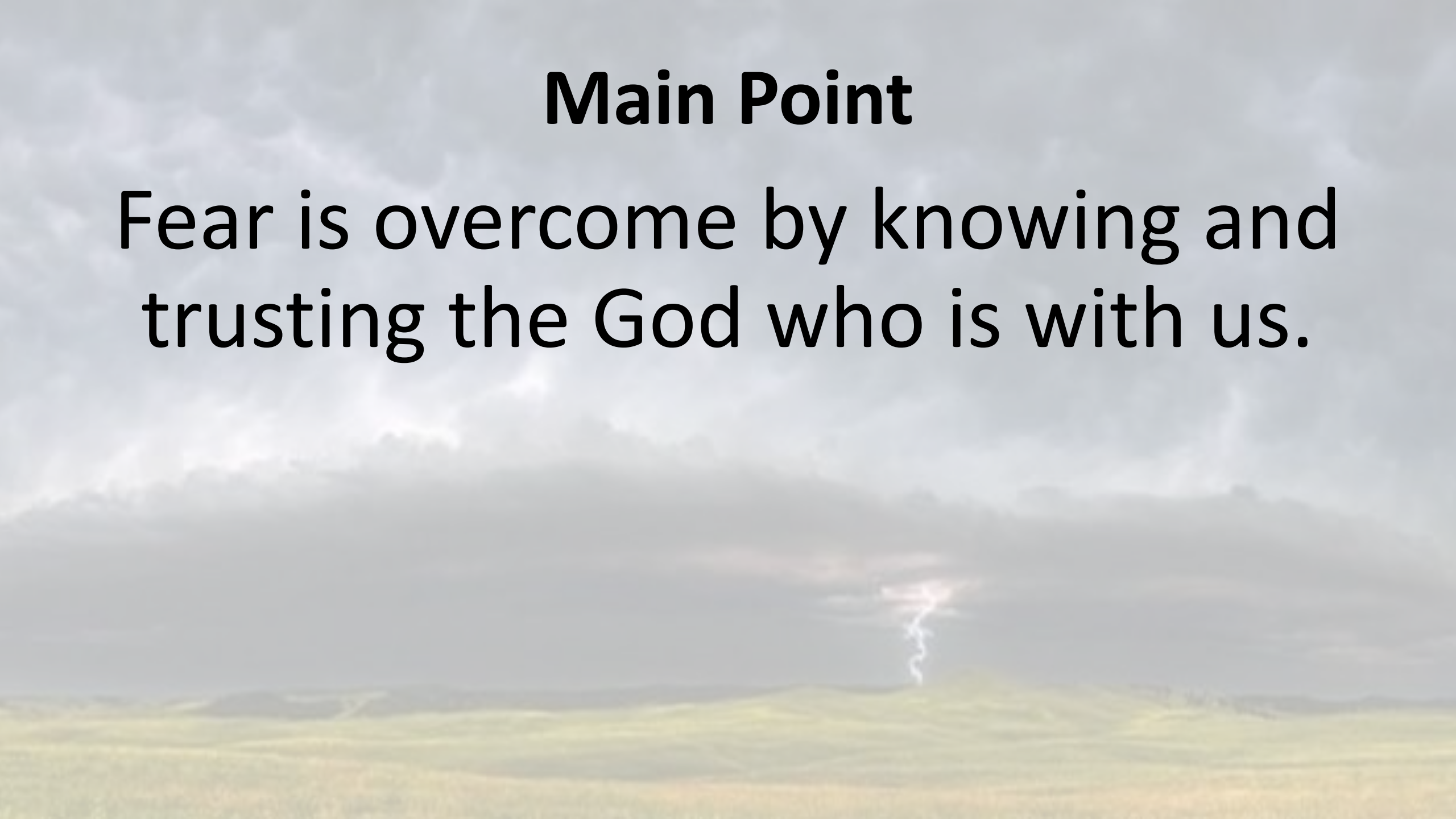
**This is our reality!**

Even though **I walk through the valley of  
the shadow of death,**

I fear no evil, for You are with me;  
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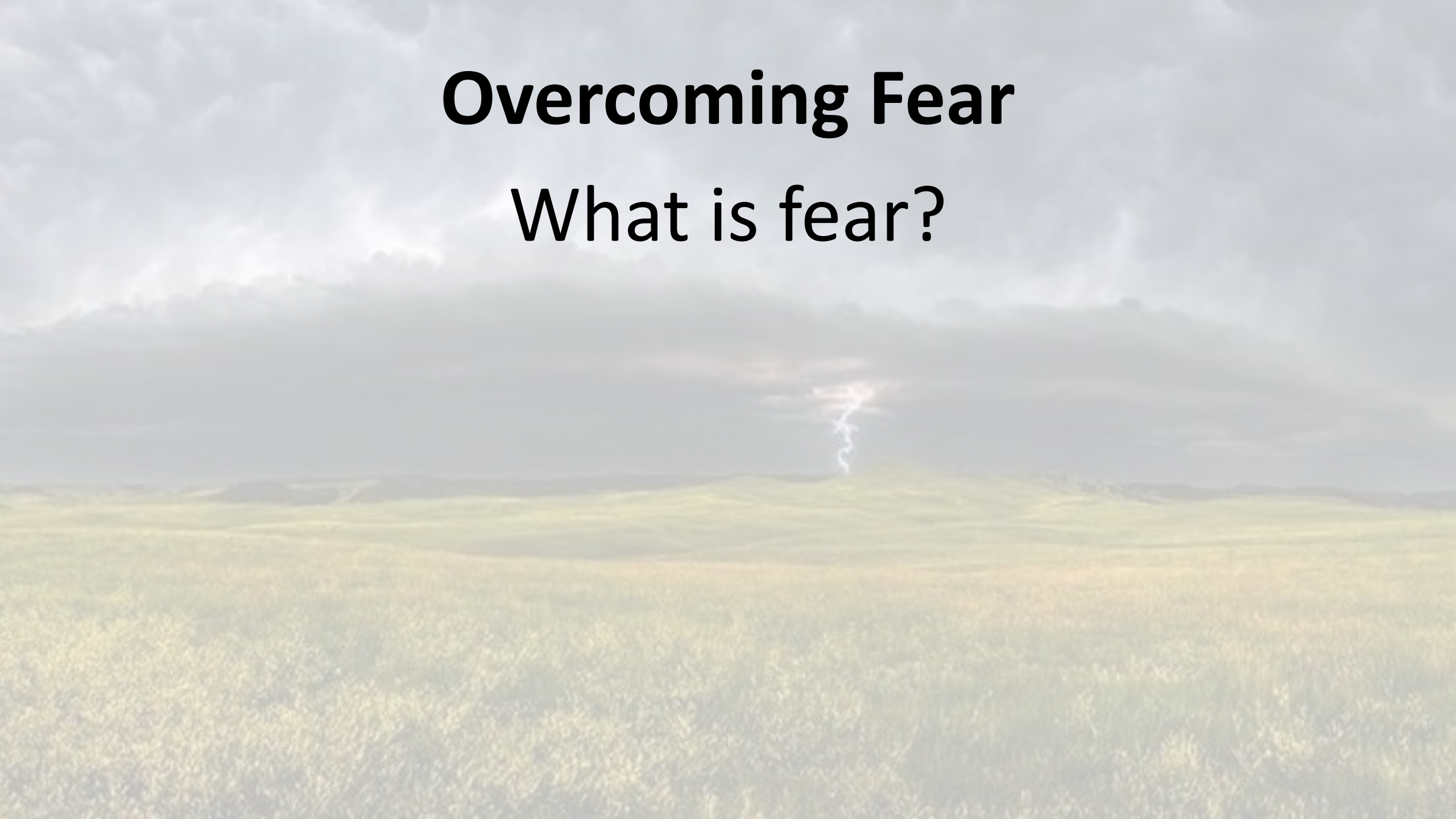
# Main Point

Fear is overcome by knowing and trusting the God who is with us.



# Overcoming Fear

What is fear?



## Psalm 23:4-6

Even though I walk through the valley  
of the shadow of death,  
**I fear no evil**, for You are with me.

# What is fear?

Fear is a *response* of your heart.



