

1. Two weeks ago, I shared a message about the subject of fear, and how to have victory over fear.
2. **Psalm 46:1-3** God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging.
3. We talked about the fact that there is such a thing as a healthy fear or respect for things that have the ability to harm us or lead us down the wrong path, but the enemies desire is to get us to shift into being controlled by unhealthy fear.
4. A fear that leads to anxiety. A fear that doesn't trust that God is able to provide for and help us through whatever that source of fear.
5. We said that fear can become a stronghold, a place where the enemy hides inside of us, comes out every now and then to overwhelm us, and then hides again leaving us anxious and out of sorts.
6. But the writer of Psalm 46 indicated that the presence of God can be a stronghold for us. A place of safety and security that we can run to and be assured that God is in control of whatever fear the enemy throws at us.
7. The presence of God is a place where we can go and find peace and strength and assurance of God's goodness and love for us.
8. And it is also in the presence of God that we are exposed to the truth. And the truth is highly important when it comes to having victory over fear.
9. We said that at its root, all fear is based on a lie. I love the song by Zach Williams, Fear is a liar.
10. Fear, he is a liar
He will take your breath
Stop you in your steps
Fear, he is a liar
He will rob your rest
Steal your happiness
Cast your fear in the fire
'Cause fear, he is a liar
11. The lie is that God can't take care of you and provide for you, and so it must be necessary to worry and be afraid about that thing.
12. But the truth is God can take care of you and God can and does provide for you and because he is our refuge and our strength in times of trouble, we don't have to be afraid.

13. We're going to talk one more Sunday about overcoming fear.
14. I'd like to give you a couple more tools to help overcome unhealthy fear in our lives.

TEXT: **Philippians 4:8-9** Finally, believers, whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God's word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, think *continually* on these things [*center your mind on them, and implant them in your heart*]. **9** The things which you have learned and received and heard and seen in me, practice these things [*in daily life*], and the God [*who is the source*] of peace *and* well-being will be with you. (Amplified Bible)

TITLE: **No fear – Part 2**

INTRO:

1. I read this passage out of the amplified Bible because it really seems to expound and give us greater detail about what will help is with fear and anxiety and worry.
2. When I read this passage in the amplified, the word that came to mind is the word meditate.
3. Essentially what Paul is telling the Philippian believers is that to overcome fear and worry and anxiety, meditate on things that are true, honorable, right according to God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable, excellent and worthy of praise.
4. To meditate on them. To center your mind on them and in the process implant them into your heart.
5. Now. I tend to think that meditation has gotten a bad rap in Christian circles, simply because of the tendency to look at meditation through the eyes of the world's flawed definition of meditation.
6. In our world, when someone is encouraged to meditate, what they mean is to empty your mind of all the things that are crowding it and causing you stress.
7. To release and let go of all of the stuff that brings fear and worry.
8. But the biblical definition of meditation is different. Yes, the goal is to rid you mind of all of the things that can bring fear and worry, but the

goal is not to end up with an empty mind, the way to rid your mind of the things that cause fear and worry is to fill your mind with the things that will chase away and keep at bay those things that cause fear and worry. How many are still with me.

9. Just simply trying to empty my mind of all fearful thoughts is a human effort that will only last for a short time, if at all.
10. But when we fill our minds with the truth of who God is and we fill our minds with his goodness and love for us, that truth produces a supernatural affect in us that can give us freedom over fear and worry.
11. And that happens as we meditate on the good things about God and his care for our life.
12. Now. I point that out because our enemy, Satan, has no desire whatsoever for us to meditate on the good things of God.
13. The enemies' goal is to get us to ruminate on what is false, dishonorable, wrong, impure, unlovely, flawed and worthy of complaint.
14. Let me repeat that. God's desire is that we meditate on what is good, but Satan's desire is that we ruminate on what is bad.
15. If we meditate on what is good, it will bring peace. But if we ruminate on what is bad, the result will be fear.
16. The word ruminate is a completely different word than the word meditate.
17. The word ruminate comes from the action that certain animals engage in, which is to chew the cud.
18. Now, I don't want to ruin your lunch later, but we need to grasp this because doing so is one of the keys to victory over fear.
19. One of the animals we are most familiar with that chews the cud is cows.
20. Cows have 4 stomachs. And each of those stomachs help in the digestion of the food that they eat.
21. But quite honestly, that process for digesting the food is kind of gross.
22. The way a cow digests the food is by ruminating.
23. A cow will eat something, and they will chew and chew and chew, and then they will swallow that food and it goes into the first stomach.
24. But before the food passes to the second stomach, the cow

regurgitates that partially digested food back up into their mouth, and they chew on that partially digested food or cud again until it breaks down enough to be swallowed again.

