

## **Salt n Light Reflections:**

### **Podcast # 1**

#### **Overcoming Fear**

**For Today's Bible Study, based off of Episode # 1 Salt n light Reflections, Read over the material below and at the end answer the questions. There are also assignments too- and please feel free to listen to the Episode as well if you would like too)**

**I know a lot of people out there can relate with dealing with fear on regular basics even. We know that from the Bible from the Word of YAHUVEH GOD, that is mentions to "Not fear" to " Not be afraid", to "Fear Not" several times. So why do most of us, struggle with fear?**

- 1. The enemy wants to use this to get you away from YAHUVEH GOD, away from YAHUSHUA JESUS. He wants you to be consumed by this instead of Faith. What is the opposite of fear? Faith.**
- 2. I am going to go over 3 verses on this, today in this episode, there is a lot of verses on this so I am needing to narrow it down a bit otherwise this episode could be very long. You are welcome to look up more verses, and I would encourage you too, study this more if you are struggling with fear.**
- 3. Now before I Begin, I want to make it clear that the fear I am talking about is not the fear of YAHUVEH GOD, because having the Fear of YAHUVEH GOD is extremely important to have), This is a Good fear to have GOLDY Fear for HIM meaning you do not want to displease HIM you do not want to hurt HIM or sin etc.**
- 4. The fear I am talking about is ungodly fear and this fear comes from the devil.**

*First Verse I am going to be going over today is from:*

1. 2 Timothy 1:7 ESV

For God gave us a spirit not of fear but of power and love and self-control.

- YAHUVEH GOD does NOT give us fear. Fear is something the devil wants you to be consumed by so that you will take your eyes off of YAHUSHUA, and focus on worries of this world, and will not stand in the Authority YAHUVEH GOD has given you, and wants you to not walk in your Identity in YAHUSHUA. Also, this can affect your Ephesians 6 Armor.
- We want to walk in our Armor every single day, we want to walk in the Authority YAHUSHUA has given us, not by anything we have done but because HE paid the Highest price for us at Calvary, and HE gave us Luke 10:19 Authority. There are other verses on that as well, and HE also desires we walk in our Identity in HIM; we know what that is as HIS child. These 3 things are so crucial to understand and grasp and really will help you if your struggling with fear to overcome this.
- These also help you as a Christian in your every day walk with YAHUVEH GOD. These 3 major things can help you stay armored up against the devils attacks.

*Second Verse for today is from:*

1 John 4:18 ESV

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

- There is no fear in love- in the bible love is a central theme, if you look at the book of John especially you can see this. The absence of fear in love reflects our security which is found in our relationship with YAHUVEH GOD.

- In the early church, fear was generally associated with judgement and the unknown. YAHUVEH GODS love, provides us peace and confidence.
- Perfect love is mature, complete love that comes from YAHUVEH GOD, this dispels fear.

The third verse is from:

**Joshua 1:9 ESV**

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

- YAHUVEH GOD wants us to be strong and courageous, this doesn't come by ourselves but rather it comes from HIM, for HE is our strength and HE can give us holy confidence, to be courageous and to have strength to sustain us to do things. For we cannot do anything by ourselves. In this verse, I love that HE reassures us that HE is always with us, wherever we go just like HE was there for the Israelites then and for Moses and for Joshua, etc, HE is there too for HIS children. We do not have to face things alone, As we place our trust in HIM we rely on HIM and we lean on HIM we can be at peace and take comfort knowing that we have YAHUVEH GOD on our Side, we have YAHUSHUA JESUS on our side.

Lets' take a look at 3 verses now on Faith: Since Faith is what we want to have, instead of fear it is good to look into this and I would encourage you to further your study on reading more about Faith and how important it is that we have it as Christians.

