

# Courage: Mastering Our Fears

## Introduction:

Previous lesson: 1 Samuel 17. David vs. Goliath. David facing a 9ft tall, war trained, armed, armored giant. Israel terrified. Frozen with fear. Enter David. Odds? Not good. Attitude? Excellent! 17:34-37. God had gone to work for him before. Knew God would do it again. David overcame the fear that had stopped all others. How did David overcome? Talk about this today. Wayne Grovenberg: *How can you be a success, if you have never tried anything?* Anything worth doing is going to be at least a little scary. Courage is not the absence of fear – it is the mastery of fear. How can we master our fear?

## I. Fear defined.

- A. Fear is a defense mechanism.
  - 1. It is a reaction we have to our environment based on roles we have learned in life.
  - 2. Fear comes from a set of beliefs we have learned over time.
- B. All fear is not bad. Protects us in many ways.

## II. Mastering the Fear of Failure

- A. In spiritual matters, we often face the fear of embarrassment or rejection.
  - 1. Fear can set in when we feel something terrible is about to happen – especially when there is something really important at stake.
  - 2. How can we start to win? Get this problem turned around?
- B. Study yourself.
  - 1. What does voice inside you say at moment fear sets in?
  - 2. Focus your mind on those messages...write them down.
  - 3. Ask: *What is the worst that can happen?*
- C. Understand there will be setbacks in life.
  - 1. Easy to sit back where no risk, no danger, no change.
  - 2. Launch out: Prepare for setbacks.
  - 3. Courage does not expect perfection! Courage does not expect an easy path to follow.

## III. A New Testament Application

- A. Matthew 14:22-27
- B. Disciples have good cause to be fearful. Fear for physical life. Fear of unknown.
  - 1. 14:27: Jesus: change their attitude and banish fear from life.
- C. His message to them is the message to us.
  - 1. Do not be afraid. He is here and able to handle any set of circumstances.
- D. 14:28-31
- E. Peter would have many setbacks. But he kept on. Learned to master his fear.
  - 1. Acts 4:1-13 – ordinary men doing extraordinary things with the power of God.

## Conclusion:

- A. Back to David – 1 Samuel 17:46-47 – *The battle is the Lord's.*
  - 1. This was not David's battle. It was God's.
- B. He killed the warrior that was more powerful than himself...but not more powerful than the living God.
- C. This same God, Almighty God, is alive today and is interested in every aspect of our life.
- D. Is the fear of failure holding you back? Allow God to go to work in your life.