## **Deuteronomy 20:8**

Who is the man that is afraid and fainthearted?  
Let him depart and return to his house,  
so that he might not make his brothers' hearts melt  
like his heart.

## Deuteronomy 20:8

Who is the man that is afraid and **fainthearted**?

Let him depart and return to his house,  
so that he might not make his brothers' hearts melt  
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Who is the man that is afraid and **fainthearted**?

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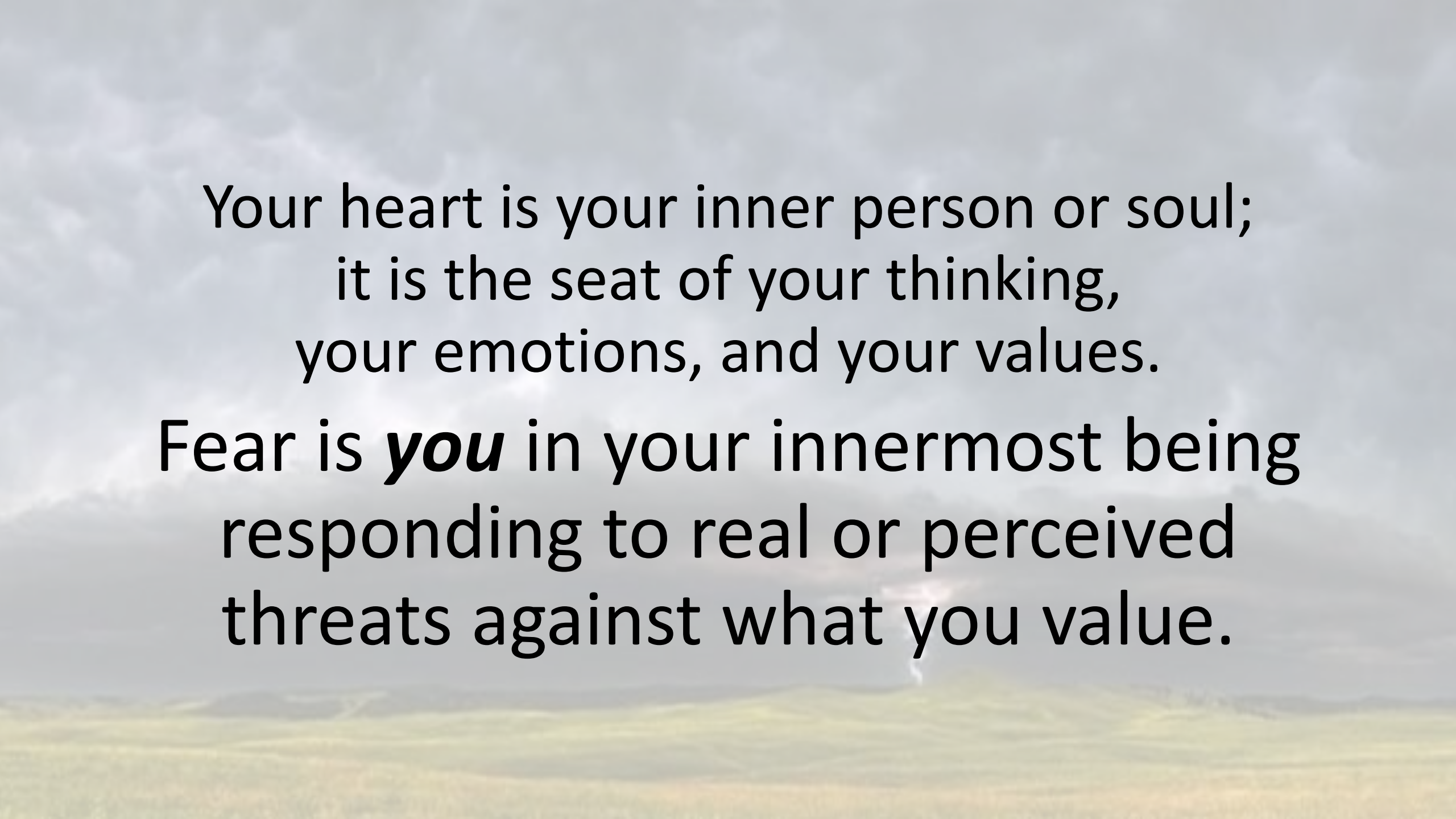
Let him depart and return to his house,

so that he might not **make his brothers' hearts** melt  
like his **heart**.

Psalm 27:3

Though a host encamp against me,

**My heart will not fear.**



Your heart is your inner person or soul;  
it is the seat of your thinking,  
your emotions, and your values.

Fear is ***you*** in your innermost being  
responding to real or perceived  
threats against what you value.

# What is fear?

Fear is a response of your heart.

Fear is a *revealer* of your heart.

# Responses reveal what is in the heart.

## Genesis 6:5

Then the LORD saw that the wickedness of man was great on the earth, and that every intent of the thoughts of his heart was only evil continually.

# What did He see?

Genesis 6:5

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Then **the LORD saw** that the wickedness of man was great on the earth, and that every **intent** of the **thoughts of his heart** was only evil continually.

Man's responses revealed the intentions and thoughts of his heart and proved them to be wicked.

**Mark 7:21**

For from within, out of the heart of men,  
proceed the evil thoughts, fornications,  
thefts, murders, adulteries.

# From your inner person

Mark 7:21

For **from within**, out of the heart of men,  
proceed the evil thoughts, fornications,  
thefts, murders, adulteries.

**Out of YOU, your thoughts, values, etc.**

**Mark 7:21**

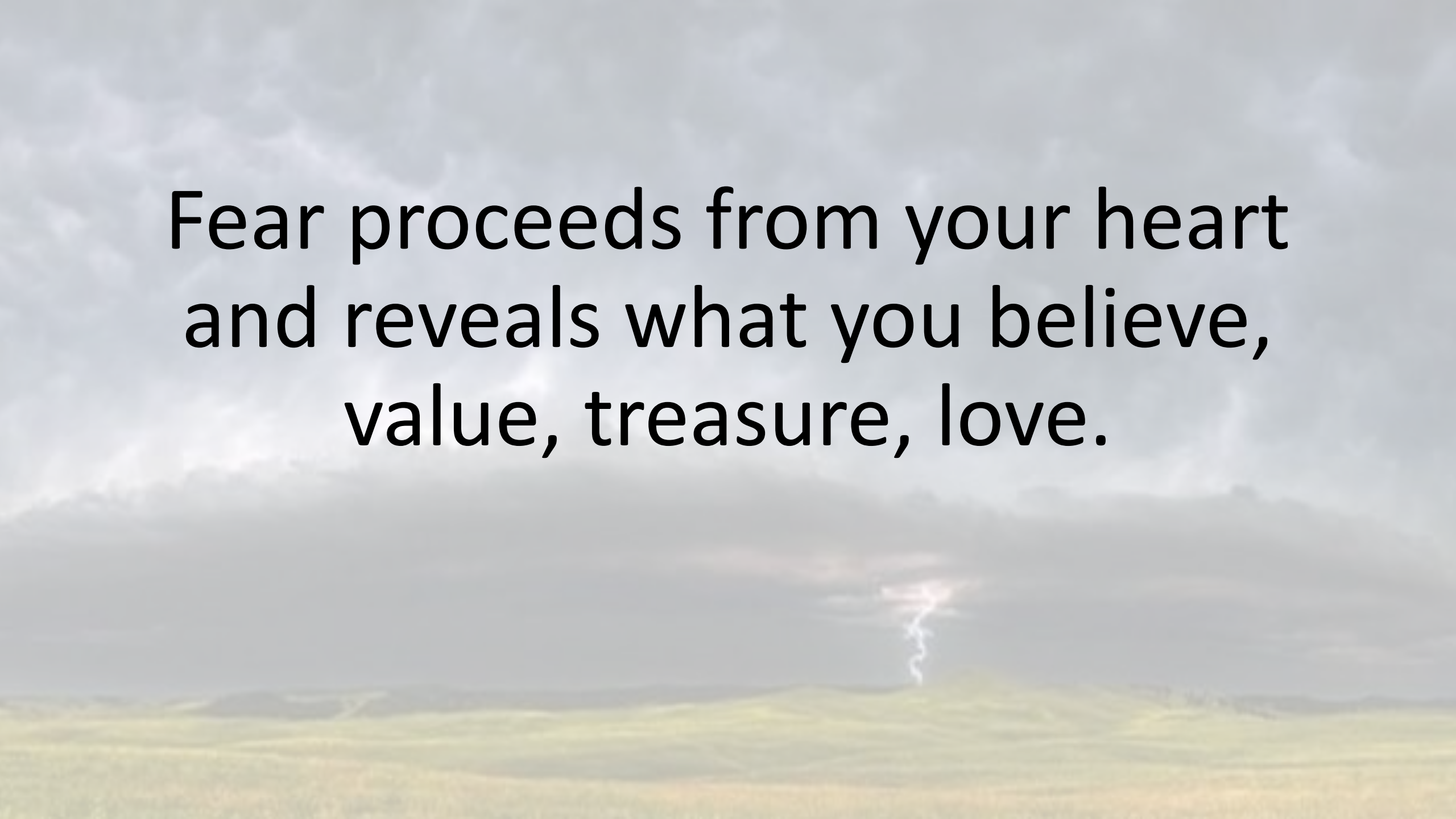
For from within, **out of the heart** of men,  
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# Proceed all that is disordered!

