

Overcoming Fear: The Lord is my Shepherd

P S A L M 2 3





Intro

Acrophobia: fear of high places

Agoraphobia: fear of open spaces

Claustrophobia: fear of small places

Bathophobia: fear of deep places

Haphephobia: fear of being touched

Zoophobia: fear of animals

Sciophobia: fear of your own shadow

FOMO: Fear Of Missing Out



I. Good Fear

"The fear of the Lord is the beginning of wisdom" (Proverbs 1:7).

"Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised." (Proverbs 31:30).

"Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in Hell." (Matthew 10:28).



I. Harmful Fear – How to Overcome (Ps.23)

A. When you follow the voice of the Shepherd, he leads you in **His pathway** for your life.

- His pathway is more about who you are becoming than it is about what you are doing.

I. Harmful Fear – How to Overcome (Ps.23)



B. When you follow the voice of the Shepherd, He leads you at the right *pace* and *amount* we need.









I. Harmful Fear (Ps.23)

B. When you follow the voice of the Shepherd, he leads you at the right pace and amount we need.

- He leads us by still waters and green pastures. It may not be a lot; it may not even be as much as I want; but it will be just enough for what I need.
- From this truth, David was able to say, "I fear no evil, for You are with me." (Ps.23:4)

Conclusion



1. Acknowledge that harmful fear is not of God. "Even though I walk through the valley of the shadow of death, I will fear no evil." (Ps.23:4)
2. Trust God to remove your fear. "Do not be afraid, for I am with you." (Gen.26:24).
3. Claim what God has actually given you. "For God did not give us a spirit of timidity (or fear), but a spirit of power, of love, and of self-discipline." (II Tim.1:7).
4. "FEAR" is False Evidence that Appears Real.