

Intro

- Dune
 - o Loved that book, read it about 100 times between 6th grade and high school graduation.
 - o Litany against fear
 - o "I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past, I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain."
- But I got out in the real world, litanies against fear aren't very effective
 - o Especially not when they're tied to a fiction

Fear of Death

- **Matthew 10:28** – *“And do not fear those who kill the body but cannot kill the soul.”*

Fear of Humiliation

- Continuing Education story at Union in Richmond
 - o Humiliation doesn't kill us!
- As a matter of fact, our egos may be the very thing that's killing us.
 - o Influencers, newsletter article
- The fact of the matter is, Ego death is good for us
 - o Pride is the chief deadly sin
 - o **Proverbs 8:13** – *“To fear the LORD is to hate evil; I hate pride and arrogance, evil behavior and perverse speech.”*
 - o **Proverbs 1:2** – *“When pride comes, then comes disgrace, but with humility comes wisdom.”*
 - o **Proverbs 16:5** – *“The LORD detests all the proud of heart. Be sure of this: They will not go unpunished.”*
 - o **Proverbs 16:18** – *“Pride goes before destruction, a haughty spirit before a fall.”*
- Scripture solution
 - o **1 Peter 5:6** – *“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you.”*
 - o **James 4:6** – *“But he gives more grace. Therefore, it says, ‘God opposes the proud, but gives grace to the humble.’”*
 - o **Matthew 23:12** – *“Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.”*

Fear of Separation

- Lost at Carowinds (got separated from my sister). Wandered around without a cell phone, without anything but a fear of adults and a need to find my sister.
- Scripture solution
 - o **Matthew 1:22-23** – *“All this took place to fulfill what the Lord had spoken by the prophet: ‘Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel.’”* (which means, God with us).
 - o **John 14:16-17** – *“And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.”*
 - o **Deuteronomy 31:8** – *“It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”*
 - o How many of us imagine the future without God's assistance?
 - The Shack

- If we know the Word, we are never at risk for being apart from God

Fear of Losing our Freedom

- Snow days – feeling trapped
- Shawshank Redemption
 - o **Galatians 5:1** – *“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”*
 - o Hope keeps us free
 - o Free your mind, and the rest will follow
- It’s the truth that sets us free
 - o We are sinners
 - o We are loved
 - o We are guaranteed heaven
- **John 8:31-32** – *“So Jesus said to the Jews who had believed him, ‘If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.’”*

In the name of the Father, the Son, and the Holy Spirit, Amen.