**Mark 7:21**

For from within, out of the heart of men,

**proceed** the evil thoughts, fornications,  
thefts, murders, adulteries.

A dramatic landscape featuring a lightning bolt striking a field under a stormy sky. The text is overlaid on the upper portion of the image.

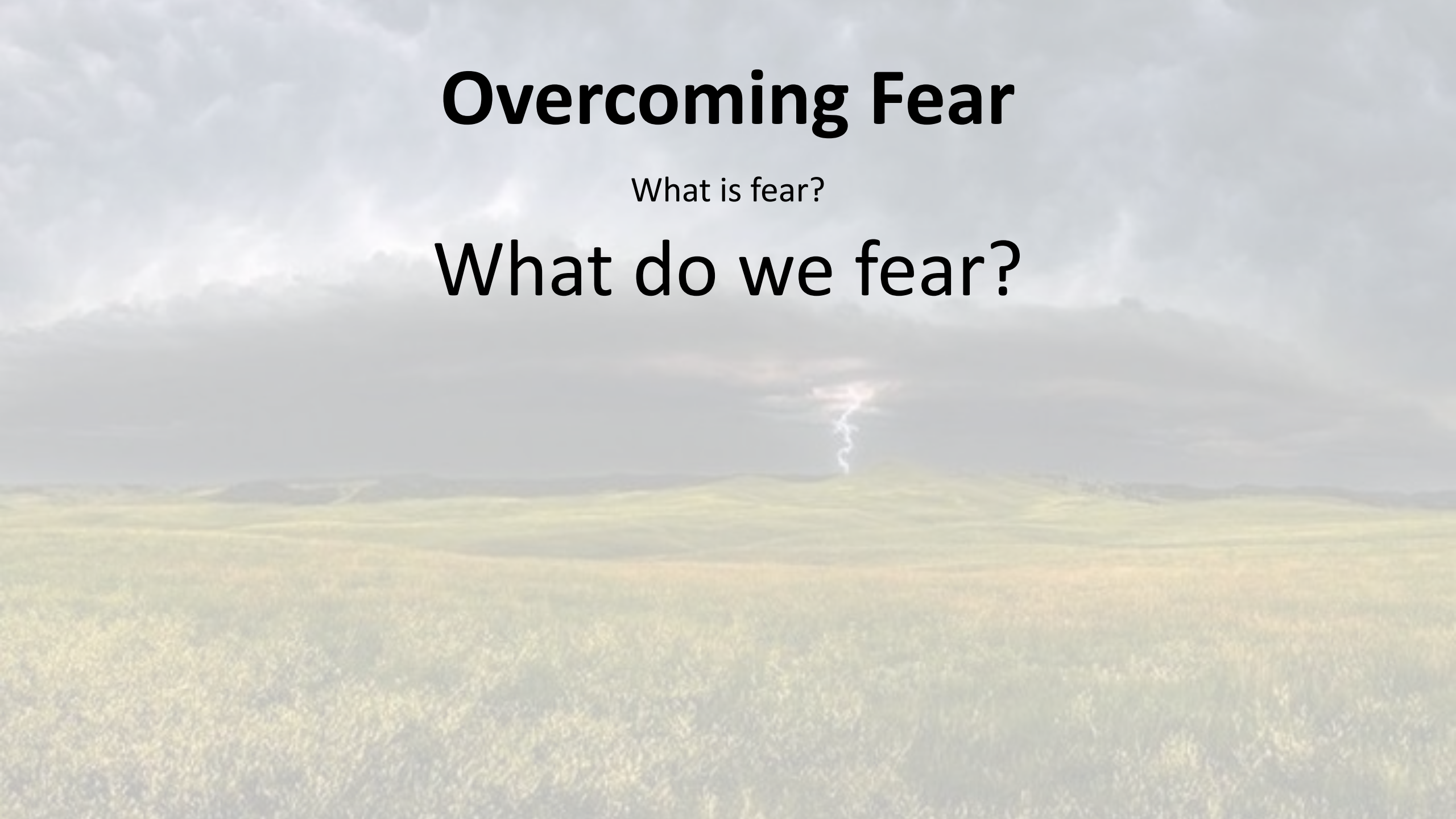
Fear proceeds from your heart  
and reveals what you believe,  
value, treasure, love.



# Overcoming Fear

What is fear?

## What do we fear?



**What do we fear?**

We fear death.

**Psalm 23:4-6**

Even though I walk through the valley  
of the shadow of **death**,  
I fear no evil, for You are with me.

**Deuteronomy 20:8**

Who is the man that is afraid and fainthearted?  
Let him depart and return to his house,  
so that he might not make his brothers' hearts melt  
like his heart.

# What do we fear?

We fear death.

More specifically, we fear loss.



Death is a separation, a taking away; it is a loss.

We perceive our own death  
to be the loss of our lives — the loss  
of hopes, dreams, aspirations.

The death of a loved one is the loss  
of relationship and companionship.

But death is not the only loss we fear.

**Job 5:24**

“You will know that your tent is secure,  
For you will visit your abode and **fear no loss.**”

# What losses do we fear?

**Mark 8:35-36**

For whoever wishes to save his life will lose it,  
but **whoever loses his life** for My sake  
and the gospel's will save it.

## What is this life we wish to save?

For what does it profit a man to gain the whole world,  
and forfeit his soul?

We fear losing the *stuff* of the world.

