



# Heart-to-Heart

## Enlarging The Borders of My Trust; Facing the Fears of My Heart

Week 8 | April 28 (PM) | April 30 (AM) | 2014

2 Timothy 1:7(AMP) For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm *and* well-balanced mind *and* discipline *and* self-control.

2 Corinthians 10:4-5 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (hear that? Our major weapon defense = thought life!)

Psalm 56:3-4(AMP) What time I am afraid, I will have confidence in and put my trust and reliance in You. By [the help of] God I will praise His word; on God I lean, rely, and confidently put my trust; I will not fear. What can man, who is flesh, do to me?

Two important Biblical truths about fear:

1 - Fear is an evil scheme of the devil.

Ephesians 6:11 (ESV) Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

Proverbs 23:7(NKJV) As a man thinks in his heart, so is he.

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2 - Fear thrives in our words.

Job 3:25, 26 What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.

So what do we do once we face the fear of our heart?

1. Don't try to figure things out! Trust Him!

"What happened to mankind emotionally as a result of the fall? For one thing, we became fearful and anxious. One of the first emotions expressed by fallen humanity was fear. Today fear is a bottom-line emotion in our relationships and activities." Dr. Neil Anderson, *Victory Over the Darkness*

2. Don't run from the thing feared. Do It Afraid!

2 Corinthians 4:18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

### *For Further Study*

Do a personal study on fear and/or trust – use your concordance and an English dictionary.