

## Help Bumper

Welcome to October at Redemption Church. My name is Chris Fluit. I am the lead pastor at Redemption. We invite you this month to face your fears.

### 1 Fear title

Everyone has at one point been afraid of something. If we are honest there are things in our life right now that scare us. There are world situations that make the hair stand up on the back of our neck. Realities are scary, but we are often afraid of possibilities. We have laid awake at night afraid of what might be...

- What if I get cancer? My family has a history of dying of that terrible illness.
- What if I fail? I am trying to do this really good thing... but what if I fail?
- What if my spouse falls out of love with me? What if my children get into trouble?

There are so many negative possibilities. It can be a little scary.

I don't know a single person that is not a little worried about the presidential election. There are reasons all around to be scared.

What if you were less afraid? What would life be like if at the end of this sermon series you were braver? What if at the end of October you had more confidence? What if you stopped letting fear control your life?

This is what we want to see happen in everyone's life. Please join us for all 5 weeks of this series.

### 2 Scary movies

Ever seen a scary movie? We want to know what movies you find the scariest. Text in anonymously – 214-856-0550.

We can learn a lot about fear from Scary Movies. Let's see if you follow me here..

In the movie, the xenomorph alien with sharp teeth inside a 2<sup>nd</sup> mouth and acid for blood has positioned itself where in relation to the defenseless female...? Behind her. Turn around lady!

In the movie, the masked psychotic killer with the sharp machete has positioned himself where in relation to the clueless camp counselors who are in love...? Behind them. If those 2 kids would stop making out for a second they would see Jason Vorhees right there.

In the movie, our strong female lead has run for her life and frantically found a room to hide in, but unknowing the gigantic oozing blob is positioned where...? Right behind her.

These movies always make us yell at our tv's. From our viewpoint we clearly see the danger positioned behind the character we are rooting for. Always behind..

The 1<sup>st</sup> thing you need to know is that Fear positions itself behind us.

### **3 Fear Positions itself Behind us**

It doesn't matter how fast you run, the slow moving Michael Myers is right behind you.

They finally get to the car. They jump inside and start it and start to drive away. It looks like they have survived... but the killer is where boys and girls? That is right the killer is behind them in the back seat.

Run! The velociraptors, the were-wolf, the fast zombies are BEHIND YOU. Run Run Run!

Just when we think we are safe, it is revealed that the killer is in the house with us, in fact they are right behind us. In ghost movies like Poltergeist they move away from the haunted house only to find out that "They're here" also.

Fear always positions itself..

I remember taking out the trash at night. I leave the house and walk out towards the dark. I reach the dumpster in the alley toss the garbage and turn around. At that moment I felt the

fear that there was something behind me so I start to calmly walk back towards the house.. Because I don't want the vicious predator to know that I know it is there. Then I go a little faster.. Because I think it is probably getting close. I start to run.. I just know that its claws are getting close. Then I full on sprint reach the back door and burst in and act like I was just getting exercise.

Fear has this way of showing up behind us.

Cancer- You might be living with a fear that you will get cancer. Many cancer survivors live with a fear that the cancer will come back. Many people fear cancer because their parents died from cancer. So there is the fear, positioned right behind you.

Past mistakes- You might be haunted by something you did or did not do. You fear others may come to know this knowledge. Events that are decades old are still fresh to you. They are just as damaging. They are always right behind you.

Failure- The fear of failure holds many people back. You want to start that business idea. You want to achieve something. You would like to try out. But there is this fear of failure that keeps most from even starting.

Perception- What do others think. Have you ever tried to do something but took a look around first at who might be looking? You look behind you and you see someone and it's like you know at that moment.. You aren't going to try to do it.

Fear does not usually position itself in front of you. Fear positions itself outside of your field of vision. Fear operates from the dark hidden corners. Fear materializes for just long enough to whisper negative thoughts into your ear.

**No matter how fast we run, fear is behind us. The things that scare us the most are the things lurking behind us.**

The 2<sup>nd</sup> thing you need to know is.

We need to

# 4 Change

## Positions

As long as you allow fear to follow behind you will always be haunted. We need something else to follow after us.

Let's look at this well-known scripture passage.

Psalm 23:1 The LORD is my shepherd, I shall not be in want.(NIV)

Psalm 23:2 He makes me lie down in green pastures, he leads me beside quiet waters,(NIV)

Psalm 23:3 he restores my soul. He guides me in paths of righteousness for his name's sake.(NIV)

Psalm 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.(NIV)

Psalm 23:5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.(NIV)

Psalm 23:6 Surely goodness and love will **follow** me all the days of my life, and I will dwell in the house of the LORD forever.(NIV)

## 4 Change Positions

When the Lord is your Shepherd... Is the Lord your Shepherd. Will you allow Him to lead and call the shots..? This is the best way to change positions on fear.