Mark 8:35-36

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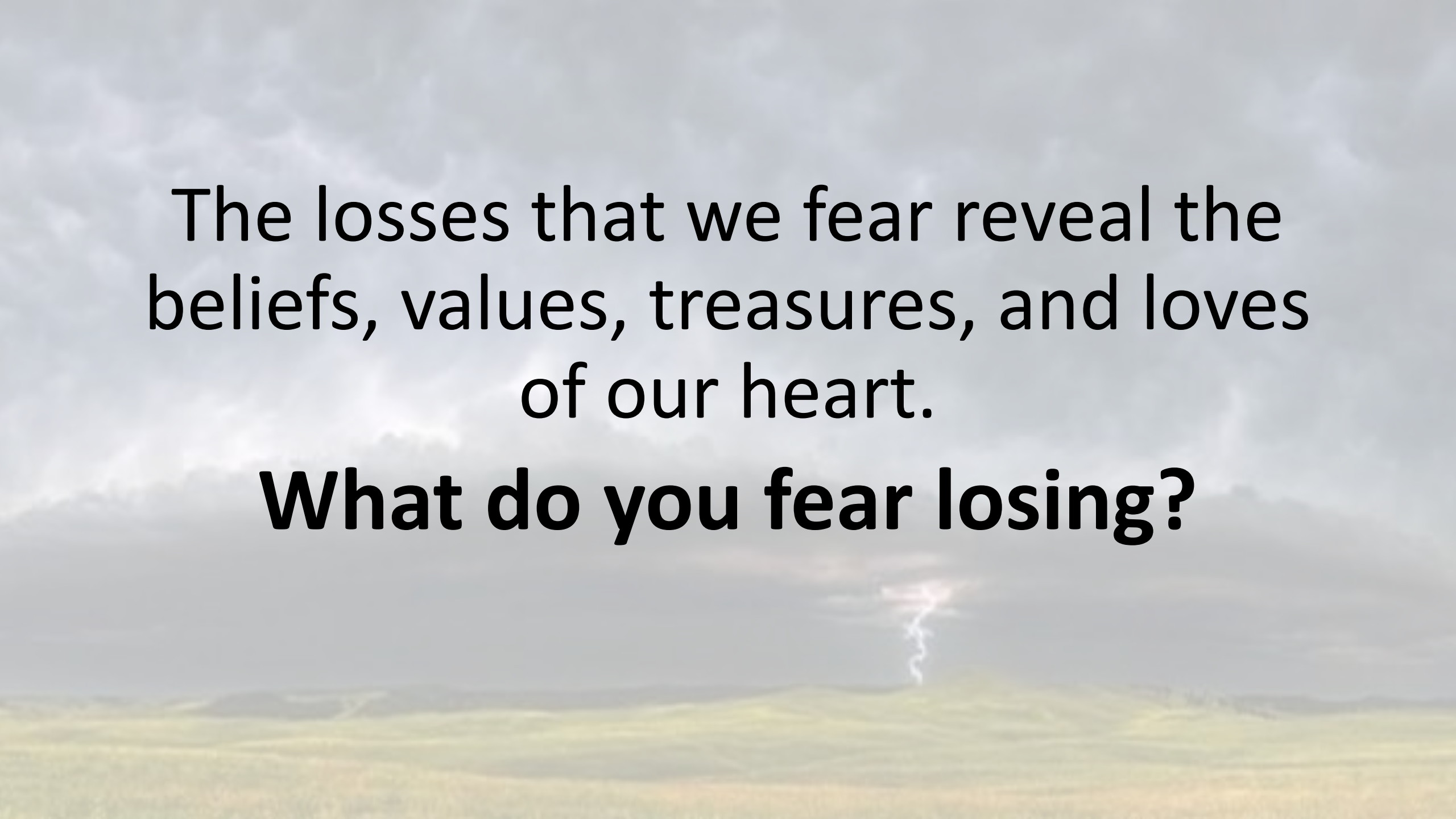
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and forfeit his soul?

**Remember that our fears reveal  
our hearts, our inner person.**

A dramatic landscape with a lightning bolt striking a field under a cloudy sky. The scene is captured in a wide-angle shot, showing a vast, flat field in the foreground, likely a prairie or steppe, with rolling hills in the distance. The sky is filled with heavy, grey clouds, and a single, bright lightning bolt strikes the ground in the center-right of the frame. The overall mood is somber and powerful.

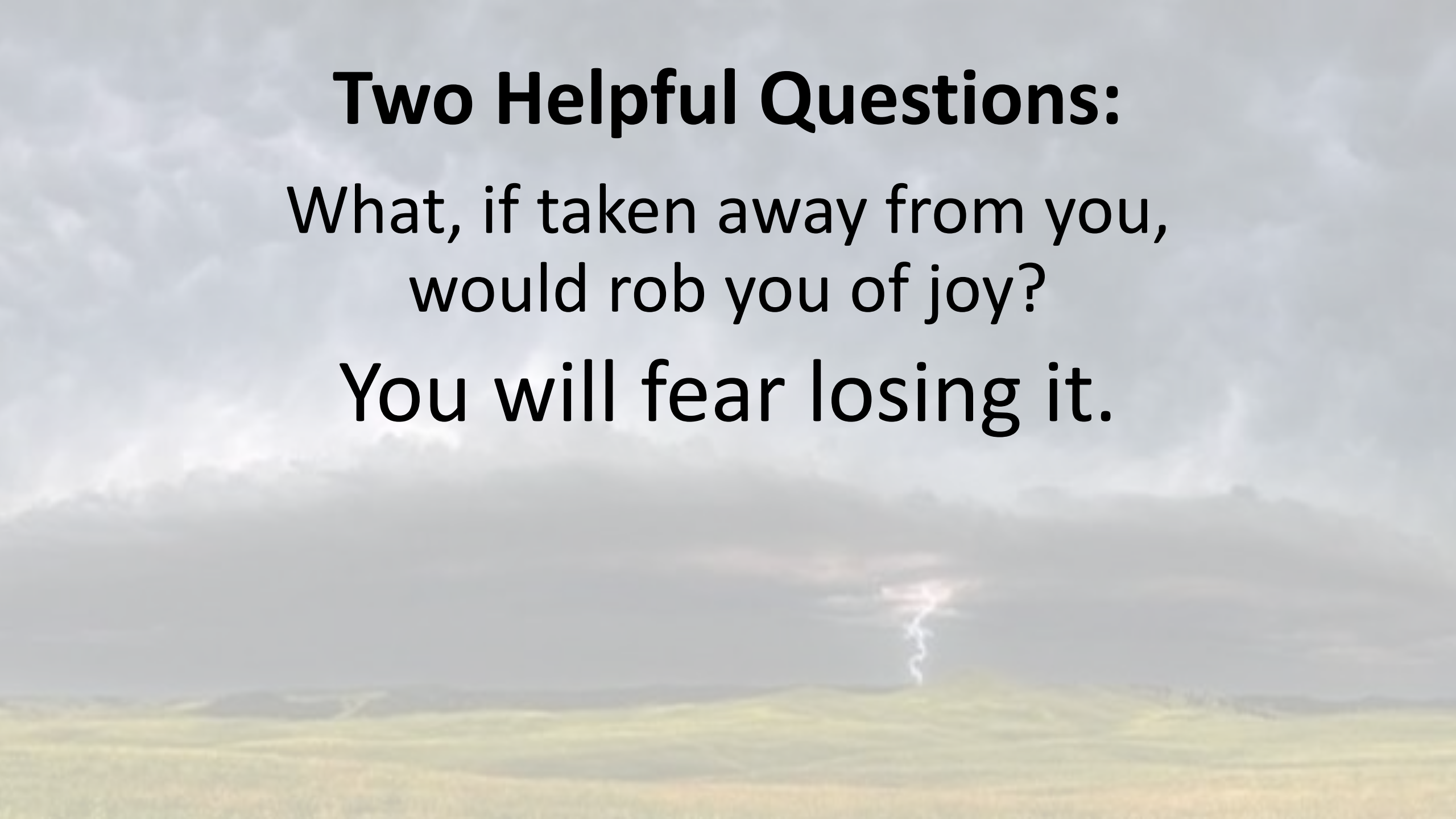
The losses that we fear reveal the beliefs, values, treasures, and loves of our heart.

**What do you fear losing?**

# **Two Helpful Questions:**

What, if taken away from you,  
would rob you of joy?

