

THE PROBLEM OF FEAR: Study 3

God's Solution To Our Fears

We saw, in the Old Testament, that God's holiness obligates Him to judge people who are rebellious and disobedient. But at the same time, God loves us. He warns us against His wrath to frighten us out of our rebellion.

Being just, God can't simply write off our sins. But because of His compassion and mercy, He solved our sin problem by directing his wrath at His own Son. Christ stepped in and experienced the terror that was headed our way.

Isa 53:4-6 Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. ⁵ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. ⁶ We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.

Christ substituted for us putting Himself on the receiving end of God's wrath.

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Luke 22:44 And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Mat 26:37-39 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

1 Pet 2:24 He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.

We need to act on this incredible provision. To fail to do so is the ultimate foolishness.

Heb 2:2-3 For if the message spoken by angels was binding, and every violation and disobedience received its just punishment, ³ how shall we escape if we ignore such a great salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him.

Thus it is now possible for a holy God and sinful people to be at peace - to even enjoy a loving relationship with one another. God transfers His righteousness to us via Jesus Christ.

In this transfer we receive a lot more than forgiveness. This study will explore what Christ's work does to our problem of fear.

A. Satan, the author of fear has been defeated.

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John 12:31 Now is the time for judgment on this world; now the prince of this world will be driven out.

Rev 12:9-12 The great dragon was hurled down--that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him. ¹⁰ Then I heard a loud voice in heaven say: "Now have come the salvation and the power and the kingdom of our God, and the authority of his Christ. For the accuser of our brothers, who accuses them before our God day and night, has been hurled down. ¹¹ They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death. ¹² Therefore rejoice, you heavens and you who dwell in them! But woe to the earth and the sea, because the devil has gone down to you! He is filled with fury, because he knows that his time is short."

Heb 2:14-15 Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death--that is, the devil-- ¹⁵ and free those who all their lives were held in slavery by their fear of death.

B. We are delivered from Satan's dominion and given citizenship in God's kingdom.

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Rom 8:15-17 For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children. ¹⁷ Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Eph 2:1-6 As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

Col 1:13 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves,

C. We are given the promises and all the resources we need to be freed from the control of fear.

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John 14:26-27 But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

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Rom 8:31-39 What, then, shall we say in response to this? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who is he that condemns? Christ Jesus, who died--more than that, who was raised to life--is at the right hand of God and is also interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." ³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

2 Pet 1:3-4 His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. ⁴ Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

1 John 5:3-5 This is love for God: to obey his commands. And his commands are not burdensome, ⁴ for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. ⁵ Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.

1 John 5:18-20 We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, and the evil one cannot harm him. ¹⁹ We know that we are children of God, and that the whole world is under the control of the evil one. ²⁰ We know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in him who is true--even in his Son Jesus Christ. He is the true God and eternal life.

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2 Tim 1:7 For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

D. We gain a new, eternal perspective on life.

- The 80-year View

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Gen 3:17-18 To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. ¹⁸ It will produce thorns and thistles for you, and you will eat the plants of the field.

Eph 2:12 remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world.

- The Eternal View

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1 Pet 1:3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,

Eph 1:20-2:6 which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way. ^{2:1} As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of

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this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

2 Cor 4:16-5:2 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. ^{5:1} Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands. ² Meanwhile we groan, longing to be clothed with our heavenly dwelling,

1 Cor 15:54-55 When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: "Death has been swallowed up in victory." ⁵⁵ "Where, O death, is your victory? Where, O death, is your sting?"

Heb 11:13-16 All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance. And they admitted that they were aliens and strangers on earth. ¹⁴ People who say such things show that they are looking for a country of their own. ¹⁵ If they had been thinking of the country they had left, they would have had opportunity to return. ¹⁶ Instead, they were longing for a better country--a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared a city for them.

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Heb 6:18-20 God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope offered to us may be greatly encouraged. ¹⁹ We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, ²⁰ where Jesus, who went before us, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.

