

Value of Overcoming Fear

We can live in victory
All of us experience fear in our lives at sometime - it is normal
It is a practical emotion

Jesus has been out all day preaching and performing miracles.
Mark 4:35-41 His disciples were afraid and asked each other
'who is this? Even the wind and the waves obey him!'

Interesting question Vs 40 "Why are you so afraid?"
They were experienced fisherman who would go out there every
day and know what the seas can do - then during the storm they turn around and there is Jesus
having a sleep.
The he gets up walks to the front of the boat and commands the win and seas to calm. Then he
turns around to them and they were afraid and he asks them 'why are you so afraid?'

So - Greek HOUTO - in this manner
We cannot deny having fear but we can control how we react to it.

We have the ability to overcome fears

1. WHEN does fear strike?

Vs 37 fear strikes when we are in the midst of the storm.
There are different types of storms-Fear of poverty, rejection, divorce, relationships, failure, sick,
death
All of these thoughts can become storms in your life. It is when we are in that Storm our fears are
realized. The fear is real.

2. WHY does fear strike?

The reaction that the disciples have - they don't see the Son of God on their midst.
Why-We don't see Jesus!
They didn't see him cause they didn't know him that well.
We know our own strength and capabilities better.
We need to know Jesus and all his strength and capabilities.

3. HOW do we overcome it?

Vs 40 why are you so afraid - do you still have no faith
Having faith in Jesus will allow him to carry us through the storm.
Having faith in Jesus won't stop us having storms - but it will help us get through the storms.
Belief in fear - brings torment
Fear opens the door for torment
Belief in Jesus - John 16:33 I tell you these things so that you may have peace.
In this world you will have troubles but take heart I will overcome your fears.
The men in the boat were not alone - they had Jesus in their boat to hand the storm that they
couldn't handle.

Why was Jesus in the back of the boat sleeping?
Was he told 'we are fisherman and this is out strength so you just rest while we do our part?'
What are we doing in our life that we are doing in our strength and we have put Jesus in the back
of the boat?