First verse today is from:

### Hebrews 11:6 ESV /

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

- We must have faith to please YAHUVEH GOD. It is our Faith that will help us, when we pray when we anoint when we do the work YAHUVEH has called us to do , when we obey HIM, our Faith is crucial to have. It also is part of the Ephesians' 6 armor. Faith is needed, and we need to strive to grow in this and kick out ungodly fear.
- As we draw near to YAHUVEH GOD , to YAHUSHUA JESUS, we must believe what we are praying in order to receive right? And also we need to make sure we are praying according to HIS will not what we want but what HE wants, as HE knows what is best for us.

Second verse is from:

### Romans 10:17 ESV

So faith comes from hearing, and hearing through the word of Christ.

- Faith comes from hearing the WORD of YAHUVEH GOD of YAHUSHUA JESUS. When we study the Bible the Word of YAHUVEH GOD, we learn more about HIM about HIS character, we grow in our relationship with YAHUSHUA JESUS, which allows us to grow in our relationship with YAHUVEH GOD. We grow and deepen our Faith as we learn more about HIM and what HE expects of us and learn how we can be more holy and pleasing and learn about obedience. Speaking the Word can help as well and is a powerful weapon against the devil. For example, in Matthew 4:1-11 which you can read how YAHUSHUA uses the word against the devil when the devil is taunting HIM. We can learn from YAHUSHUAS example

The last verse for today is from:

## 2 Corinthians 5:7 ESV

For we walk by faith, not by sight.

- We must walk by Faith not based on what we can see, but knowing that we can trust in our Heavenly Father ABBA YAHUVEH GOD and our Savior YAHUSHUA JESUS. We have to have faith and trust in HIM, even when we cannot see the end result in something or somethings. It's believing what HIS word says, standing on what HIS word says, and knowing that HE will work everything out the way it is suppose to as it lines up with HIS will as we place it in HIS hands and we walk by Faith, also Faith helps us when we obey YAH, when we obey we are walking by Faith we are trusting in YAH and we are also showing our Love for HIM as we want to obey because we love HIM.

Bible Study Questions:

1. Fear is the opposite of? \_\_\_\_\_
2. How does Trusting in YAHUVEH GOD help us with our Faith, and also to overcome fear? We are talking about ungodly fear\*
3. How can reading the Bible, help strengthen our Faith, which ultimately helps us to overcome any ungodly fear?
4. Ungodly fear comes from the \_\_\_\_\_
5. There is a Holy Fear which is good, we want to make sure we fear YAHUVEH GOD - we fear offending HIM we do not want to hurt him, this is the beginning of wisdom which it states in Psalms 111:10. How does having GODLY fear help us in our Relationship with HIM?
6. What Verse helps you when you feel afraid?
7. How has YAHUVEH GOD, YAHUSHUA(JESUS) Helped you to overcome a fearful situation in your life?

8. Faith comes from Hearing the \_\_\_\_\_ of YAHUVEH GOD.
9. We are to walk by? What > and not \_\_\_\_\_.
10. Speaking the Bible can be a \_\_\_\_\_ Weapon against the devil.
11. Hebrews 11:6, Says we must have Faith to be \_\_\_\_\_ to HIM.
12. What does 2 Timothy 1:7 say about the SPIRIT YAHUVEH GOD gives us?
13. How can Psalm 34:4 encourage us in times of fear?
14. How does Philippians 4:6-7 guide us in dealing with anxiety?
15. How does the story of David and Goliath ( 1 Samuel 17) illustrate courage in the face of fear?
16. How does knowing our Identity in YAHUSHUA (JESUS) help us?
17. What Armor is important to have on every day?

**Assignment:**

1. Practice some steps in Faith put it in Action- Take Small steps to confront your fears, relying on YAHUVEH GOD's help
2. Write down some Verses that can help strengthen your Faith & hang them where you can see it or add it to your phone even anyway you can read it to help you
3. Write and learn what your Identity in YAHUSHUA JESUS is, this is so important to understand and stand on
4. Learn about the Ephesians 6 Armor and how important it is to wear it every day