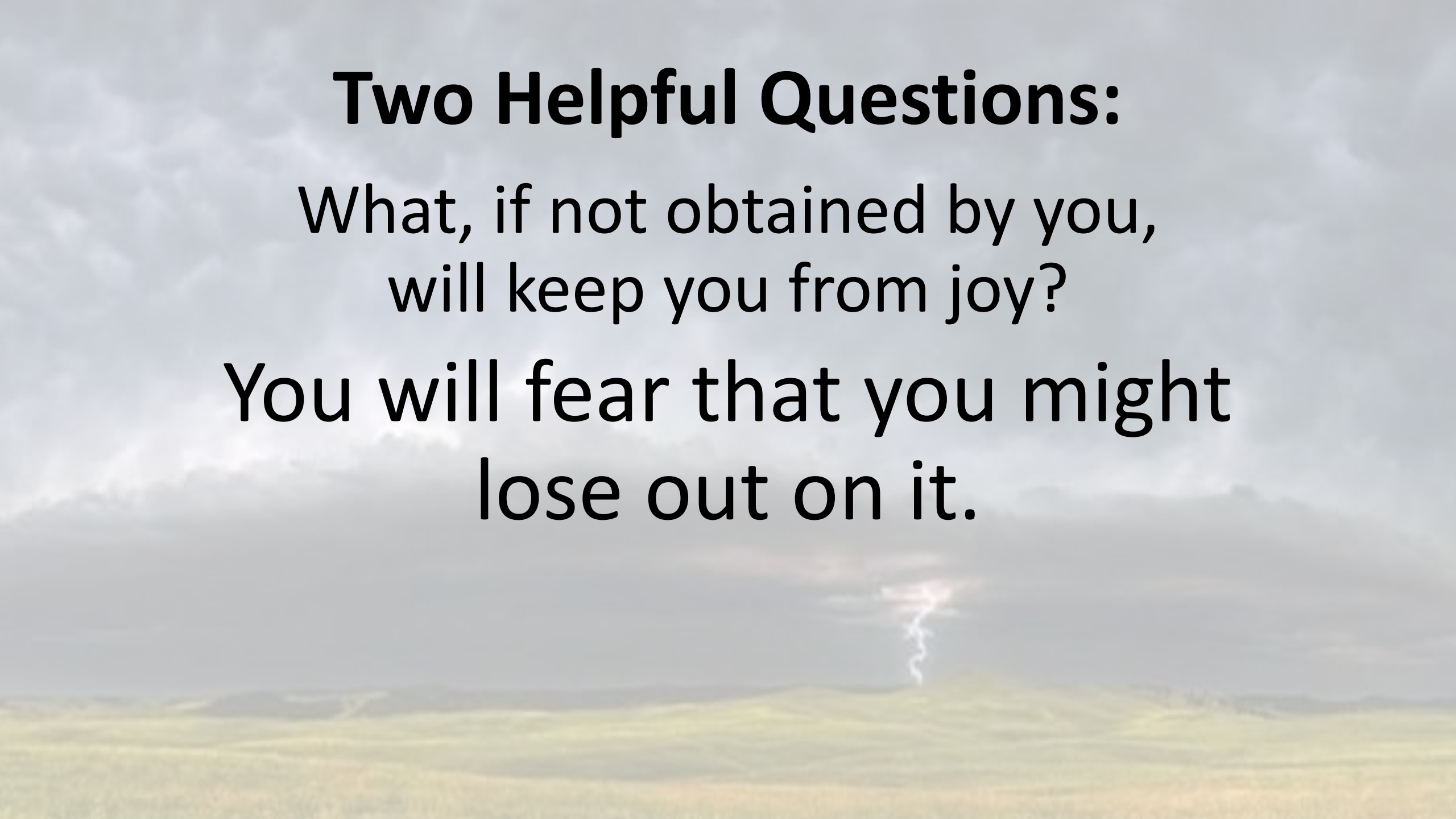
You will fear losing it.



# Two Helpful Questions:

What, if not obtained by you,  
will keep you from joy?

You will fear that you might  
lose out on it.



# What do we fear?

We fear death.

We fear loss.

**We fear man.**

**Deuteronomy 1:17**

You shall not show partiality in judgment;  
you shall hear the small and the great alike.

**You shall not fear man**, for the judgment is God's.

**Proverbs 29:25**

**The fear of man** brings a snare,  
But he who trusts in the LORD will be exalted.

# What is the fear of man?

Fear of rejection.

Fear of humiliation.

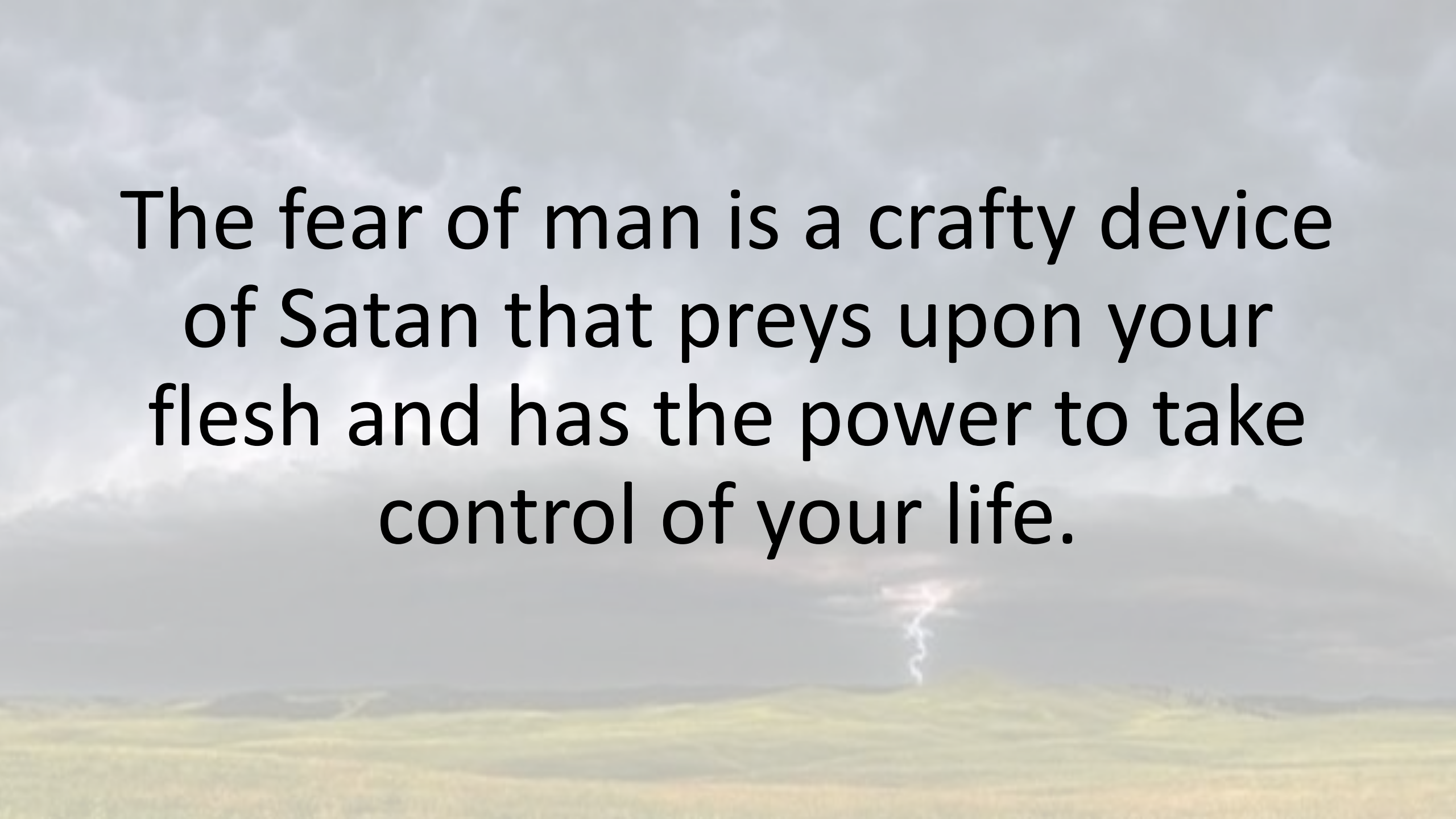
A controlling desire for acceptance.

A controlling desire for approval.

A controlling desire for appreciation.

A controlling desire for respect.

A controlling desire for recognition.

A dramatic landscape with a stormy sky and a lightning bolt striking the ground. The sky is filled with dark, heavy clouds, and a bright lightning bolt is visible in the center, striking the ground. The foreground is a vast, flat, green field. The overall mood is ominous and powerful.

The fear of man is a crafty device  
of Satan that preys upon your  
flesh and has the power to take  
control of your life.

