



Title: Walking in the Spirit II – overcoming fear
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Walking in the Spirit can be compared to walking on water. Every step is a miracle.

Living in the Spirit – place of rest + strength; **outside of the Spirit** – place of restlessness and heaviness.

Matthew 14:24-33 (NKJV)

²⁴ But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary.²⁵ Now in the fourth watch of the night Jesus went to them, walking on the sea. ²⁶ And when the disciples saw Him walking on the sea, they were troubled, saying, “It is a ghost!” And they cried out for fear. ²⁷ But immediately Jesus spoke to them, saying, “Be of good cheer! It is I; do not be afraid.” ²⁸ And Peter answered Him and said, “Lord, if it is You, command me to come to You on the water.” ²⁹ So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus. ³⁰ But when he saw that the wind *was* boisterous, he was afraid; and beginning to sink he cried out, saying, “Lord, save me!” ³¹ And immediately Jesus stretched out *His* hand and caught him, and said to him, “O you of little faith, why did you doubt?” ³² And when they got into the boat, the wind ceased. ³³ Then those who were in the boat came and worshiped Him, saying, “Truly You are the Son of God.”

1. **Fear affects our sight**

Fear is a veil that blinds. Two sides: (1) Not seeing God (2) Superstitious – seeing things that aren't there.

- **View with suspicion** – even God and the people around us. Exodus 16:3 “You have brought us out to kill us.”
- **Curse of fear:**

Deuteronomy 28:65-66 (NKJV)

⁶⁵ And among those nations you shall find no rest, nor shall the sole of your foot have a resting place; but there the LORD will give you a trembling heart, failing eyes, and anguish of soul. ⁶⁶ Your life shall hang in doubt before you; you shall fear day and night, and have no assurance of life.

- **Place of obedience** = safe place (behind God); **Disobey** = unsafe place (moving out from behind God).
- **Fear paints false pictures** before the eyes of our hearts. **Fear's mission** is to steal our joy and so with that our strength for following God.
- “**It's a ghost!**” (1) **Incapacitate** – unable to do the will of God (2) **Torment** – cause pain and torture in our lives (3) **Flee** – run away from God and the will of God.

2. **The manifest presence of God gives us eyes of faith**

- We are called to **see with the eyes of our hearts**, not our physical eyes.
- *Fear pulls us out of the Spirit, faith puts us back into the Spirit.*

Isaiah 6:1-3 (NKJV) ¹ In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lifted up, and the train of His *robe* filled the temple. ² Above it stood seraphim; each one had six wings: with two he covered his face, with two he covered his feet, and with two he flew. ³ And one cried to another and said: “Holy, holy, holy *is* the LORD of hosts; The whole earth *is* full of His glory!”

“If you dwell in My glory, then everything you see will be glory”

- **Praise** – building a “temple” or environment for Him to come and fill.
- **Worship** – our hearts surrendered and overwhelmed by His goodness. Lord,

Hebrews 10:35-39 (NLT)

³⁵ So do not throw away this confident trust in the Lord. Remember the great reward it brings you! ³⁶ Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised. ³⁷ “For in just a little while, the Coming One will come and not delay. ³⁸ And my righteous

ones will live by faith. But I will take no pleasure in anyone who turns away.”³⁹ But we are not like those who turn away from God to their own destruction. We are the faithful ones, whose souls will be saved.

Live by faith: we don't live by our natural senses, but by our eternal senses. **L**

In His presence – you will see opportunities.

Outside of His presence – we will become stressed and depressed...

3. **Fear will keep us from stepping into the Spirit**

Proverbs 29:25 (NLT) ²⁵ *Fearing people is a dangerous trap, but trusting the LORD means safety.*

4. **Fear neutralises the gift of God in our lives**

Fear pulls us out of the Spirit, faith puts us back into the Spirit.

The effectiveness of the gift of God – depends on my confidence in that gift for me here and now

What is the gift?– an ability / grace to do something.

Fear will cause the gift to become neutralised and so we will sink.

2 Timothy 1:6-7 (NLT) ⁶ This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. ⁷ For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Proclaim – the truth. Cancel the power of fear. **Fear can only operate within the context of lies.**

5. **Fear (worry and anxiety) is never legitimate**

Why did you doubt?

Anxiety magnifies the waves. Faith diminishes the size of the waves.

Philippians 4:6-7 (NKJV) ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Conclusion:

Fear pulls us out of the Spirit, faith puts us back into the Spirit.

Praise – create an environment where God's manifest presence can dwell.

Worship – surrender your life and the challenges you face.

Proclaim – proclaim the truth of who God is.