2 Tim 4:6 For I am already being poured out like a drink offering, and the time has come for my departure.

2 Tim 4:18 The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.

Birth _____

80 years

How should this change our attitude toward life and death?

But, in spite of all we've just seen, we still suffer, and fearful things still happen to us. Why?

1. We live in a fallen world, filled with microbes, viruses, motorcycles, bicycles, greedy and violent people - all sorts of potential dangers; bad things waiting to happen to us. We may now be in God's family, but we are still living in this fallen world, filled with dangers. Bad things do happen, caused neither by God nor the devil. They just happen.

But even such things God will use. Our sufferings, whatever their source may be, do not go unattended by God.

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Luke 13:1-3 Now there were some present at that time who told Jesus about the Galileans whose blood Pilate had mixed with their sacrifices. ² Jesus answered, "Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way? ³ I tell you, no! But unless you repent, you too will all perish.

Heb 12:4-13 In your struggle against sin, you have not yet resisted to the point of shedding your blood. ⁵ And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, ⁶ because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." ⁷ Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? ⁸ If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. ⁹ Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! ¹⁰ Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. ¹¹ No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. ¹² Therefore, strengthen your feeble arms and weak knees. ¹³ "Make level paths for your feet," so that the lame may not be disabled, but rather healed.

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2 Cor 1:8-11 We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. ⁹ Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. ¹⁰ He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us, ¹¹ as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.

1 Pet 1:6-7 In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷ These have come so that your faith--of greater worth than gold, which perishes even though refined by fire--may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.

Rom 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Rom 5:1-5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. ³ Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

James 1:2-4 Consider it pure joy, my brothers, whenever you face trials of many kinds, ³ because you know that the testing of your faith develops perseverance. ⁴ Perseverance must finish its work so that you may be mature and complete, not lacking anything.

2. We also still suffer because although the war against Satan is won, the battle isn't over yet.

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Eph 6:10-18 Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

1 Pet 5:7-9 Cast all your anxiety on him because he cares for you. ⁸ Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

3. This means that as followers of Christ we will walk through some of the same things He did.

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Phil 1:27-30 Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in one spirit, contending as one man for the faith of the gospel ²⁸ without being

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frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved--and that by God. ²⁹ For it has been granted to you on behalf of Christ not only to believe on him, but also to suffer for him, ³⁰ since you are going through the same struggle you saw I had, and now hear that I still have.

1 Pet 2:9-25 But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. ¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy. ¹¹ Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. ¹² Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us. ¹³ Submit yourselves for the Lord's sake to every authority instituted among men: whether to the king, as the supreme authority, ¹⁴ or to governors, who are sent by him to punish those who do wrong and to commend those who do right. ¹⁵ For it is God's will that by doing good you should silence the ignorant talk of foolish men. ¹⁶ Live as free men, but do not use your freedom as a cover-up for evil; live as servants of God. ¹⁷ Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the king. ¹⁸ Slaves, submit yourselves to your masters with all respect, not only to those who are good and considerate, but also to those who are harsh. ¹⁹ For it is commendable if a man bears up under the pain of unjust suffering because he is conscious of God. ²⁰ But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. ²¹ To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. ²² "He committed no sin, and no deceit was found in his mouth." ²³ When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. ²⁴ He himself bore our sins in his body on the tree, so that we might die to sins and live for

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righteousness; by his wounds you have been healed. ²⁵ For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls.

1 Pet 4:12-19 Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. ¹³ But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. ¹⁴ If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. ¹⁵ If you suffer, it should not be as a murderer or thief or any other kind of criminal, or even as a meddler. ¹⁶ However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name. ¹⁷ For it is time for judgment to begin with the family of God; and if it begins with us, what will the outcome be for those who do not obey the gospel of God? ¹⁸ And, "If it is hard for the righteous to be saved, what will become of the ungodly and the sinner?" ¹⁹ So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good.

What should our attitude be towards our sufferings? Why?

How does this help us deal with our fears?