

# Exchanging our Fear for Trust

*1 John 4:18 There is no fear in love. But perfect love drives out fear*

Our spiritual enemies attack us on the inside (not the outside)

James 1:13-14; James 4:1

Some of these enemies include pride, bitterness, greed, lust, anger, apathy, shame, envy, fear

Fear is one of our great enemies

We all have fear at times

What is fear- the anticipation of evil or harm

Healthy – fear helps us avoid immediate and unnecessary danger

Crippling – fear that eats at us, keeps us from the things we truly want or should do

God intends to drive out our fear with His love

1 John 4:7-21

May we not let the fear simmer, but exchange it (dump it) through worshipful prayer

Cast burdens: Psalm 55:22

Cast anxieties: 1 Peter 5:7

Present your requests: Philippians 4:6-7

We will have trials; they are difficult, but they are not the real enemy.

Trials can purify us as gold, separate the weeds and the chaff; they are an opportunity to know and rely on God's love more

James 1:1-12;

1 Peter 1:6-7; 4:12-19

Romans 5:1-5; 8:18-39

God is our constant help: Psalm 118

We can trust in the goodness of God. What is trust: the anticipation of good, of being cared for, even in the midst of pain.

My hope is not that God will keep me from all pain, but that he will be with me and preserve me through it. God is trustworthy!