**Hope & Fear**

<https://www.youtube.com/watch?v=di558RCavyQ>

* When you think about your future what things do you worry about?
* What do you hope for?

2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Today we are going to talk about Hope & Fear. In the KJV bible God says “have no fear“ and “be not afraid” 97 times (72 times in the Old and 25 times in the new). Have you ever had a parent tell you something over and over to get a point across? Well I think this is what God is trying to do here.

**Some examples**

* Isaiah 41:10 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.
* John 14:27 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.

**Fear can be defined** as an unpleasant emotion caused by the belief that something bad is coming your way or knowing something bad is going to happen.

We all say things like: Oh, I don't want to face tomorrow or I have a bad feeling about this, I am so worried.

Fear, anxiety and depression usually begin with some small concern or thought that quickly begins to snowball and soon will consume you. Eventually lead to a complete lack of hope, to the point where there is only bleak darkness left if left uncontrolled.

People spend most of their time living in the past with regret for actions they have done or should have done (“If only I would have…” or “ If only I hadn’t…”). The rest of our time is imagining all the things that can go wrong in the future and living in fear of what may happen.

If you remember The Israelites had a Fear problem in the wilderness. When they came to the land that God had promised them, they were overcome with fear when the spies, they sent out, returned and told of giants living in the land. The Israelites were terrified and wanted to go back to Egypt.

Numbers 14:3 Why does Yahweh bring us to this land, to fall by the sword? Our wives and our little ones will be captured or killed! Wouldn't it be better for us to return into Egypt?' They said to one another, 'Let's choose a leader, and let's return into Egypt.'

God had not changed His plan. His promise still stood firm. He had brought them this far, and would take them the rest of the way, if they would only stay the course. But they gave in to their fear and wanted to turn back.

God has brought you this far, and though the road in front of you may now look terrifying, do not turn back. God is still with you. His plan has not changed. He will still fulfill His promise. Though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. (from Psalm 23:4).

**🡪God does not want us to live a life of fear so he gives us hope.**

The Word “Hope” shows up 133 times in the King James Bible.

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

**Hope** can be defined as expectation, trust and confidence knowing that something good is coming your way.

The bible tells us we can put all our hope & faith in God and Believe in him to overcome all our fears

Hebrews 11:1 Now faith is the assurance of things hoped for, the conviction of things not seen.

**When you think of your future is it filled with hope or Fear? Do you imagine Jesus being there with you to get you through?**

Hope & Fear are polar opposites, and you cannot live in one realm while walking in the other. A strange thing is that neither of these are seen. Both are invisible, like the wind, and it really takes just as much faith and energy to believe in one or the other. The difference is that one builds you up, and the other tears you down.

We need to live our lives in the present, knowing Christ is at our side, and when we think of the future, We should know that God will be there with us. As for the past we need to let that go knowing Christ wants to give us a new life in him.

It is not always easy to put all your trust in God. The enemy will throw every fear at you to persuade you to do the opposite. I have often wondered how many people have missed seeing there full potential because they did not trust God. I wonder how many awesome blessing I have missed in life for all the times I have failed to follow God because of fear. There have been many times I have received a clear message from God to go one way but I went the other because of fear.

I can tell you there was this one time about 10 or so years ago that a member of the Church asked me if I would like to teach a Kids Sunday school class. My first thoughts were: I don’t know how to teach kids, What if I don’t have all the answers? What if the kids don’t like me? This is a big commitment!

Well needless to say I said “Yes” and I have never turned back. Teaching is the highlight of my week and I look forward to each and every Sunday and Wednesday just to get an opportunity to spend time with you sharing God’s word. And to think if I had said “no” at that moment I would never have experienced the joy I now have.

Do not waste your energy on fear, channel it into hope. Instead of speaking about what might happen, focus on what you want to happen, Pray for it and then act accordingly, waiting patiently for it to come to pass. God hears our prayers. We just have to trust Him along the way. He has this under control and when it is over and you are looking back, you will feel silly to have doubted Him. I know from experience. I have the t-shirt.

Romans 12:12 Rejoice in hope, be patient in tribulation, be constant in prayer.

The key is that last part: Constant in Prayer

Hebrews 10:23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

Forget superman: Have no Fear for God is Here!

**<https://www.wingclips.com/movie-clips/elizabeth-the-golden-age/nothing-but-the-horizon>**

**Trust in The Lord**

(The KJV Bible says we are to trust in the Lord over 100 times)

The things of this world can give us much to worry about and it is easy to get caught up in fear and worry (Money, Health, Friends, Weather, War) but if you have your mind on the things of God there is nothing this world can do to you.

•Psalm 56:3-4: When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can man do to me?

•Psalm 9:10: And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.

Many people fear change but sometimes God has to take something you have to make room for something you need or to give you something better. If your life is already full, how can God give you more?

