

Luke 8:22-56
Faith is the Antidote to Fear



Fear is the response that we have to not getting our way, or not having control in a situation. But faith in God is the antidote to our fear.

The First Fear in the Bible comes right after the first sin, when Adam lost control: Gen 3:10 - And he said, "I heard the sound of you in the garden, **and I was afraid**, because I was naked, and I hid myself." What was Adam afraid of? Why?

We see **four objects of fear** in this passage – nature, demons, disease, and death. Which of these are you afraid of?

What is the most frightened you have been in your life? What are you afraid of now? How can faith in Jesus resolve your fear?

God is the only proper object of our fear:

Deu 10:12 ESV - "And now, Israel, what does the Lord your God require of you, but to **fear the Lord your God**, to walk in all his ways, to love him, to serve the Lord your God with all your heart and with all your soul,

Ecc 12:13 ESV - The end of the matter; all has been heard. **Fear God** and keep his commandments, for this is the whole duty of man.

Faith is the antidote to fear:

2Ti 1:7 ESV - for God gave us a spirit **not of fear** but of power and love and self-control.

Jhn 14:27 ESV - "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, **neither let them be afraid**.



There are two ways we build our faith:

- Remember all that God has already done
- Read the Scriptures which remind us all His promises

Which do you need to focus on in order to build your faith?