

Overcoming Fear

The Lord has transformed me over the past 35 years, since I was saved back in October, this month, in 1986 at the age of 24, from a life of paralyzing fear to a life living boldly for Him, but it's been a long painful process. Tom Bennett, our pastor at the time when I first was saved said that I was the most fearful man he had ever met, but I was very blind to it. The only fear I was aware of at that time was speaking in front of a large group, public speaking. When I was first introduced to my new church back in 1986, they brought me up on stage in front of an auditorium full of people and he simply ask my name and where I was from, and I could barely get the words out because I was so terrified of being in the spotlight.

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

When I first was saved, I did not know this scripture, in fact, I knew very little about the bible. I do not believe, up to this point, I had ever opened the Word of God. As I grew in the Lord and was disciplined, taught by more mature believers, I grew in confidence and knowledge of the Living God Jesus and of the enemy of my soul Satan.

Let's read the scripture again, **“For God has not given us a spirit of fear, but of power and love and of a sound mind.”** If God did not give us the spirit of fear, who did? Satan! Simply put, fear is an evil spirit that the enemy uses, Satan, to thwart God's plans for your life. God has a plan for your life and it's going to require power, love, and a sound mind. Fear is the opposite of power because it makes you weak. Fear is the opposite of love because it makes you selfish. Fear is the opposite of a sound mind because it makes you confused. Satan wants you weak, selfish, and confused, but God wants you powerful, loving and have a sound mind, so you can carry out the plans He has for you.

Ephesians 2:10 says “For we are His (God's) workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.”

God has a plan for my life and yours and He knows we may experience fear along the way, we all do, but He has

given us the tools to overcome, if we will let Him work in our lives, and show us how to overcome fear.

For example, I am not afraid to speak in public anymore. I speak often in front of small and large groups. God showed me that I was afraid of what others thought of me, how I appeared to them, but God showed me that He had created me perfect and that I was His original masterpiece, just like you are, and that the looks and personally He gave me was nothing to be ashamed of. He taught me that His opinion of me is the only one that really matters, and I choose every day to believe Him.

Some of you are afraid to give talks like this and I used to be as well. There are many things I used to be afraid of, but I am not anymore. And If I do get afraid, I boldly, with the help of Jesus, overcome the fear with power, love and a sound mind, and I seek Him out every day, and ask Him to show me the plan He has for me.

I'll close with this. I woke up at 4am this morning and could not go back to sleep. I was hoping to get up about 6am giving me about 7 hours of sleep, I knew I had a long

day in front of me and I also new I needed to finish up this talk. I do not usually wait to the last day, the morning of, to finish talks, but I struggled on how to approach this very large topic in the brief format we have for our meetings. But I want to make a point; I did not worry or have anxiety, other words, fear, but instead I believed and trusted that the Lord would give me the talk He wanted us to hear today, because I know He loves me, and I trusted Him along the way. By the way, Jesus woke me up at 4am this morning because He knew would need every minute to complete the talk. Thank you, Jesus. I love you!