

**THEME: SEVEN DEADLY CONTROLLERS – FEAR**

**TOPIC: WHY YOU MUST BREAK THE BACKBONE OF FEAR**

**TEXT: 1 JOHN 4:18, 2 TIMOTHY 1:7, PSALM 34:4, 56:3, 1 PETER 5:6-7, EPHESIANS 6:10**

### **Introduction**

Fear is: apprehension, consternation, dismay, disquiet, dread, fright, horror, misgiving, panic, terror, timidity, trembling, tremor, and trepidation.

It may be sudden or lingering in view of present or imminent danger. Fear is sometimes horrific, particularly when it is accompanied by something abhorrent. Fear could be a sudden encounter when someone sees a ghastly spectacle.

Another word for fear is timidity. Timidity is a trait or habit or condition or a readiness to be affected with fear. Timid people are constantly liable to fear even when there is no cause for alarm.

Sometimes people would use information they have about you or concerning you to try to put you in fear. People are sometimes afraid of sickness and disease. **2 Kings 6:16.**

Yet in spite of all these descriptions, our strength in the Lord must be increased until we are not bound by fear. **Ephesians 6:10.**

### **WHY YOU MUST BREAK THE BACKBONE OF FEAR**

Little does one realise that from upbringing, seeds of fear are often planted by the method of those who brought us up. The abuse of parents or friends, brothers, cousins or uncles can leave an indelible mark and expose the victim to perpetual phobia.

#### **1. You need to break the backbone of fear because you need to make an impact**

To achieve anything substantial, you must once in a while go against the flow, in spite of how your heart wants to make you timid. Those who are fearful and afraid never confront their enemy and overcome them. **Judges 7:3.**

The irony about fear is that it feeds on your anxiety and on the atmosphere of strife. So you must break its backbone or else every anxiety and every challenge you face, every turmoil, every confusion gives the fear you face more weight. **Isaiah 30:15.**

#### **2. You must break the backbone of fear because Satan would take advantage of it, and use it to control you.**

Fear is a nature that belongs to your old life, it is of Satan. You must break its backbone because you now belong in the Kingdom of Light. **Colossians 1:13**

#### **3. You must break the backbone of fear because God promises to be your exceeding great reward.**

This means that He will protect you and be there for you and therefore you have no reason to be afraid of the future. **Genesis 15:1.**

4. **You must break the backbone of fear because one of its methods is to give the impression that you are exposed and unprotected**

That contradicts God's Word. **Psalms 46:1 – 3**

5. **You need to know you can break the backbone of fear because God promises to stand by you. Isaiah 41:10 & 41:13 – 15.**

The confidence of the believer should rise with the knowledge that he is not alone. The God of the universe has chosen to stand with him.

6. **You should break the backbone of fear because we have the promise of God in moments of challenges to deliver us out of whatever trouble we find ourselves. Exodus 14:13 – 14.**
7. **You should not be afraid because you already had the victory before the battle began**

That should be enough confidence for the believer that there is nothing to be afraid of **Joshua 8:1, Romans 8:37.**

We need to express confidence and boldness and break the backbone of fear.

8. **How do we expect to run the Kingdom of God if we are unable to cope with the smallest of challenges and afraid in the face of every challenge? Luke 12:31 – 32, Romans 8:15 & Proverbs 24:10 (LB)**
9. **You must break the backbone of fear because it is our heritage to operate in boldness and not fear. Proverbs 28:1.**
10. **You should not be afraid because the battle really is not yours it belongs to God and if it is His, He will see you through. 2 Chronicles 20:17**

## CONCLUSION

Everyone is afraid about something sometime. We live in a world that offers plenty of chances to fear, and we can be rather creative in thinking of new things to be fearful of. Maybe that's why one of the most oft-repeated commands in the Bible is ***do not be afraid***. Of course, the Bible does more than issue the command; it gives us good reasons why we do not need to be afraid.

The Bible often says things like, "Do not fear," "Do not be afraid," and "Fear not." Of course, these commands do not contradict the command to "fear God" (1 Peter 2:17). The fear of God keeps us *from* sin; the fear of man leads *to* sin, and that is what we are to avoid: "The fear of man brings a snare" (Proverbs 29:25).

When the Bible tells us, "Do not fear," it means we are not to allow anxiety or fretfulness to rule our lives or take root in our hearts. We are not to be people of panic. We are to be people of faith.

*We are to combat the temptation to fear.* We are in a spiritual battle, and one of the enemy's tactics is to promote fear. In His grace, God has given us spiritual armour to wage a successful battle. We have "the shield of faith with which you will be able to quench all the fiery darts of the wicked one" (Ephesians 6:16).