

VICTORY OVER FEAR
Changing What You Believe

- I. Fear is the belief that something bad is going to happen and the uneasiness of mind that accompanies it**
- A. To be in fear you have to believe something bad is going to happen-If you believe everything was going to be okay you won't be afraid
 - B. The only thing different between Jesus and them was what they believed-Their belief filled them with fear, His caused Him to be fearless-*Mk4:38,Mt14*
 - C. To address fear in your life you have to address what you believe-If your heart is troubled address what you believe-*Jn14:1-Let not your heart be troubled: ye believe in God, believe also in me.*
- II. To change what you believe you must change what you hear-Rm10:17-Faith comes by hearing and hearing by the Word of God-ASV-Belief comes of hearing-ISV-Faith results from listening**
- A. What you feed on, focus on listen to shapes what you believe-Mt14:29-When Peter was come down out of the ship, he walked on the water, to go to Jesus. 30 When he saw (gaze at) the wind boisterous, he was afraid-*Rm4:18-20-Who against hope believed in hope, that he might become the father of many nations according to that which was spoken, So shall your seed be. And being not weak in faith he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara's womb: He staggered not at the promise of God through unbelief; but was strong in faith...*
 - B. We are wired by God to believe what we hear repeatedly-Illusory (a•loose•sury) effect-•1977 study at Villanova and Temple •60 plausible statements, some true, some false, 3 different times •20 statements remained on all 3, other 40 were new •Rate belief in the truth of each statement on a scale of 1 to 7 (concerning matters about which they were unlikely to know about-i.e. The first air force base was launched in New Mexico) •Confidence in the truth of the repeated statements increased from each session •The conclusion was the more you hear something the more likely you are to believe it's true
 - C. Feed on God's word repetitiously-Pr4:20-My son attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes-Js1:25-Whoso looks into the perfect law of liberty and continues therein-Jn8:31-If you continue in my word-Js1:8-This book of the law shall not depart from your mouth, but thou shalt meditate therein day and night
 - D. Where your battling fear, go to The Word of God, find out what God says about that area and feed on it-Financial fear? Feed on what God says about being your provider; Sickness fear? Feed on what God says about being your healer; Fear of danger? Feed on what God says about being your keeper
 - 1. You got to stick with this-Fear is a wrong belief and that belief has got to be reshaped and that doesn't always happen over night
 - 2. You can't be passive and overcome fear-Be active in addressing fear
- III. To change what you believe you must choose to believe something else-Ps56:3-What time I am afraid, I will trust in thee.**
- A. Belief is a choice-Choose to believe something good is going to happen based on what God says in His Word
 - B. Every time you choose to believe you exercise your faith in that direction-If you stick with that you can reshape what you believe