

## How to Overcome Fear of Overwhelming Challenges

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Text: Philippians 3:12-14

We come to end of another year. We have done something; we have not done everything. We could have done more. Why, why not?

Do you ever feel overwhelmed by life? Let fear paralyze you? How do you overcome this?

This lesson is simple: some fairly well-known texts, some solutions to the paralysis of fear, some principles or guidelines that can lead us through and help us address the challenges we face.

Most are acquainted with the paralysis of anxiety. Fears dominate much of modern life. *How can we find* calm and reassurance?

Media promotes wonder drugs but three-fourths of the ad warns of the possible side effects. We sign release forms before surgery. Perhaps all of life's events should come with warnings.

We have many OT and NT examples of faith and courage in the middle of trying times. Examples of Jesus with his 12 disciples may come to mind. Christ again and again demonstrates his lordship over creation and calls his disciples to trust and depend. This topic runs as thread through entire Bible.

Many fears are unexpressed....

- fear of not mattering
- fear of not protecting my children
- fear that God is not real
- fear of life's final moments
- fear of violence
- fear of worst-case scenarios
- fear of overwhelming challenges

We have worries and fears because we are human. Faith in a God who is too big to allow fears to take over will see us through. Consider these Bible examples.

- 2 Kings 6, Israel surrounded by the enemy. Open our eyes: see the protection-care of God.
- John 2, Jesus' mother turns to Jesus in faith when they run out of wine at the wedding in Cana. Do what he says, see the power of God.
- Acts 1-6, we have the compelling story of the early church. Accept individual responsibility, you decide what you have to decide, but we will speak. In the midst of challenges.... we are responsible. Tell what you have seen and heard to see the presence of God.
- Phil. 3:12-14, we will pursue. It requires some forgetting, requires some straining, requires some vision, seeing the provision of God.

Three declarations that will align you with your future in Christ, overcoming overwhelming obstacles

### **I. I MUST NOT BECOME COMPLACENT WHERE I AM!**

None of us have arrived yet, so we must keep changing.

Complacency will stall you, cause you to struggle, and silence your heart cry for God.

### **II. I MUST LET GO OF THE PAST!**

Many times our future is hindered by our ties to the past.

Some people drive forward by looking in the rear-view mirror. This is the shortcut to the ditch.

The past is where grudges, bitterness, and unhealed wounds are anchored. They hold you back.

### **III. I MUST KEEP PRESSING ON TOWARD CHRIST!**

A consistent pressing toward Jesus is to be our aim and drive.

He holds our future in his hands.

When you press into him, you are experiencing your glorious future.