

P705

Grace Notes Radio Program

SERIES: Making the best of our EMOTIONS

TOPIC: What to do when we fear

**References: Emotions, can you trust them? Dr. Dobson
Women and their emotions – Miriam Neff**

**Songs: I Lift My Song
Mercy Called me by name**

INTRO: Welcome to Grace Notes. We're almost at the end of our series 'Making the best of our emotions'. The last emotion we addressed was 'anger'. Before we move on, let's reiterate a few suggestions on how to respond properly when we get angry.

Do not sin when you're angered. That means don't take revenge, and don't mule over it - rather handle the matter quickly. In fact, the best way to manage anger is to turn it over to God and let Him deal with your feelings and the offender.

Be a better listener. Put yourself in the other person's shoes. Walk away from an argument before you say something you'll regret later. Do your part to be a peacemaker in all situations.

These are just a few. We challenge you to do your homework and research the word 'anger' in the Bible - then take God at His word.

Now, on to another emotion – fear. People have said their #1 fear is public speaking. So that must mean if you're asked to speak at a eulogy, you'd rather be in the casket!

Other fears include, death - yours or a loved ones, danger, the environment, darkness, failure, the future or any unknown thing or event, your children's well-being, war, sickness, change, loss, the IRS or police officers, doctors and the consequences of sin.

So what do we do with this fear? Join our host, Barbara Sandbek, and explore the Scripture together as we seek to find the answer.

What is fear? It's a distressing or unpleasant emotion aroused by impending danger, evil or pain, either real or imagined. Another definition is 'the feeling or condition of being afraid'.

Fear entered the world when sin entered the world. Sin is anything we do contrary to what God wants us to do – which is His best for us. When our ancestors, Adam and Eve decided to do things THEIR way, they no longer had an intimate relationship with God and they hid from Him out of fear. They'd always looked forward to His presence before. The first use of the word 'afraid' in the Bible is in Genesis 3:6-10, where this story is recorded. It says, when God called to them, the man answered...

"I heard you in the garden, and I was afraid because I was naked; so I hid."

Notice a few things here. It says 'the eyes of their conscious were opened'. What a deceiver Satan is. He told them their eyes should be opened; and so they were, but not as they understood it. They were opened to their shame and guilt, not to their honor or advantage.

What caused them to fear? Sin - the approach of God, now as their Judge. This was the first time they'd ever felt this way.

What was the result of their fear? They saw that they were naked – this was never a problem before. Their sin revealed a need for covering their shame so they made a covering of fig leaves. But it was not sufficient, so God shed the blood of an animal to make a covering for them.

Because of their sin, sin and death entered the human race. Now all mankind needs a covering of blood for the shame of sin. God provided for this by sending His Son, Jesus to die on the cross, and shed His sinless and precious blood, so that for all who believe in Him, sin could not only be covered – but cleansed by it.

Though our sin still causes us to fear God's judgment, and rightly so, if we believe in what Jesus did for us, we have assurance through the Holy Spirit God places in us, that though we may still suffer consequences, we won't be condemned.

Romans 8:1 confirms this....

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

2 Timothy 1:7 says...

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Romans 8:15

...you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by Him we cry, "Abba, Father." (*translated daddy*)

******* WRITER: Annie Herring**

***** I LIFT MY SONG *** LENGTH: 3:53**

*I will fill the morning with His praise
I'll extol the Ancient One of Days
For He is worthy of all honor & worthy of all praise
He fills each day with living wonder as
The sun unfolds its rays*

*God of my life hear my cry to Thee
Let Almighty meekness move through me
Let every song I sing be songs that bring
Your Presence ever near
Where I can hide my heart
When all seems dark
And break the web of fear*

CHORUS 1

As I lift up my hands unto the King

*Darkness is torn away - losing its sting
I lift my song of praise unto the King
God, the Ancient of Days,
To You I sing*

*Hear the might thunder as it rolls
See majestic mountains capped with snow
Proclaiming all of life is sacred
And formed by God's own hand
Creating nature's song of life that rests
The weary soul of man*

CHORUS 2

*As I lift up my hands unto the King
Darkness is torn away - losing its sting
I lift my song of praise unto my King
God, the Ancient of Days,
To You I sing!*

I love the lines in that song...

**“Let every song I sing be songs that bring Your presence ever near.
Where I can hide my heart when all seems dark and break the web
of fear. “**

**That's the perfect 'Abba Father' picture. When we praise Him,
we understand and can receive God's message to 'Fear not'.**

**But let's make it clear - we do need to have a healthy fear of God,
one that involves a reverential awe toward Him.**

Isaiah 8:13 states...

**The LORD Almighty is the one you are to regard as holy;
He is the one you are to FEAR, He is the one you are to dread.**

**We should respect and honor God so much so that the thought of
sinning against Him should become foreign to us!**

If we fear the right thing we won't have to fear the wrong!!!

1 John 4:8b written to Believers says..God is love.

1 John 4:18a states...

**There is no fear in love. But perfect love drives out fear,
because fear has to do with punishment.**

John 3:16 says...

**God SO LOVED the world that He gave His only Begotten Son
that whosoever believes in Him should NOT PERISH but have
everlasting life.**

**You don't have to fear the wrath of God if you've believed His
Message to you and have accepted Jesus, the FEAR breaker, as
your Savior and Lord.**

Then hear what God says to you in Isaiah 43:1...

**"Do not fear, for I have redeemed you;
I have summoned you by name; you are Mine.**

***** **WRITER: DARYL K WILLIAMS**
*** **MERCY CALLED MY BY NAME *** LENGTH: 4:07**

***Just one of the common -no title to hold
And no great distinction pinned my soul
Alone and defeated - no hope could be seen
Until something happened at Calvary's tree
Chorus***

***When mercy sought me and called me by name
God's mercy called me by name
Guilty, unworthy, through Jesus I came
When His mercy called me - He called me by name***

***And now in the Lambs book of life I am found
Redeemed by His blood, my name's written down
Joint heirs with Jesus - I'm a child of the king
But the greatest of wonders is still this one thing
repeat Chorus
Guilty, unworthy, through Jesus I came***

*When HIS mercy called me
HIS mercy called me
When HIS mercy called me
He called me by name!*

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Until then, let your grace notes be a song of praise!