

Rich Humphrey  
**SESSION 2 | The Truth That  
Overcomes Our Fears**

**I. INTRODUCTION**

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”

**John 14:27**

**II. FEAR EXPOSES THE LIE WE BELIEVE**

“If you are prone to fear and anxiety, it is a wonderful struggle, because it seems as though the most beautiful things that God says are reserved for people who wrestle with fear.”

**Ed Welch** in an interview with Desiring God

“<sup>10</sup> When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them, and they feared greatly.”

**Exodus 14:10**

“By looking at what you worry about, you can become a person of understanding who tackles the deep matters of your own heart...Worry can be a window into your soul.”

**Timothy Lane**, *Living Without Worry*

**III. FEAR IS OVERCOME BY THE TRUTH ABOUT GOD**

Fear not, stand firm, and see the salvation of the Lord, which He will work for you today

**Exodus 14:13**

### **God is the Almighty Creator of all**

For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.

**Colossians 1:16**

### **God is sovereign over the nations and the political realm**

He changes times and seasons; he removes kings and sets up kings; he gives wisdom to the wise and knowledge to those who have understanding.

**Daniel 2:21**

### **God is sovereign over nature**

The breath of God produces ice, and the broad waters become frozen. He loads the clouds with moisture; he scatters his lightening through them. At his direction they swirl around over the face of the whole earth to do whatever he commands them. He brings clouds to punish men, or to water his earth and show his love.

**Job 37:3,6,10-13**

### **God is sovereign over people**

The Lord had made the Egyptians favorably disposed toward the people, and they gave them what they asked for.

**Exodus 12:36**

### **God is sovereign over Satan and the demonic realm**

“All the people were amazed and said to each other, “What words these are! With authority and power he gives orders to impure spirits and they come out!

**Luke 4:36**

“Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. <sup>23</sup>For life is more than food, and the body more than clothing. <sup>24</sup>Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! <sup>32</sup>Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.”

**Luke 12:22-24,32**

Not only that God by his providence rules the world, and governs all things in general, but that it reaches every detail; not only to order the great affairs of kingdoms, but it reaches to every man's family; it reaches to every person in the family; it reaches to every condition; yea to every happening, to everything that falls out concerning you in every particular: not one hair falls from your head, not a sparrow to the ground, without the providence of God. Nothing befalls you, good or evil, but there is a providence of the infinite eternal Being in that thing; and therein is God's infiniteness, that it reaches the least things, to the least worm that is under your feet."

**Jeremiah Burroughs**, *The Rare Jewel of Christian Contentment*

#### **IV. APPLYING THE TRUTH TO OUR HEART**

<sup>7</sup>I bless the LORD who gives me counsel; in the night also my heart instructs me.

<sup>8</sup>I have set the LORD always before me; because he is at my right hand, I shall not be shaken.

<sup>9</sup>Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

**Psalm 16:7-9**

<sup>29</sup> Are not two sparrows sold for a penny?<sup>[1]</sup> And not one of them will fall to the ground apart from your Father. <sup>30</sup> But even the hairs of your head are all numbered.

**Matthew 10:29,30**

Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.

**Psalm 91:14**

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

**Isaiah 41:10**

The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: 'Why art thou cast down'—what business have you to be disquieted? You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself: 'Hope thou in God'—instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do."

**Martin Lloyd Jones**, *Spiritual Depression*