25. Cows chew the cud all day long. A typical cow will chew the cud for up to 9 hours a day.
26. So, the process is, they eat, chew, swallow, regurgitate that food back up into their mouth and they chew some more.
27. I know that is a little gross to think about, but I don't know of a better illustration of what the enemy wants us to do as it relates to fear.
28. Remember, fear is based on a lie. Often times the lie is that God cannot or will not take care of us and provide for our wellbeing.
29. So, the enemy plants that lie in our minds, and if we are not careful, we can ruminate on that lie until it leads to fear.
30. How do we ruminate in such a way as to be controlled by fear, we receive the lie in our minds, and we chew on it. We think about it. Over and over and over again.
31. We try to process the lie and we try and make sense of the lie, and we will do everything in our power to swallow or get rid of that lie, we will try and bury it and not think about it.
32. But inevitably, if all we do is try and rid our mind of the lie, we will eventually regurgitate the lie and chew on it some more. And before long we will be overcome by fear.
33. But again, the key to victory over fear is not to just get rid of the lie, **the key to victory is to introduce truth, and meditate on truth** that will do battle against the lie and help you have victory.
34. If there was ever a man in the bible who had every right to be continually afraid and overcome by fear, it was David in the Old Testament.
35. For over 12 years, he was hunted like an animal by his father-in-law.
36. His father-in-law king Saul would gather armies of soldiers and pursue David wherever they thought they could find him, and they had only one goal and that was to kill David.
37. Numerous times David barely escaped death. If you read through the Psalms, you will see that all of this constantly being close to death took a mental toll on David.

38. It was mentally excruciating. But we also see from the Psalms that David did more than just try and rid his mind of the fear.
39. He didn't ruminate on the fear, instead he meditated on the goodness of God.
40. The word meditate is used 14 times in the bible, and 12 of those times it was spoken by David. Let me give you a few examples.
41. Psalm 77:12 I will consider all your works and meditate on all your mighty deeds."
42. Psalm 119:23 Though rulers sit together and slander me, your servant will meditate on your decrees.
43. Psalm 119:78 May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts.
44. Psalm 119:97 Oh, how I love your law! I meditate on it all day long.
45. Psalm 119:148 My eyes stay open through the watches of the night, that I may meditate on your promises.
46. Psalm 143:5 I remember the days of long ago; I meditate on all your works and consider what your hands have done.
47. Psalm 145:5 They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works.
48. I think you can see that David did a lot of meditating. What did he do? He centered his mind on the good things of God until they became lodged in his heart.
49. If all he had done was ruminate and talk to himself and try and convince himself that everything was going to be ok, that Saul would never succeed in killing him.
50. If all he did was chew on what danger or trap might be waiting for him around the next corner, David would have lost his mind in fear.
51. But it is obvious from the scripture that David didn't just try and rid his mind of the fear, he filled his mind with the truth of God and his word, and it was the truth inside of him that battled and gained victory over that fear.
52. And I want you to know today that this truth will work for you and me.
53. If all we do is ruminate on the lie or the problem or the fear, then we are limited by our own strength and our own ability.
54. But when we will fix our minds on and fill our minds with the truth of

who God is, and we meditate on that truth, it is then that we will tap into the limitless power that God has, and God himself will fight our battle over fear.

55. That is the message of **Philippians 4:8-9** Finally, believers, whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God's word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, think *continually* on these things [*center your mind on them, and implant them in your heart*]. 9 The things which you have learned and received and heard and seen in me, practice these things [*in daily life*], and the God [*who is the source*] of peace *and* well-being will be with you. (Amplified Bible)

56. If you'll remember, we ended last time by saying that the presence of God helps give us victory over fear.

57. One of the ways that we enter into the presence of God is by meditating on the goodness of God and who he is.

58. And when we make that a practice in our daily lives, Paul says that the God who is the source of peace and well being will be with you.

Conclusion:

1. God wants to be with you and God wants to reign in you. But he must be invited in. He must be given access to the most intimate places in our lives.
2. And when he is given unlimited access to our lives, he goes to work, rooting out all the lies that bring death and replacing them with the truth that brings life.
3. Now. I don't want to mislead you. The enemy is a liar, and he is good at it.
4. And sometimes it can be difficult to distinguish between the lie and the truth.
5. So, that's why it's important that we know that **meditating on the truth isn't a one-time thing, but it must be a continual thing.**
6. And for me, the only way I can know the truth from the lie is to ask God.
7. I must give God access to every single thought I have, and he must be the final authority on whether it is good for me or bad for me.
8. I have to continually bring my thoughts to him and simply ask.
9. Holy Spirit, is what I'm thinking true or false, right according to your

word or wrong according to your word. Pure or impure. Lovely or ugly. Admirable or shameful. Excellent or broken. Praiseworthy or to be condemned.

10. If, and I want to be clear that I fail quite often. But if I will give him full access to my every thought, and if I will let him be the final authority on what is best for me, and if I will then meditate on what he says is best for me rather than ruminating and chewing on what I think is best for me, then I can have victory over fear.
11. And when I meditate on God's truth, what I find is that God's truth fights for me and I don't have to work nearly as hard.
12. I want you to know you can have victory over fear.
13. So, can we practice what we have heard today?
14. Let's stand. Will you join with me right now in giving God full access to our every thought?
15. Will you tell him and make him the final authority on what you think.
16. And then will you ask the Holy Spirit to help you meditate on what God says is good.
17. In a moment we are going to partake of communion.
18. While the elements are being handed out, I want us to worship the Lord and thank him for his goodness. Let's meditate on his goodness and his love for us.
19. Hand out elements.
20. Let's meditate on the fact that he gave his very life for us and died for us.