



“Why Am I Afraid?”

Sun Mar 15, 2026

I. **Mark 4:35-41**

A. The What & The Why

1. What are you afraid of?
 2. Why?
 - Past experiences that stimulate a negative emotion (dogs, flying in airplanes, heights, bees, water, etc.)
 - Triggers in your life based on what you have seen or heard.
- ### B. Fear is connected to death
1. **Genesis 3:9-10** (***Fear is a side effect of death / separation from God.***)
 2. There is nothing good about fear because fear has torment (it inflicts mental, emotional, and physical pain).

II. The Good News

A. **II Timothy 1:7**

1. God gives you 3 times the power to overcome the 1 thing that Satan tries to bring against you!
2. The only way to overcome Fear is by Combatting it with FAITH! (Notice what Jesus asked the disciples, “*Why are you afraid; How is it that you have no faith?*”)
3. Know your enemy – What you see and what you hear can affect your faith; a report that doesn’t line up with the Word or what you desire may be a natural fact, but not a spiritual truth (“The damsel is not dead....”).

B. You Are Redeemed....So Claim It!

1. **Hebrews 2:14-15** (Death and its side effect will not have any power over me!)
2. **Psalms 23:4** “*Yea, though I walk through the valley of the shadow of death...*”
3. **Psalms 91:3-7**
 - If my trust is in the Lord, why would I ever be afraid?
 - If His angels protect me on every side, then it is my responsibility to make sure that I am giving the devil no place....in my mind, in my car, in my house, in my family!
4. Job said, “*The thing which I greatly feared has come upon me...*” (**Job 3:25**)
5. **Proverbs 3:21-26** – If God is for you....