It is so easy to get in your comfort zone and just want nothing to change but things do and will change. We have to face reality and know that bad things can and will happen in life but it is how we handle those things when they happen. Do we go into a panic or do we trust God to deliver us through?

Proverbs 3:5 says: Trust in the LORD with all your heart; and lean not on your own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

* **As we grow in faith God should become bigger and our troubles and worries show become smaller.**

Over and over we find people in the bible trusting in the Lord to overcome difficult situations.

* Noah – Built an ARK and saved his family
* Gideon –Defeated an army 1000 times bigger than his
* Moses trapped between Egyptian army and the Red sea
* David facing the Lion’s den
* Shadrach, Meshach, and Abednego facing the furnace
* Esther facing the annihilation of her people

Each one of these people had their moments of doubt and fear, just as we do, but each of them trusted God in the face of adversity and God delivered them through. We need to know and remember that God is faithful to see us through.

Throughout my life I have had many opportunities to see God come through in times where I just had to trust him and there have been many times where I failed to trust him and worried needlessly and even lost out on a opportunity.

Several examples:

When my son was one years old, he had not sat up or even rolled over on his own so we took him to the doctor and they told us he was severely handicapped and would probably never walk or talk. All I could do was trust God and pray. I had times of doubt and fear but I persisted to trust God and to do the thing he led me to do and now my son plays sports and talks up a storm on video games.

I remember a time that the Church was going to have a festival and the Tv was predicting a 100% chance of Rain. I remember asking my pastor what should we do? Do we call it of? And he said no we will just trust God. I remember then seeing the dark clouds coming straight at us and then parting at the last minute to go around us. I think we were the only place in town that day to not get any rain.

On the other hand there was a time that I was asked to interview with another company. I had been with my current company 14 years but I thought it would be a great experience so I did the interview (Not intending to take the job). I prayed God to help me do well in the interview and it ended up being the best interview I had ever had. They offered me an excellent position (I was not expecting this).So I prayed God that if they offer me a certain amount of money over what I currently made (Greed) that I would know that he wanted me to take the Job. They offered me the money. Then fear set in and I started to worry about everything like what my hours would be, Would I have to drive further and would there be traffic, or could I even do the job. I ended up turning down the offer. After that everything went south with the position I had. It was a difficult position and I performed poorly at first then for the next 10 years I did not receive any promotions and ended up in a few dead-end positions. Fear can ruin so much for you.

Then there was a time at work where I was looking for a new position and was offered one that everyone around me told me not to take. They all said I would regret it but I felt God wanted me to take it so I told Him I would trust him and took the job. After just six months I received a top ranking and the largest bonus I had ever been given.

I know most people will write these off as coincidences but I could go on for hours telling you how many times I trusted God and things worked out and times I didn’t that things went poorly.

* **The problems you are facing may look big in your hands, but it would not even be noticeable in God’s.**

 There is a story in the bible (Mark 5:35-36) of a Jewish leader whose daughter was very sick and he came to Jesus to ask him to heal her. While they were walking to the man’s house a servant came and said to the ruler “Why trouble the teacher your daughter is dead”. I love Jesus simple response here: “Do not fear, Only Believe”

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Now I know some people suffer from anxiety and there are some things God allows in our life to make us dependent on him. As God told Paul “My grace is sufficient for you, for my power is made perfect in weakness.” So, this should not stop you from putting your faith in God to get you through those tough moments and using Gods strength to overcome your fears. If you put God in control of your life then you have nothing to fear. Even death is not something to fear because it means an eternity in our Fathers house with him.

**American History:**

Abraham Lincoln, who served as president during the Civil War of the 1860s, declared, “Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right.”

One of the first found references of the motto “In God We Trust” is heard in the Star-Spangled Banner. The song was written by Francis Scott Key in 1814 and in the last stanza Key writes a variation of the phrase: “ **In God is our trust. And the Star Spangled Banner in triumph shall wave, O’er the land of the free and the home of the brave**.” The words were shortened to “In God We Trust” and applied to U.S. coins in 1864 As a result of, Secretary Chase instructing James Pollock, Director of the Mint at Philadelphia, to prepare a motto, in a letter dated November 20, 1861 which said:

Dear Sir: No nation can be strong except in the strength of God, or safe except in His defense. The trust of our people in God should be declared on our national coins. …

Do you trust God for everything in your life and in every situation?

It all comes down to Faith. If you know that there is a God and you know that God is in control and that He is Good then what are you worrying about?

Are you worrying about God’s desire for Good things in your Life?

Matthew 7:9-11  “Which of you, if your son asks for bread, will give him a stone?  Or if he asks for a fish, will give him a snake?  If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

If you belong to God and He is your father then he wants good things to come to you