



## Sermon Notes

Embracing Hope Part 34 – Fearless Hope Part 3  
October 4, 2020

**We can't be driven by hope and fear at the same time.**

**We must stand in hope or we will fall. It is hard to stand in hope when we are unbalanced by fear.**

### **Psalm 56:3-4**

<sup>3</sup> *When I am afraid, I put my trust in you.*

<sup>4</sup> *In God, whose word I praise—  
in God I trust and am not afraid.*

*What can mere mortals do to me?*

**Anxiety is fear that has taken root.**

**Anxiety happens when fear gets exaggerated to the point of becoming a belief.**

**We will have anxiety every time we take your eyes off God.**

### **2 Kings 6:15-17**

<sup>15</sup> *When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. "Oh no, my lord! What shall we do?" the servant asked.*

<sup>16</sup> *"Don't be afraid," the prophet answered. "Those who are with us are more than those who are with them."*

<sup>17</sup> *And Elisha prayed, "Open his eyes, LORD, so that he may see." Then the LORD opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.*

*Anxiety focuses on circumstances – Faith focuses on God.*

**Anxiety about tomorrow robs you of today.**

*"Anxiety doesn't empty tomorrow of its sorrows, but only empties today of its strengths."*

Charles Spurgeon

**Anxiety divides us internally. We can't wring our hands and raise them at the same time.**

Matthew 12:25

<sup>25</sup> *"Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand."*

**We often deal with anxiety by running. God did not call us to a life of avoidance.**

**If we minimize our emotions and anxiety and try to numb them, we may miss what God is trying to do!**



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### **Philippians 4:6-7**

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

**Intentionality is the opposite of reactionary!**

**Anxiety happens when our sense of security has been breached.**

**Analyze what makes you feel secure, and you'll have a clue about your fear.**

**Many times, the solution to a problem is hidden within the problem.**

### **Colossians 3:1-2 The Message (MSG)**

*So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective.*

**Anxiety is a warning signal of inner turmoil.**

**God wants to heal us of the inner wounds indicated by our anxiety.**

**Anxiety is an indicator of inner wounds being agitated.**

*"Once you become fearless, life becomes limitless"*

