

Ruling over Your Fears

Steve Berger January 7, 2018

Review — where and how did fear first show up?

- After the fall, fear first appears — God asked Adam, “where are you?”
- Adam answers — “I’m afraid because I’m naked, and I hid”

Important — Adam answered a geographical question with an emotional state — “I’m afraid”

- Adam was living in fear, naked, not just without clothes, but uncovered, unprotected, unloved — therefore he hid from God.
- God asks — “who told you you were naked; did you eat from the tree?”

So important — God knew, when Adam ate — that Satan would exploit Adam’s sin, declare his nakedness, create fear — and cause hiding and separation from God —

**THE DEVIL IS STILL TELLING PEOPLE THEY’RE NAKED — CREATING FEAR
GOD IS STILL COVERING, SAYING — DON’T BE AFRAID!**

TODAY — I want to talk to you about **situations the enemy exploits to bring fear**, creating separation from God and others, to limit or destroy your destiny... and **how you can rule over it!**

Identifying your triggers

- What situations does the enemy exploit to create fear in you? Patterns?
- What past events are you allowing to be projected on your current circumstances?
 - “This is gonna be that all over again!”
- What historic happenings dictate today’s “truth”?

CYCLE — Yesterday’s tragedy becomes today’s “truth,”

today’s “truth” becomes tomorrow’s fear,

tomorrow’s fear becomes lifetime stronghold,

which becomes today’s truth, tomorrow’s fear, lifetime stronghold...

THE CYCLE MUST BE BROKEN! IT CAN!

- **Trigger examples**
 - abuse of all kinds, abandonment, betrayal, criticism, danger, death, loneliness, rejection, threats, trauma of all kinds... **have you ever connected the dots... this fear is due to that trigger!**
- **Listen** — identifying triggers will put you on the road to dealing with them, so you can experience peace, and not cascade into negative feelings, filters, and fears
- **Personal** — due to my own experiences, I never questioned if God loved me, I questioned whether He really knew that I loved Him. Levels of fear would create higher levels of performance — just so God couldn’t miss the fact that I loved Him. A dream healed it all.
- **FACT** — **you must start identifying your triggers, so you can react properly, rather than creating reactionary habits that lead to fear and strongholds.**

Ruling over your reactions

How do you typically react to triggers that create fear?

- **entertain it, agree with it, then live with it?**
 - Leads to fear, doubt, depression, isolation... loss of purpose and destiny... every negative, devilish thing.
- **OR**
 - *So important in ruling over your reactions...*
- **Spirit reminds**
 - **2 Corinthians 10:3-5**

For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

We are in a spiritual war — we have mighty spiritual weapons —

- **Power of God**
 - **Luke 10:19**

Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.
- **Word of God**
 - **Hebrews 4:12**

For the word of God is living and powerful, and sharper than any two-edged sword.
- **Promises of God**
 - **2 Corinthians 1:20**

For all the promises of God in Him are Yes, and in Him Amen!
- **Armor of God**
 - **Ephesians 6:11**

Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

 - **waist truth**, breastplate righteousness, feet peace, shield faith, **helmet salvation**, sword of spirit, prayer

Power, Word, Promises, Armor — weapons

To help us pull down strongholds, cast down arguments, and to take thoughts captive

- **stronghold**
 - a satanic lie, a generational mindset or a human wounding that you have listened to long enough, believed strong enough, and owned deep enough that it has become part of your identity, it has fortified itself in you and dictates your thoughts, beliefs, actions and reactions. It is an unholy filter through which all thoughts pass.
 - **STRONGHOLDS CAN AND MUST BE PULLED DOWN!**

- **arguments**
 - demonic opinions that exalt themselves against God’s truth
 - **ARGUMENTS CAN AND MUST BE CAST DOWN!**
- **Taking thoughts captive**
 - arresting thoughts — “no, that’s not truth!”
 - **THOUGHTS MUST BE TAKEN CAPTIVE!**
- **FACT — when triggers go undetected, demonic arguments and strongholds become our habitual reactions, and fear gets reinforced continually...**
- **HOWEVER** when triggers are identified and we rule over our reactions by taking thoughts captive, by casting down arguments, and pulling down strongholds, fear gets defeated, and faith and freedom get realized!
- **SCENARIO** — *you were painfully criticized growing up, you started believing the venomous lies, you believe everything from you’re ugly, stupid, to unworthy, etc., leads to fears of failure and loneliness... the enemy of your soul has exploited that sin against you... he has reinforced it at will... it has become part of you... THEN... you get older, a friend suggests some kind advice, a boss offers some constructive criticism, it triggers the wound, fear erupts, offense is taken, harsh words are spoken, friends are lost, jobs are jeopardized, loneliness and failure ensue... you’ve contributed to your greatest fears happening by not identifying triggers and ruling your reactions — **PROJECTING PAST!***
- **SAME SCENARIO** — you understand that life is a spiritual battle, that Jesus has given you the weapons of the Power of God, Word of God, Promises of God, Armor of God... you have identified your triggers and are ruling over your reactions... friend suggests, boss offers, trigger is recognized, thoughts taken captive, truth is heard, faith and freedom grow, fear dies, life gets better one victory at a time.

**Identifying our triggers, and ruling over our reactions
will destroy our fears, excite our purpose, and facilitate our destiny!**

Reaping your ruling

You will reap according to how you’ve ruled

- if you haven’t identified your triggers, ruled over your reactions, you’ll reap an ongoing fearful, broken life, with lack of purpose, unfilled destiny, blaming others.

But — if you will...

- identify your triggers, rule over your reactions, use your weapons to pull down strongholds, cast down arguments, take thoughts captive — and —
- **Philippians 4:6-7**
Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus... **think on...**

- **Philippians 4:8**

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

- **FACT** — fear doesn't have to own us, in fact, it shouldn't. "Don't be afraid" is said 365 times in scripture, one for every day. 2Timothy 1:7 says that God hasn't given us a spirit of fear, but of power love and a sound mind.

**DON'T LET FEAR STEAL
TODAY'S PEACE,
OR TOMORROW'S DESTINY!**

Discussion Questions

1. What are your fear triggers?
2. How are you ruling over your reaction to fear?
3. What are some ways (methods you can use) to "take thoughts captive"?
4. Which spiritual weapons do you usually turn to first?
5. Are you reaping a reward, or ruin?

Before the Throne: a Night of Worship and Prayer

Wednesday, January 10

6:30 pm

Sanctuary