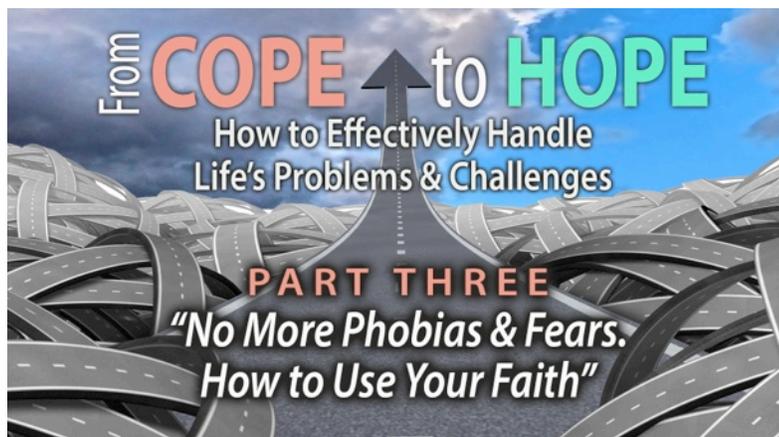


From Cope To Hope: How to Effectively Handle Life's Problems & Challenges

Part 3, "No More Phobias & Fears. How to Use Your Faith."

Pastor Bryan Hudson | www.NewCovenant.org



1 John 4:18 *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.*

Fear distracts and dominates the lives of too many people. The Bible says that **"Fear has torment..."**

We have no need to fear lack, and every reason to have faith, when God has promised to provide access to a limitless resource. Jesus said, *"Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom."*

Fear is defined as "expectation of danger or harm." Faith attracts God's favor, blessings, and overcomes all fear!

Watch Video: "Fear vs. Anxiety" <https://www.dropbox.com/s/009a9wzt2ghuu4h/FEAR%20VS%20ANXIETY.mov?dl=0>

Watch Video: "No Fear, Sound Mind" <https://www.dropbox.com/s/falbuza12kndr78/No%20Fear%20Sound%20Mind.mov?dl=0>

Here is a story that illustrates how fear distracts and torments when faith could have resolved the problem:

Matthew 8:23 Now when He got into a boat, His disciples followed Him. 24 And suddenly a great tempest arose on the sea, so that the boat was covered with the waves. But He was asleep. 25 Then His disciples came to Him and awoke Him, saying, "Lord, save us! We are perishing!" 26 But He said to them, "Why are you fearful, O you of little faith?" Then He arose and rebuked the winds and the sea, and there was a great calm. 27 So the men marveled, saying, "Who can this be, that even the winds and the sea obey Him?"

Jesus asked His disciples (and us): *"Why are you fearful?"*

The disciples woke up Jesus (who was sound asleep during a storm!) to ask Him to do something they should have done. Jesus was resting in the boat after a long day of ministry. A sudden storm made the disciples afraid. They allowed their fear to interfere with their faith and forget that Jesus was on the boat with them! Because of this, Jesus called the disciples' faith "little." He expected much more from men who had been trained first hand.

When storms come, or big opportunities are presented, let your faith rise, not your fears.

Phobias and fears arise when a lifestyle and mindset of faith are absent. If we claim to be Christians and disciples, Jesus FULLY expects us to trust Him. When you feel like you have responded with fear, remember that the Miracle Worker is with you.

People are tormented by fear because of the absence of God, who is love, dwelling in them. Torment is the negative thought, the scenario, or the drama that plays out in our minds over and over again.

Perfect love, that is God's perfect love that is in you, will cast out all fear. If there are things you need to do, but that you are afraid to do, God's love and presence will remove all those fears. Rather than expecting something bad to happen, you expect something good to happen because your "Father" is right there with you!

There is a real emotion of fear generated by imminent danger that requires action. However, most fears are imagined and therefore not real and best summarized by the acrostic:

F-alse

E-evidence

A-ppearing

R-eal

For believers in Christ, there is an overarching reality to embrace summarized by this text:

2 Timothy 1:7 *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

Hebrews 11:1, *Now faith is the substance of things hoped for, the evidence of things not seen.*

Walking by faith cancels fear! Fear is negative expectation of danger and harm. Faith is positive expectation of good according to God's word: *"Faith comes by hearing, and hearing by the word of God."* (Rom. 10:17)

Here is an essential reality for believers: *"For we walk by faith, not by sight."* (2 Corinthians 5:7) We know that there is more to life than what we see. Our lives should be governed by spiritual principles

Faith begins where the will of God is known. The Bible reveals God's plan and purpose. The Holy Spirit provides specific insight and guidance. Therefore, faith in God is an extension of our relationship with Him.

James said that faith without works, or corresponding actions, is "dead" (James 2:20). True faith is belief followed by actions consistent with God's will and word.

Here are seven affirmations for those who "walk" or live/act by faith in God.

1. You are walking by faith when you are fully persuaded of a biblical promise or a God-inspired purpose that you have not "seen."
2. You are walking by faith when you are joyful about things that you have not yet received.
3. You are walking by faith when difficulties and setbacks do not change your mind about the will of God or the word of God.
4. You are walking by faith when you receive answers to prayer and begin to see results based on your faith in God. Don't wait for the "full load" before you rejoice! Thank Him now!
5. You are walking by faith when you continue to diligently follow God and perform those actions consistent with what you believe.
6. You are walking by faith when you take calculated risks. We are not like the man who receive one talent (a small amount of money), but "played it safe" and buried it, rather than invest it. (Matt. 25:25)
7. You are walking by faith when you daily do something related to your plans, dreams and expectations.

Faith is necessary because requires it to bring His purpose and blessings into our lives. *"Without faith it is impossible to please God."* (Hebrews 11:6)

Our faith in God is the "demand" that brings "supply." It's not a matter of "works," but a matter of responsibility and protocol.

"You have not because you ask not.." (James 4:3) If God knows what we need, why do we need to ask Him? We ask because God wants to engage us and empower us to receive supply based on demand. God is an excellent Father! He knows how to train us to become engaged, responsible Christians.