



## House of Hope Macon

### “A Journey of Hope”

“Surely there is a future, and your HOPE will not be cut off.” – Proverbs 23:18 ESV

### Hope, Faith & Fear

"Now faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1

#### INTRODUCTION:

- Faith is being described as an act, an act of the mind and heart.
- Faith is the *actual possession* of reality.
- Faith is the confident assurance that what we hope for is going to happen.
- Faith is a deep knowing that something is true, although there may not be physical evidence or a way to prove it to others.
- Faith is beyond positive thinking; faith carries action.
- Faith is the evidence of things we cannot yet see, meaning we have complete confidence that God will fulfill his promises, even though we don't yet see any evidence.

#### LESSON:

Faith has an enemy. This enemy is called fear. We can simply define fear as the reversal of faith. For instance, faith is freedom and fear is bondage; faith is joyful and fear leads to anxiety; faith is a spiritual conviction and fear uses condemnation; faith guides and fear controls; faith operates in vision and fear causes optical delusions.

- I. Fear Happens:
  - A. When you **FIXATE** on your circumstance
  - B. When you take your **FOCUS** off of God.
  - C. Resulting in **FREEZING** your Faith and collapsing in fear.
- II. Fear and Faith are two incompatible **FORCES**. *II Chronicles 21*
- III. Fear tolerated is **FAITH** contaminated.

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IV. Steps for dealing with your fears.

A. **FORCE** your focus back on God.

*Matthew 14:21-31*

B. Focus on the **POWER** and **PROMISES** of God.

C. Get in a posture to **ANNIHILATE** your fear and take **ACTION** in your faith. *Mark 9: 25-34*

D. Do what people of faith do: trust God for a successful **OUTCOME**. *Proverbs 3:3-5*

*Habakkuk 2:4; Hebrews 10:38; Hebrews 12:1; Luke 17:11-18*

E. Push past your **DOUBTS** marching forward with your faith in God and God alone.

*Mark 9:24*

V. When you get past a fear, **RECORD** the moment in your mind for the future.

*1 Samuel 17: 32-37*

VI. When it comes to overcoming your fears, your greatest enemy is the **LACK OF KNOWLEDGE**.

*Romans 10:13-17*

VII. God permits difficult circumstances in our lives as opportunities for us to grow and to **STRENGTHEN** our faith. So many of us bailout in fear and miss the opportunity to triumph in victory.