

Freedom from Fear

Freedom is what we have— Christ has set us free! Stand, then, as free people, and do not allow yourselves to become slaves again.
Galatians 5:1

In Christ we come before God with freedom and without fear. We can do this because of our faith in Christ. Ephesians 3:12

...if the Son sets you free, you will be absolutely free.

John 8:36

The Damage Fear Does

1. It limits my potential.

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7

2. It damages my relationships.

(Adam) answered, I heard you in the garden; I was afraid and hid from you, because I was naked. Genesis 3:10

3. It overpowers my happiness.

Anxiety weighs down the heart, but a kind word cheers it up. Proverbs 12:25

4. It controls my future.

For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me. Job 3:25

God's Antidotes to Fear

1. Truth

You will know the truth, and the truth will set you free.

John 8:32

2. Love

No fear exists where (God's) love is. Rather, perfect love gets rid of fear, because fear involves punishment. The person who lives in fear doesn't have perfect love. 1 John 4:18

3. Faith

Let your faith be like a shield, and you will be able to stop all the flaming arrows of the evil one. Ephesians 6:16

Even when I am afraid, I still trust you. Psalm 56:3

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