

What Was I thinking?

Part 2 – Am I Fearful?

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Every living creature shares the ability to experience **fear**.

As thinking creatures, humans take basic fears and **personalize** them.

Four popular personalized fears:

1. Not **having** enough.
2. Not being **good** enough
3. Not being **loved** enough.
4. Not living **long** enough.

Foundations of Fearful Thinking

Four basic areas:

1. Worry – **imagined** fear.
2. Guilt – **conscious** fear.
3. Insecurity – embracing feelings of **inadequacy**.
4. Dread – fixating on life's **uncertainty**.

Constantly **dwelling** on matters we cannot control usually result in obsessive thoughts.

Obsessive thoughts take root mainly when we believe our source of security is not **strong** enough to sustain us.

Although our desire is to be self-reliant, we don't have much confidence in our ability to be a **primary** source of security.

The good news is that fearful thinking can turn to fearless thinking when we **embrace** God's desire to be our primary source of security.

Psalm 23 *The LORD is my shepherd.*

I am never in need.

²*He makes me lie down in green pastures.*

He leads me beside peaceful waters.

³*He renews my soul.*

*He guides me along the paths of righteousness
for the sake of his name.*

⁴*Even though I walk through the dark valley of death,
because you are with me, I fear no harm.*

Your rod and your staff give me courage.

⁵*You prepare a banquet for me while my enemies watch.*

You anoint my head with oil.

My cup overflows.

⁶*Certainly, goodness and mercy will stay close to me all the
days of my life,*

and I will remain in the LORD's house for days without end.

The Keys to Fearless Thinking

Involves some crucial choices and commitments:

Key #1 – Choose to **worry** about nothing.

Commit to letting God be **responsible**.

Key #2 – Choose to **pray** about everything.

Commit to trusting that God **cares**.

Key #3 – Choose to be **thankful** in all things.

Commit to seeing God's **hand** at work.

Key #4 – Choose to **think** about the right things.

Commit to God's **management** of my mind.

Philippians 4:6-9 *Do not worry about anything, but pray and ask God for everything you need, always giving thanks. ⁷ And God's peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.⁸ Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. ⁹ Do what you learned and received from me, what I told you, and what you saw me do. And the God who gives peace will be with you.*

Turning Point...

We can overcome fearful thinking through...

- ...**prayer**.
- ...God's **presence**.
- ...God's **promises**.
- ...God's **power**.