



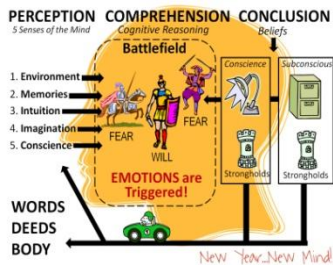
Sermon #8: 10 Steps in Becoming a Fear Fighter

"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." | John 4:18

There are two root motivations in our lives - FEAR and LOVE.

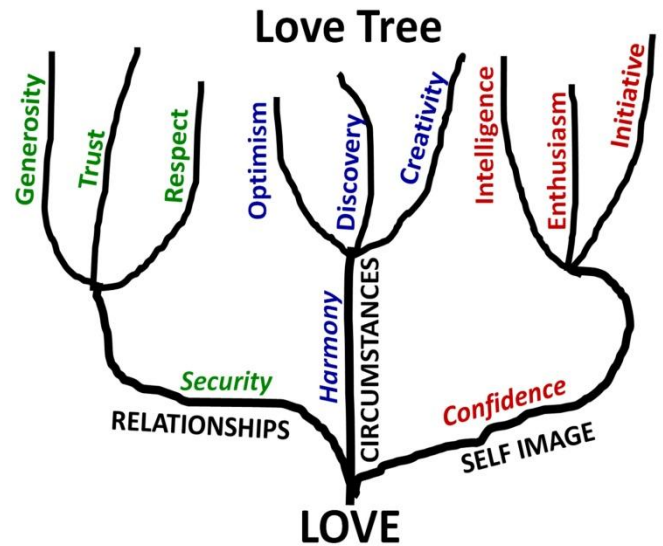
FEAR: "A particular way of thinking that invokes the imagination to support one's faith in the inevitability of bad things happening"

"For the thing I greatly feared has come upon me, And what I dreaded has happened to me." Job 3:25



Emotions are tagged to a thought to fuel our reaction. That reaction is called the **Fight or Flight Instinct**

This is the extreme reaction to something that makes us feel afraid. We either lash out against it or run from it. IT CREATES EXTREMES



6 Common Fears:

1. Fear of POVERTY
2. Fear of CRITICISM
3. Fear of DEATH
4. Fear of SICKNESS
5. Fear of OLD AGE
6. Fear of LOSS



10 Steps in Becoming a Fighting Fear

1. Catch it!
2. Isolate it!
3. Analyze it!
4. Project it!
5. Compare it!
6. Prepare for it!
7. Record it
8. Replace it!
9. Share it
10. Rejoice!

"Rejoice in the Lord always. Again I will say, rejoice!"

Philippians 4:4

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Philippian 4:8