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Breaking the Chains of Fear

Most all fear is anxiety of things we don't even know

Ask yourself : What am I fearful of ?

- Chains are hooked to something
- There's big and little chains to pull the heavy and light fears
- Some chains are rusty and old but not easy to break
- Chains are HEAVY
- Some chains have binders that tighten

1st John 4:18

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.

The very important chain that must be broken is FEAR

- Perfect love cast out all fear = without salvation you will have fears ... We have no fears because we are loved by God!

2nd Timothy 1:6-7

6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

- God does not want us to live in fear. He gave us power, love and self discipline.
- If you have fears you will not be able to make changes (sanctification)

FEAR :

Freeze or run away

Fear is anxiety of things we do not yet know

When you break the chain of fear you will begin to walk in faith

How to break the chain of fear ????????

- You have got to get to the root of things
- Fear comes in packs

1. Identify the fear : Main root
2. ADDMISSION of fear : sift through the excuses of fear / blame of fear
3. FIND the fear
4. GET HELP : involve someone to help you see who you are ** someone trustworthy**
5. OWN it : you will go back into the excuses/ blame but take ownership !
 - God takes away all fear so there is no excuse on owning fear
 - Have to have **FAITH OVER FEAR** : sometimes God wants us to have faith over fear before we have better so we can trust him

Hebrews 11:6

6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

- Without faith = impossible to please God

365 times in the bible : FEAR NOT

Stop what you are doing and start doing what you need to do

Fear = opposite of faith