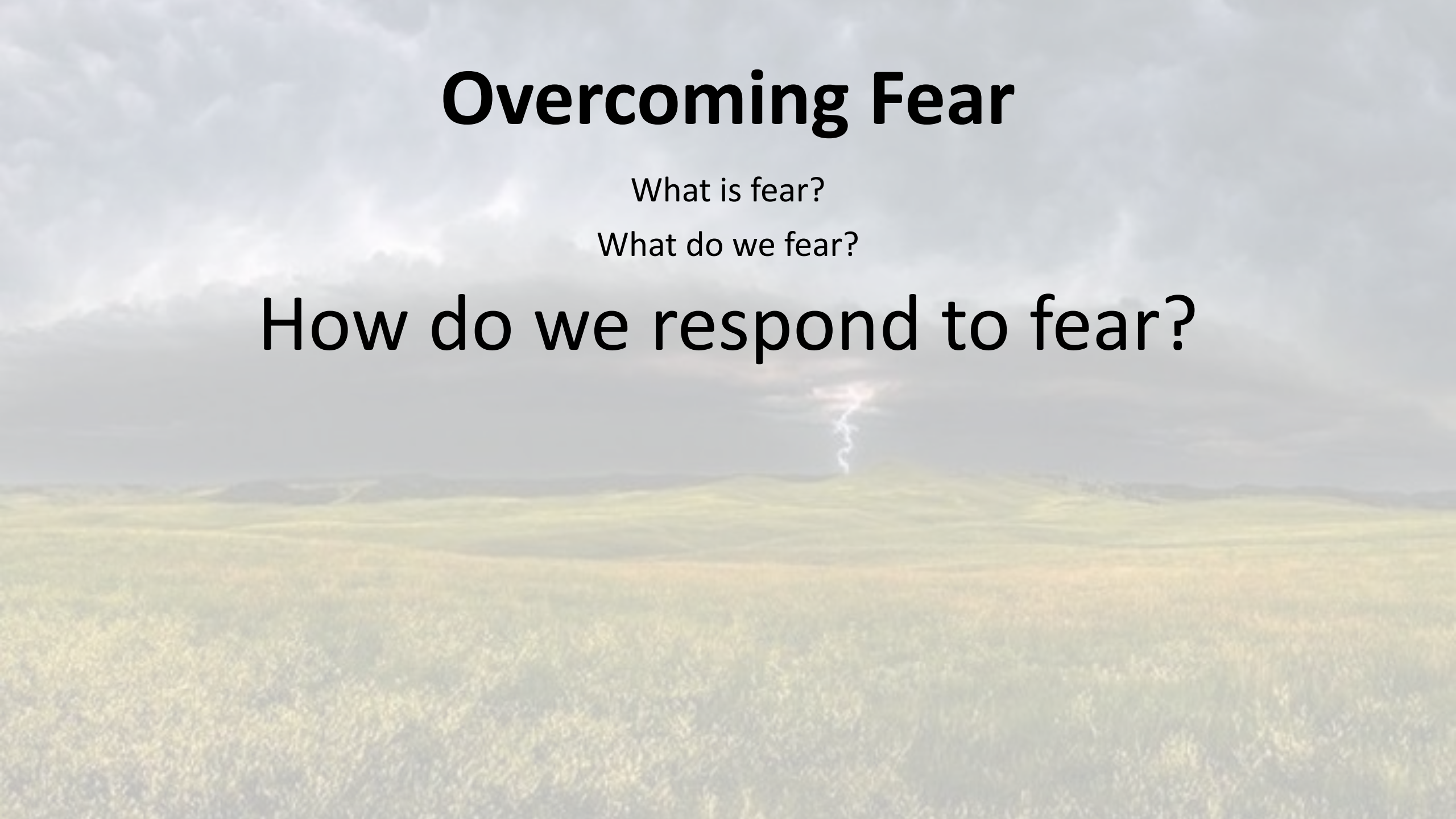


# Overcoming Fear

What is fear?

What do we fear?

How do we respond to fear?



**How do we respond to fear?**

**We flee.**

**1 Samuel 17:24**

When all the men of Israel saw the man,  
they fled from him and were greatly afraid.

**Mark 14:50**

And they all left Him and fled.

# **Fleeing is not necessarily running...**

**John 12:42-43**

Nevertheless many even of the rulers believed in Him, but because of the Pharisees they were not confessing Him, for fear that they would be put out of the synagogue; for they loved the approval of men rather than the approval of God.

A background image of a stormy landscape. The sky is filled with dark, heavy clouds, and a bright lightning bolt strikes down from the center of the sky. The ground below is a vast, flat, green field, possibly a prairie or a large farm, stretching towards the horizon. The overall mood is dramatic and intense.

Fear of harm tempts us to flee.

**Are you fleeing?**

Fear of man tempts us to withdraw.

**Are you withdrawing?**

# How do we respond to fear?

We flee.

We fight.

## **1 Samuel 18:6-7**

It happened as they were coming, when David returned from killing the Philistine, that the women came out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with joy and with musical instruments.

The women sang as they played, and said,

*“Saul has slain his thousands,  
And David his ten thousands.”*

# What was he fearing?

1 Samuel 18:8

Then **Saul became very angry**, for this saying displeased him; and he said, “They have ascribed to David ten thousands, but to me they have ascribed thousands. Now what more can he have but the kingdom?”



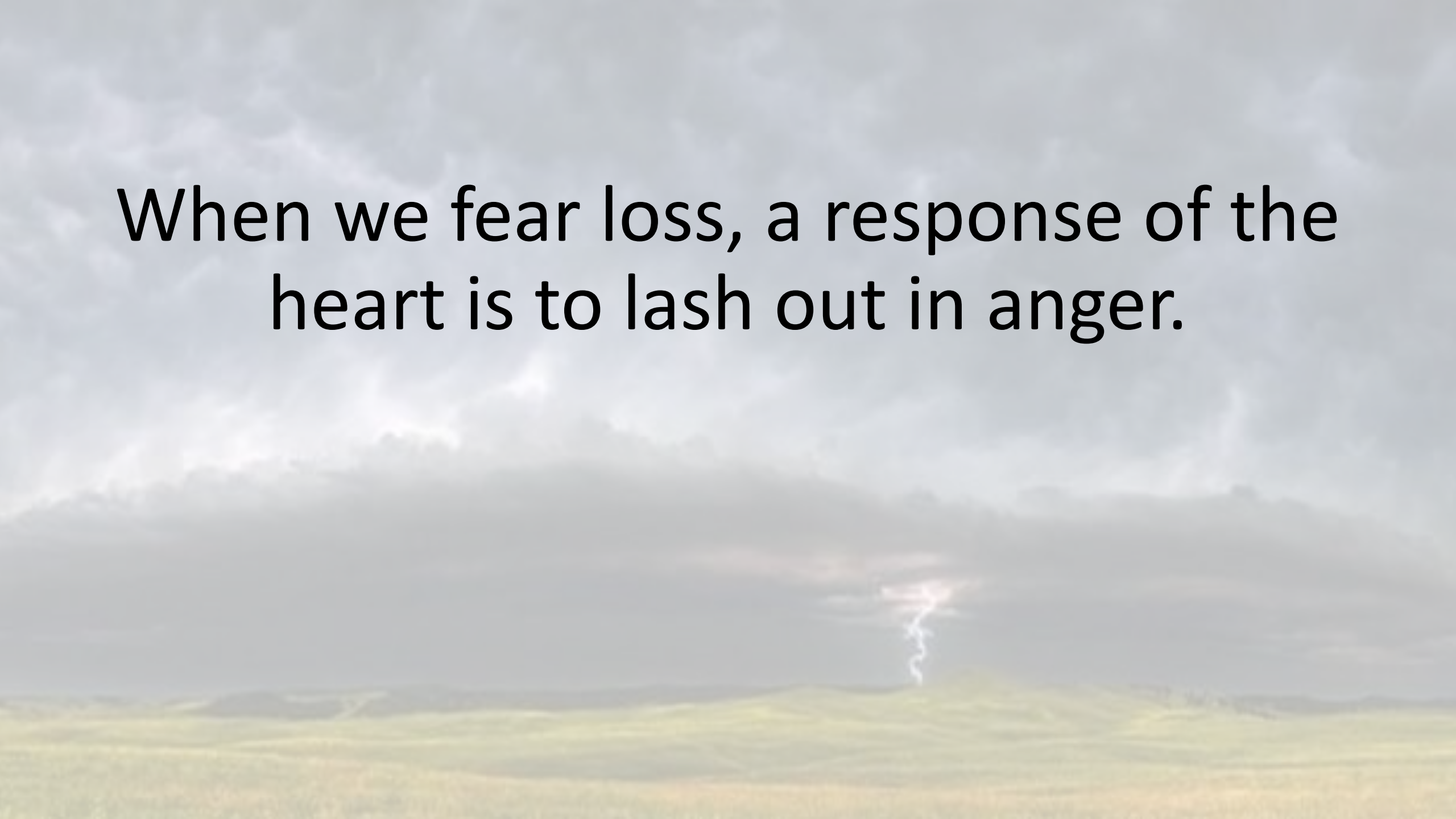
# He was fearing loss!