He leads you in green pastures.. beside still water.. He restores your soul.. He guides in righteous paths.. Does this sound good?

The Lord leads even when times are rough. It says even though I walk through the valley of the shadow of death I will FEAR NO EVIL. Because He is with me! Even in the

presence of enemies you are blessed a table full of blessing, and anointed head and an overflowing cup.

In other words, your life is always better with the Lord as your shepherd.

Then look at verse 6

Psalm 23:6 Surely goodness and love will **follow** me all the days of my life, and I will dwell in the house of the LORD forever.(NIV)

When the Lord is your shepherd it is no longer fear that is following behind you. Instead it is the goodness and love of our God.

Can I testify to you today?

Before the Lord became my shepherd I was terrified by other people thought. God has given me boldness.

Before I allowed the Lord to lead me my life was full of the fear of failure. Now I walk into situations that almost seem guaranteed to fail but I watch Him bring me a miraculous victory.

Before Jesus lead me through the valley of the shadow of death I use to lay awake at night and worry that one day the people I love would die and I would never see them again. Now I know that I will see them again because the Lord is also their shepherd. We are promised to dwell in the House of the Lord FOREVER!

Surely goodness and love follow me all the days of my life.

Instead of fear creeping up on me, the goodness of God keeps overtaking me. Instead of fear catching up with me, it is the love of God that I can't out run.

So where is fear if not behind you?

It is time to turn the tables on fear. No longer is fear behind you, but notw fear in front of you. It is time to face your fear.

## 5 Face Your Fear

It is evident from Scripture that God wants you to face your fear.

I will give you 1 quick example to save time..

Israel refused to go into the promise land because there were some bad dudes in the land. There were giants and they could snap us like twigs. So what did God do?

God said “Ok Israel go wander around in the wilderness for another 40 years and I will raise up a new generation. I will bring them back to this very spot and see if they will have the courage to face their fear.

Now God could have snapped his fingers and made all the giants disappear. He could have cleared the promised land of all the enemies, but God did not do that. God wanted them to face their giants... He wanted them to face their fear.

The Story of David & Goliath is the story of someone who stood up and said enough! Someone needs to face the giant.

God wants you to face your giants today! Face your fear today.

**6**

Today I am telling you to put your

**fears in front** of

you.

Now that sounds uncomfortable. That sounds un-nerving and intense.

Sometimes we would rather let our fears lurk than to face them head on. At times we would like to act like they don't exist even though they are actually scaring us to death. Maybe you are like one of those characters in the scary movies that

thinks they can just out run the fear. Why face it when you can try to out run it.

The Word of God says it is time to stop running. It is time to face your fears and win.

Isaiah 52:12 But you will not leave in haste or go in flight; for the LORD will go before you, the God of Israel will be your rear guard.(NIV)

You don't have to run away anymore. When you face your fear there is someone that will stand between you and your fear. The Lord will go before you. The Lord Your Shepherd is

**7**

actually the one facing your enemies.

# God in Front

You aren't fighting, the Lord goes before you! And the God of Israel is also your rear guard. You are protected!

Let me sum it all up for you.

1. Change the position on Fear
2. Make the Lord you shepherd
  - a. The Lord will go before you and be your rear guard
3. Be Strong & Courageous

2 Chronicles 32:7 "Be strong and courageous. Do not be afraid or discouraged... for there is a greater power with us than with him.(NIV)

## 7 Be Strong & Courageous

### MUSICIAN

Have you had enough of being weak? Do something about it today.

Are you tired of running? Do something about it today.

Is the Lord your Shepherd today? Do something!

I am going to open this service for a time of prayer. We do 3 things every time we gather at Redemption Church. #1 we worship, #2 we receive the Word of God, and #3 we talk to God.

But when you come today I want to give you specific instruction. **DO NOT PRAY FOR THE THING YOU FEAR TO GO AWAY. DO NOT ASK FOR GOD TO REMOVE THE GIANTS FROM YOUR LIFE.**

Instead pray that you want the Lord to be your shepherd. Pray that you want God's help in facing your fear.

Come talk to God now.

Our staff would love to pray with you today. If you want us to pray with you just come into the first 2 feet of the stage.

Be strong & courageous today.. Be full of faith. Be bold.