

The Message Notes



Message: *Do Not Fear!*
Sunday, April 26, 2020
Scripture: Isaiah 41:10

Introduction:

Christ Strong – Contentment – You're able to be **satisfied** with **whatever** you have with Christ's strength.

We're living in **fearful** times, but we don't have to live in **fear!**

- **Fear** – you see a **negative** outcome
- **Faith** – you see the **end** of the outcome
- **Focus** – your **meditation** on what you see

Difference between **optimism** and **faith**

Optimism – you're hopeful of a **positive** outcome

Faith – you see the **end** of the outcome

Types of Fears:

1. **Primal** fear – promotes survival
 - Fight or flight
 - Cortisol: amygdala-hippocampus-prefrontal cortex
2. _____ fear – frighten by circumstances
 - Instinctive
 - Programmed
3. **Spiritual** fear – reverence to obey God

Ecclesiastes 12:13-14 (NLT)

v.13. That's the whole story. Here now is my final conclusion: **Fear** God and **obey** his commands, for this is everyone's duty. v.14. God will **judge us** for everything we do, including every secret thing, whether good or bad.

Reference: Matthew 10:28 (NLT)

What does the bible say about **natural** fear?

Isaiah 43:1 (ESV)

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: "**Fear not**, for I have **redeemed** you; I have **called** you by name, you are **mine**."

Application: Jesus Teaches Peter about Faith and Fear!

Matthew 14:22-36 (NLT)

1. **JESUS INSISTS:** v.22. Immediately after this, Jesus **insisted** that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home.

v.23. After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.

2. **PETER AND DISCIPLES'S** _____: v.24. in trouble far away from land, strong winds and heavy waves v.26. disciples **saw** him walking on the water, they were **terrified**. In their **fear**, they cried out, "It's a **ghost!**" walking on water, terrified, "It's a ghost"

3. **JESUS** _____: v.27. "Don't be afraid, **Take courage. I am** here!" v.28. Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water." v.29. "Yes, come," Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus.

4. **PETER'S** _____: v.28. Then Peter called to him, "Lord, if it's really you, tell me to come to you, **walking** on the **water**."

5. **JESUS' RESPONSE:** v.29a. "Yes, come,"

6. **PETER'S FAITH and** _____: v.29b. So Peter went over the side of the boat and **walked** on the **water toward** Jesus. v.30. But when he **saw** the **strong** wind and the **waves**, he was **terrified** and **began to sink**. "Save me, Lord!" he shouted.

7. **JESUS' RESPONSE:** v.31. Jesus immediately reached out and grabbed him. "You have so **little faith**," Jesus said. "Why did you **doubt** me?"

PURPOSE: v.32. When they climbed back into the boat, the wind stopped. v.33. Then the disciples **worshiped** him. "You really are the Son of God!" they exclaimed.

When you get beyond your fear, you will **see** Jesus and God as your **Helper** during the crisis times of your life.