## 1 Samuel 18:8

Then Saul became very angry, for this saying displeased him;  
and he said, “They have ascribed to David ten thousands,  
but to me they have ascribed thousands.

Now **what more can he have but the kingdom?”**

When we fear loss, a response of the heart is to lash out in anger.



# **Fear can even motivate murder!**

**Mark 11:18**

The chief priests and the scribes heard this,  
and began seeking how to destroy Him;  
for they were afraid of Him, for the whole crowd  
was astonished at His teaching.

# Fear can even motivate murder!

Mark 11:18

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# Fear can even motivate murder!

**Mark 11:18**

The chief priests and the scribes heard this,  
and began seeking how to destroy Him;

**for they were afraid of Him**, for the whole crowd  
was astonished at His teaching.

# How do we respond to fear?

We flee.

We fight.

**We strive.**

# The subject is fear.

Psalm 27:1

The LORD is my light and my salvation;

Whom shall I fear?

The LORD is the defense of my life;

Whom shall I dread?

When fear comes, the temptation is to jump into action and to take matters into your own hands.

# **But...**

**Psalm 27:14**

Wait for the LORD;  
Be strong and let your heart take courage;  
Yes, wait for the LORD.

**Sit down in your heart  
and stop striving!**



### **Lamentations 3:25-26**

The LORD is good to those who wait for Him,  
To the person who seeks Him.  
It is good that he waits silently  
For the salvation of the LORD.

**Those who wait for the LORD resist  
the temptation to take control.**

# What about the fear of man?

Galatians 1:10

For am I now seeking the favor of men, or of God?

Or **am I striving to please men?**

Are you wearing yourself out in  
your striving to please man?

# How do we respond to fear?

We flee.

We fight.

We strive.

**We succumb.**

## **1 Samuel 15:24**

Then Saul said to Samuel,  
“I have sinned; I have indeed transgressed  
the command of the LORD and your words,  
because I feared the people and listened to their voice.”

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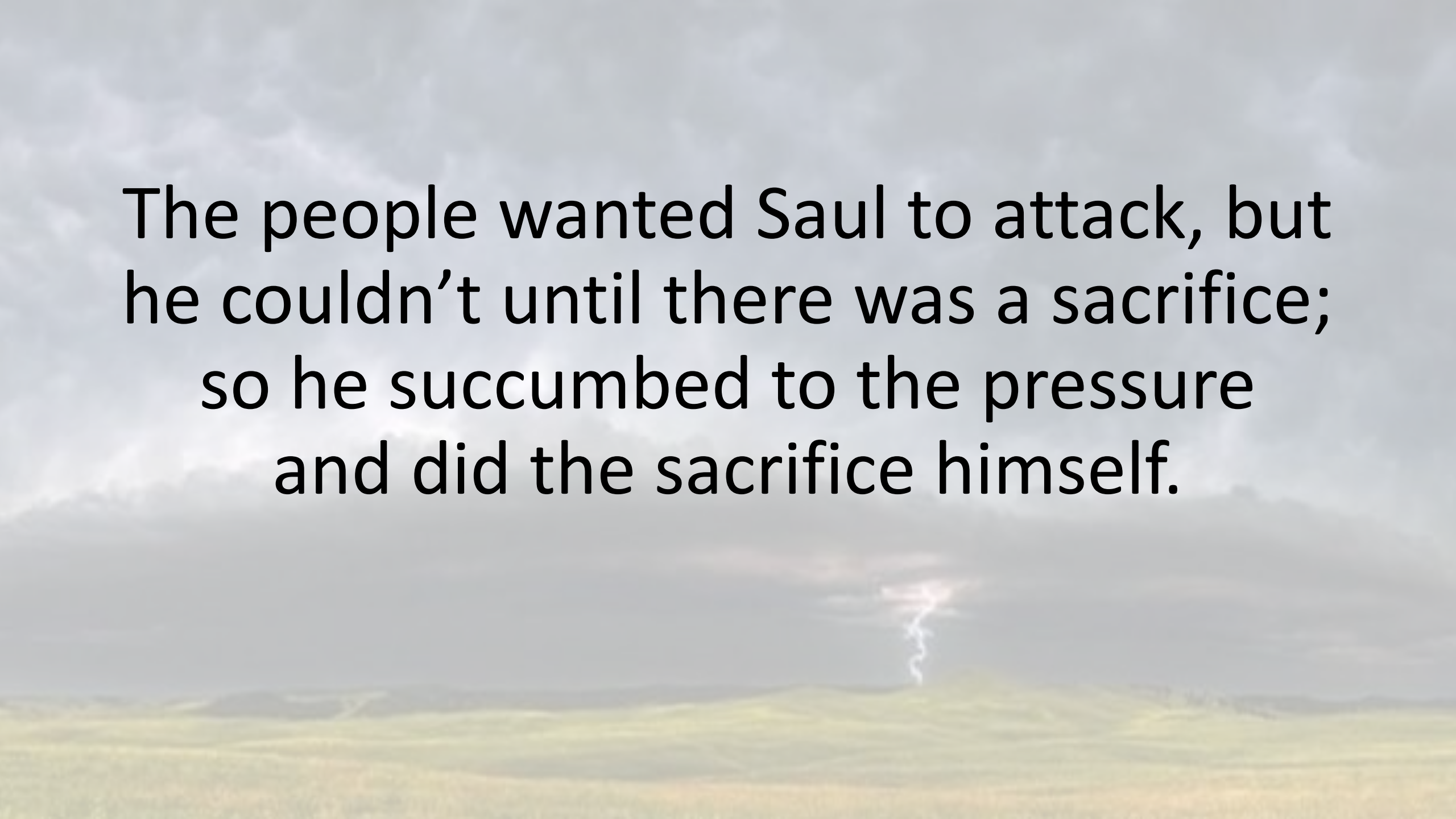
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## **1 Samuel 15:24**

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**Where there is a pressure point,  
fear tempts us to succumb --  
to give in at the point of pressure.**

The people wanted Saul to attack, but he couldn't until there was a sacrifice; so he succumbed to the pressure and did the sacrifice himself.



# What about Peter?

## Galatians 2:12

For prior to the coming of certain men from James, he used to eat with the Gentiles; but when they came, he began to withdraw and hold himself aloof, fearing the party of the circumcision.



