

Fear Not
“Fear of Losing Control”

Luke 2:1-7

December 16, 2018 / Pastor Shawn

¹ In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. ² (This was the first census that took place while Quirinius was governor of Syria.) ³ And everyone went to their own town to register. ⁴ So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. ⁵ He went there to register with Mary, who was pledged to be married to him and was expecting a child. ⁶ While they were there, the time came for the baby to be born, ⁷ and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger because there was no room for them in the inn.

Luke 2:1-7

Inn-Keeper’s Lesson:

I will never have full control over my life.

There is no fear in love; but perfect love casts out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7 (NKJV)

Anxiety in a man’s heart weighs him down, . . . Proverbs 12:25 (ESV)

AN ANXIOUS HEART ASSESSMENT

- ☐ Are you rattled when things don’t go as you expected. Easily irritated.
- ☐ Do you often worry about things that are beyond your control? Seek reassurance from others?
- ☐ Do you lose sleep over pressing issues? Have difficulty falling asleep, staying asleep, having restless, unsatisfying sleep?
- ☐ Is it hard to turn off your mind? Feel restless, keyed-up, on edge? You’re easily tired?
- ☐ Does the unknown intimidate you? Over-planning? Excessive list making?
- ☐ Do you often imagine the worse case scenario?

RELEASING AN ANXIOUS HEART

(1) We must take our minds off of the “What If’s” of fear

Make up your mind not to worry beforehand. . . . Luke 21:14

• **Worry never changes anything for good.**

Who of you by worrying can add a single hour to his life? Matthew 6:27

• **Satan’s tools of lies and fear are meant to deter you from God’s best.**

⁵ Like a scarecrow in a cucumber field, their idols cannot speak; they must be carried because they cannot walk. Do not fear them; they can do no harm, nor can they do any good. ⁶ No one is like you, LORD; you are great, and your name is mighty in power. Jeremiah 10:5-6

(2) We will put our minds on the promises of God.

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3

Cast all our anxiety upon Him because He cares for you. 1 Peter 5:7

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

FAITH IN GOD VS. WORRY

Faith brings peace.

Faith draws you close to God.

Faith changes thing.

Worry brings turmoil.

Worry takes you from God.

Worry changes nothing.

Discussion Questions

1. What was your “A-Ha” from Sunday’s message?
2. What areas do you desire to control?
3. What are some promises from God that speak to your concerns? (If you don’t know the Bible well, ask someone from your Group or run a search in **biblegateway.com**)
4. What are the two ways Pastor Shawn said we could find release from our “anxious hearts”?
5. What do you need to put in your “Trusting God” box?