

# Overcoming Fear

02 - Metamorphosis: The Way of Transformation  
Church on the Park | Father's Day - Sunday, 05 SEPT 2021 | Glen Gerhauser

**Text:** "But we all, with unveiled face, beholding [and reflecting] as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit" (2 Cor. 3:18, NASB).

**Theme:** You can overcome the Goliath of fear through these four ways.

**Intro:** Fear sells. Sadly, fear is fueling the news media—both mainstream media and alternative media. Post a video that makes people fearful, and it will likely go viral. We get so used to fear that we don't even recognise when we're operating in it. Think about the children of Israel in the wilderness. What report spread faster? It wasn't the good news; it was the bad news. It was the bad news that the Promised Land would be too difficult to take—there were giants and fortified cities in the land (Numbers 13). Truth, on the other hand, does not spread like weeds and viruses. It's like an acorn. Did you know it takes 20-50 years for an English Oak to grow to maturity and bear acorns? In the same way, truth takes patience to grow. So, in an age of fear, how can you overcome fear? Today, I want to share four ways you can overcome fear and be transformed.

## 1) Focus on the Lord's face (2 Cor. 3:18).

- a) It's a father's role to impart courage and strength.
  - i) Listen to Moses...
  - ii) And before we hear some of the final words of Moses, remember, he began very fearful. He didn't want to go to Pharaoh; he tried to retreat from the mission.
  - iii) Deuteronomy 31:1-8
- b) In 2 Corinthians 3:18, Paul teaches us how we are transformed.
  - i) We are transformed by focusing on the glory of the Lord's face.
- c) Look to Yahweh's face rather than at the mountain that terrifies you.
  - i) Look to the Lord's face rather than the size and intimidation of Goliath.
  - ii) The Lord's face is full of compassion, grace, patience, kind love and truth.
  - iii) 2 Corinthians 3:12-18
- d) This is how Moses gained confidence. He spoke to the Lord face to face and spent time in Yahweh's glory (Exo. 34:29-35; cf. Exo. 33:11).
  - i) He came down from the mountain glowing. His face shone.
  - ii) All the time Moses focused on the Lord's face caused him to reflect God's light.
    - (1) He shined because the Lord shined.
  - iii) As Psalm 27:1 says, "The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread?"

## 2) Embrace the Father's perfect love (1 John 4:18).

- a) John, the apostle, gives us another secret to overcoming fear.

- i) Listen to 1 John 4:18
  - b) Experiencing the Father's love dispels fear just like a drop of detergent disperses grime.
  - c) The Christian life is one of continual and constant abiding and resting in God's love.
    - i) His love does not decrease and shift for you. It stays the same; it is a constant.
  - d) Knowing the Father's love personally will enable you to be a good loving Father.
    - i) For you can only give what you have received.
  - e) Even when you don't feel his love, embrace it. And let his love into every part of you that fears.
  - f) His love is like light that dispels the darkness of fear.
  - g) It's through an intimate relationship with your Father that fear is cast out.
- 3) **Affirm who Christ is and who you are in him (Gal. 2:20)**
- a) One of the prominent roles of a father is to affirm their children.
    - i) When you read the apostolic letters, the Epistles, you find the apostolic fathers constantly affirming the identity of God's children.
      - (1) It is because of their new identity that God's children are to live right and holy.
  - b) Listen to Jesus when he is calming the fears of his people in Matthew 6:25-34.
  - c) Get verses to speak over yourself about who Christ is and who you are.
  - d) For example, Galatians 2:20
  - e) Romans 8:15 & John 8:12 (cf. Psalm 27:1)
- 4) **Resist the spirit of fear through the power of the Holy Spirit (2 Tim 1:7).**
- a) Fear is a spirit that you must continue to resist.
  - b) 2 Timothy 1:7
  - c) You will need to do spiritual warfare to fight it.
    - i) And you do this through the power of the Holy Spirit.
  - d) You can do it with a prayer like, "In the name of Jesus, a stand against you spirit of fear. I will not tolerate you in my life. I command you to go."
  - e) Fear is like an ibis. The more you chase it, the more it runs away. And as you know an Ibis always tries to come back, but you shoo it away again.

**Conclusion:** All the points above are an acrostic, spelling FEAR. We are using the word fear like Goliath's sword to strike down the Goliath of fear. Now, once fear goes, you'll need wisdom. Just because you have no fear doesn't mean it's wise to do something.