

“What’s Holding You Back?”

“Fear”

(Part 2)

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Pastor Dale Satrum



Heb. 12:1 “...let us strip off every weight that slows us down... And let us run with endurance the race God has set before us.” (NLT)

I. Practice _____ To God

Phil. 4:6-7 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (NLT)

A. Process your fears with _____

B. Prayer guards your emotions and thoughts

II. Acknowledge The _____ Of God

Mark 4:39-40 “When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm. Then he asked them, “Why are you afraid? Do you still have no faith?” (NLT)

A. Awareness of God’s presence calms our fears

Matt. 28:20 “And be sure of this: I am with you always, even to the end of the age.” (NLT)

Josh. 1:9 “Do not be afraid or discouraged. For the LORD your God is with you wherever you go.” (NLT)

B. Awareness of God’s presence is a _____

Jer. 20:11 “But the LORD is with me like a dread champion; therefore my persecutors will stumble and not prevail...” (NASB)

III. Claim The _____ Of God

Ps. 119:49-50 "Remember your promise to me; it is my only hope. Your promise revives me; they comfort me in all my troubles." (NLT)

Ps. 18:30 "All the LORD's promises prove true. He is a shield for all who look to him for protection." (NLT)

II Peter 1:4 "And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires." (NLT)

A. Knowing the promises of God

B. _____ in the promises of God

IV. Walk In The _____ Of God

Acts 1:8 "But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere..." (NLT)

A. Believe God's power is for _____

II Tim 1:7 "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." (NLT)

B. Learn to walk in God's power

Phil 4:13 "For I can do everything through Christ, who gives me strength." (NLT)

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