

5. Walking in Freedom and Liberty

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Sub-title: Freedom from Fear and Worry

- Today is the fifth Sunday in our 40 Day Campaign
 - 6 consecutive Sunday messages & 6 weekly Small Group meetings
 - 40 days of daily Scripture Declaration & Memorisation (liberty truths)
- All resulting in new levels of freedom & liberty in our lives
 - Freedom from bondages, fears & curses
 - Free to fully serve the Lord & one another (1 Peter 2:16, Gal. 5:13)

Luke 4:17–19 (NKJV) *He (Jesus) was handed the book of ... Isaiah. And when He had opened the book, He found the place where it was written: **18** “The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, **to proclaim liberty to the captives** and recovery of sight to the blind, **to set at liberty those who are oppressed; to proclaim the acceptable year of the Lord.”***

Last week’s main points:

- a. Presenting our Bodies to God as a living Sacrifice
- b. Our Bodies have become the Temple of the Holy Spirit
- c. We do not let sin rule in our mortal Body
- d. Paul said: I discipline my Body
- e. Presenting our Bodies “holy and acceptable”

1. Freedom from Fear

- Fear is one of the most prevalent negative forces in people’s lives
- It is a form of bondage that prevents people from reaching their full potential
- Satan uses fear against people to:
 - Make their lives miserable
 - To keep them in bondage & hinder them from advancing in life

Proverbs 29:25 (NKJV) *The fear of man brings a snare, but whoever trusts in the Lord shall be safe.*

- Snare – entrapment, put into a cage, imprisonment
- Fear is a spiritual force that imprisons people
- Fear is also a mental virus that negatively affects:

- People's thought life (self-talk)
- Their decision-making (actions or lack of actions)
- (Think of the saying: Paralyzed with Fear)
- Abraham referred to his wife Sarah as his sister and allowed her to be taken by Pharaoh because he was afraid of the Egyptians
- Isaac also said of his wife that she was his sister because he was afraid of the Philistines
- Elijah ran away from Jezebel because he was afraid of her
- The 3rd servant in the parable of the talents hid his talent because "he was afraid"
- Many people hide their "talent" because of fear in their lives

Definition of "Fear"

- Fear is an emotional response to perceived threats or danger (real or imagined), characterised by uneasiness, apprehension or anxiety

Proverbs 12:25 (NKJV) *Anxiety in the heart of man causes depression, but a good word makes it glad.*

1 John 4:18 (NKJV) *... fear involves torment ...*

1 Samuel 16:14 (NLT) *Now the Spirit of the Lord had left Saul, and the Lord sent a tormenting spirit that filled him with depression and fear.*

- When the Spirit of God lifted off of Saul, it created a spiritual vacuum, and a tormenting spirit filled that vacuum

2. Fear is one of the curses listed in Deuteronomy 28

Deuteronomy 28:66–67 (NKJV) *Your life shall hang in doubt before you; you shall fear day and night, and have no assurance of life. 67 In the morning you shall say, 'Oh, that it were evening!' And at evening you shall say, 'Oh, that it were morning!' because of the fear which terrifies your heart, and because of the sight which your eyes see.*

- This, and other curses were pronounced over the Israelites, if they were going to walk in disobedience to the commandments of the Lord

3. God has not given us a spirit of Fear

- Fear tries to stand between ourselves and our destiny
- We cannot fulfil our destiny, as long as we entertain fears in our lives

- Fear and faith don't work in the same heart at the same time - it's either one or the other

Mark 4:40 (NKJV) *But He said to them, “**Why are you so fearful? How is it that you have no faith?**”*

- Jesus' disciples were afraid of drowning instead of trusting in God for their protection

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

- Fear is not from or of God
- Fear is a tormenting (evil) spirit that is sent from hell

Romans 8:15 (NKJV) *For you **did not receive the spirit of bondage again to fear, but you received the Spirit of adoption** by whom we cry out, “Abba, Father.”*

- Dake: “You have not received a spirit of slavery to relapse again into fear and terror, but you have received the Spirit of freedom and sonship to break every bondage”

How to break free from Fear:

- a. Repent of being fearful
- b. Resist fear, in Jesus' mighty Name (James 4:7)
- c. Declare the Word of God over your life (anti-fear scriptures), until there is no more fear (Matt. 4:4,7,10 “it is written”)
- d. (When you are no longer afraid, you are not in bondages any longer)

Philippians 4:6 (NKJV) ***Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;***

- Fear not

1 John 4:4 (AMP) *Little children, you are of God [you belong to Him] and have [already] defeated and overcome them [the agents of the antichrist], because **He Who lives in you is greater (mightier) than he who is in the world.***

- The Holy Spirit within you is greater than the spirit of fear outside of you

4. Freedom from Worry

- Fear and worry go hand in hand

Matthew 6:25–34 (NKJV) *Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

- Jesus tells us NOT to worry about what to eat, drink or wear (Cost of living!)
- Worry & faith don't work in the same heart at the same time - it's either one or the other
- God wants us to plan for tomorrow, but NOT worry about tomorrow
- Vs. 33: ... *seek first the kingdom of God and His righteousness, and all these things shall be added to you.*
- Instead of worrying, Jesus tells us to press into God and trust Him for abundant provision

1 Peter 5:7 (AMP) *Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.*

How to break free from Worry:

- a. Repent of worrying (Worry, like fear, is actually a lack of faith)
- b. Cast down (& resist) every worrisome thought, in Jesus' mighty Name
- c. Speak to worry. Tell it: I cast you down, in Jesus Name.
- d. Declare the Word of God over your life (faith-building scriptures), until there is no more worry in your life