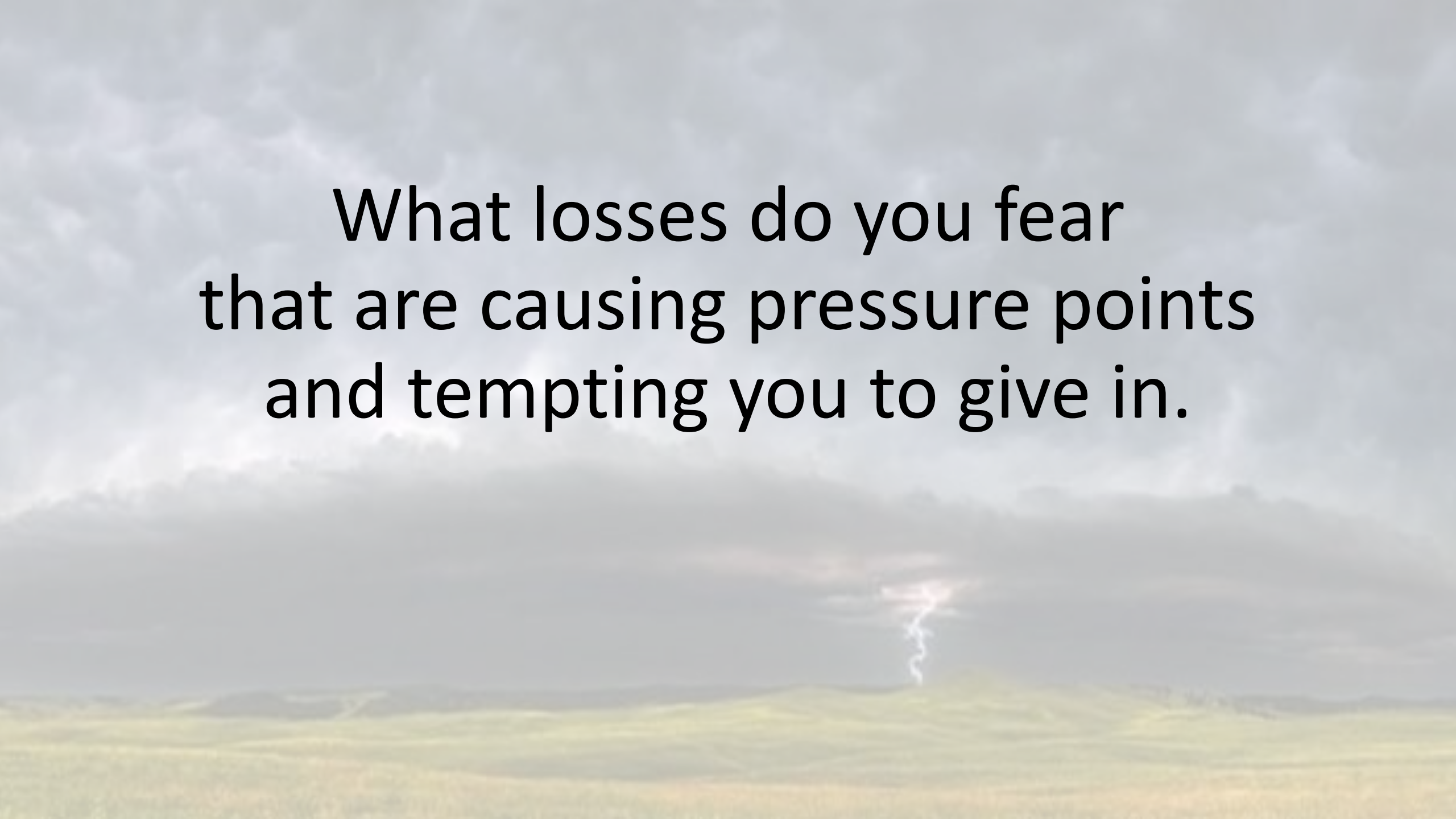
# Peter gave in at the point of contention

## Galatians 2:12

For prior to the coming of certain men from James,  
he used to eat with the Gentiles; but when they came,

**he began to withdraw** and hold himself aloof,  
**fearing** the party of the circumcision.

What losses do you fear  
that are causing pressure points  
and tempting you to give in.



# Overcoming Fear

What is fear?

What do we fear?

What are our responses to fear?

How will you overcome your fear?

**How will you overcome your fear?**

**By knowing the LORD.**

**Psalm 23:4-6**

Even though I walk through the valley of the shadow of death,  
I fear no evil, for You are with me;

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I fear no evil, **for YOU** are with me;

**But who is this “You”  
that is present?**



# Fear is dispelled by knowing the Who

Knowing that He is sovereign

Knowing that He is powerful

Knowing that He is wise

Knowing that He is good

It is by *knowing* the One who is with  
you that you will overcome your  
fear.

# Cease striving, and strive to know!

Psalm 46:10

Cease striving and know that I am God.

Hosea 6:3

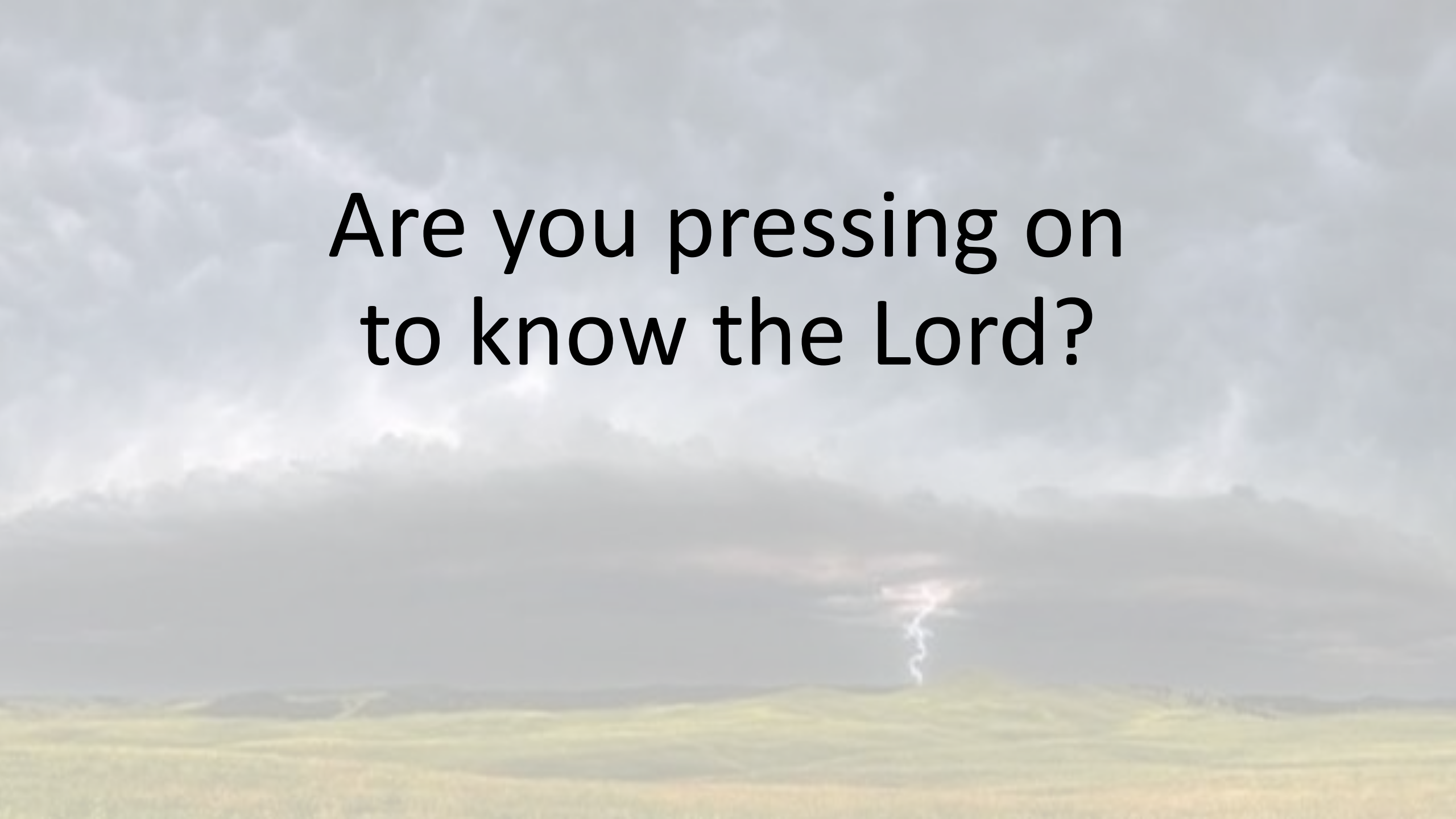
So let us know,

**let us press on to know the LORD.**

His going forth is as certain as the dawn;

And He will come to us like the rain,

Like the spring rain watering the earth.

A dramatic landscape featuring a vast, rolling green field in the foreground. The sky is filled with heavy, dark grey clouds, suggesting an approaching storm. A bright, jagged lightning bolt strikes the ground in the distance, illuminating the scene. The overall atmosphere is one of awe and intensity.

Are you pressing on  
to know the Lord?

# How will you overcome your fear?

By knowing the LORD.

# By trusting the LORD.

## Psalm 23:4-6

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Your rod and Your staff, they comfort me.  
You prepare a table before me in the presence of my enemies;  
You have anointed my head with oil;  
My cup overflows.  
Surely goodness and lovingkindness will follow me  
all the days of my life,  
And I will dwell in the house of the LORD forever.

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**What David knows  
he takes hold of by faith!**

# What he knows!

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## **My cup overflows.**

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**What David knows  
he takes hold of by faith!**

**Psalm 56:3-4**

When I am afraid, I will put my trust in You.  
In God, whose word I praise,  
In God I have put my trust; I shall not be afraid.

**When you are afraid,  
what do you do?**

# **Conclusion:**

Fear is overcome by knowing the LORD and disciplining your soul to take hold of Him by faith.

Rest is found by knowing the LORD and entrusting your life to Him.