



OVERCOME FEAR

Fear has the ability to stop us right in our tracks and completely immobilize us. It can debilitate us regarding God's plan for our lives. With numerous passages in the Bible that address fear, it is evident that fear is a very real thing for us and further reveals that God doesn't want us to live in a state of fear.

In the video, *Overcome Fear*, Dr. Bobby Brewer delves into this very real battle that everyone struggles with at some point in their life and offers three ways to get us unstuck from the trappings of fear.

First: Watch the *Overcome Fear* video featuring Dr. Bobby Brewer, author and pastor.

****Please note:** We use the first person throughout our study guides. We do this with the hope that it will enable you to overcome your personal struggle (in this case with Fear) and to grow in your personal relationship with God.*

Dive Deeper

Dr. Bobby Brewer shares about a large battle from Genesis 14 in which four kings battle five kings (Gen. 14:1-11). During the battle, the two kings of Sodom and Gomorrah fled and fell into tar pits (v. 10).

How do tar pits act as an example of fear?

Proverbs says, "The fear of man proves to be a snare" (Prov 29:25a WEB). What are snares used for when hunting prey?

Additional Thoughts:

How has fear immobilized you in your life?

Additional Thoughts:

What has fear kept you from doing that you feel God really wants you to do?

Three Ways to Battle Fear

1. Know that God is with you.

Psalm 23:4 says, *“Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me. Your rod and your staff, they comfort me”* (WEB).

Think of a time when you were overcome with fear. What did it feel like?

Did you sense that God was with you? If yes, then how? If no, how did you cope?

There are many stories in the Bible that reveal people experiencing God’s presence when facing times of intense fear. For example, Moses asked God to find someone else to speak to Pharaoh because he was afraid (Exodus 3 & 4). Even though God was

displeased with Moses, He used Moses to bring the Israelites out of captivity in Egypt. In Judges 6 & 7, God called Gideon to destroy a great people called the Midianites. Gideon feared that he and his weak clan could never conquer them. After questioning God, God whittled down the number of warriors to just 300 and used them to annihilate the Midianites. The Bible is full of stories of God using the most unlikely of people to accomplish His mighty tasks.

What happens when you try to fight fear on your own?

What happens when you ask God for help when facing the giant of fear?

We need not fear, because God is with us!

2. Trust in God's Word.

When Joshua crossed the Jordan River, God told him to not fear. We can assume that Joshua was overcome with fear. Forty years earlier, Joshua had seen the giants and the fortified walls firsthand when he spied out the Promised Land. In Joshua 1:8, God tells Joshua to never cease from reciting God's Word. *"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success"* (WEB).

Bobby stated, "It (fear) happens to the best of us."

There are 365 verses in the Bible that address fear. That is one verse for every day of the year! Here are just three examples:

- Ps 34:4 – *I sought the LORD, and He answered me and delivered me from all my fears* (ESV).
- 2 Tim 1:7 – *For God didn't give us a spirit of fear, but of power, love, and self-control* (WEB).

Additional Thoughts:

• Josh 8:1 – *And the LORD said to Joshua, “Do not fear and do not be dismayed. Take all the fighting men with you, and arise, go up to Ai. See, I have given into your hand the king of Ai, and his people, his city, and his land” (ESV).*

What other verses can you find in the Bible that encourage you that God is with you during times of fear?

Additional Thoughts:

3. Musical Worship.

Throughout history, many militaries sent musical bands into battle. Even Joshua was known to send the choir into battle (Josh 6:1-27). See also 2 Chron 20:1-37; Ps 68:25; 1 Chron 15:16; Acts 16:25; 1 Sam 16:23.

Bobby stated that, *“There is something about musical worship that encourages our spirits and, also, there is something about singing praises out loud that resonate throughout the heavenlies.”*

Have you had a time in your life that you praised and worshiped God in a battle you were fighting?

How did that affect you?

Did it change your perspective?

How did it strengthen you?

Recap

The Bible is full of stories about God using people overcome by fear and God walking alongside them during times of great distress. You don't need to live in a state of fear when you know that God is with you.

Bobby stated the following three ways to overcome fear:

1. God is always with you.
2. Recite God's Word.
3. Praise God with musical worship.

Live It Out

- Pray. When you first sense fear attacking you, don't hesitate. Immediately cry out to God.
- Memorize Psalm 23:4. Once you have put that verse to memory, start memorizing more of the 365 verses on overcoming fear.
- Make musical worship a part of your everyday life. Set aside time first thing in the morning to put on musical worship and turn your heart to magnify God. Sing along to it in your car. Play it at your workstation. Praise with your church congregation in singing worship.
- Journal what your fear was and how you overcame it to remember God's past faithfulness.

Salvation through Jesus

If you don't know Jesus as your Lord and Savior, we encourage you to visit www.anchorpointmedia.org/the-truth. There you will discover the truth of who Jesus is and how you can have a relationship with Him.

About Dr. Bobby Brewer [1964–2024]

In 2022, Dr. Bobby Brewer helped plant The Chapel at Reigning Grace Ranch in Rio Verde, Arizona, and led as Senior Pastor until his passing in mid-2024. During his thirty years of serving in ministry, he served on the pastoral staff of several evangelical churches in the Greater Phoenix area. He co-hosted a Christian radio show for fifteen years and authored a variety of books, including *Postmodernism: What You Should Know & Do About It*, *Help! I'm Really Single: A Survival Guide for Today's Christian Single*, *UFOs: 12 Things Everyone Should Know*, and he co-authored *A Commentary of Ecclesiastes for the Common Reader* with Dr. Darryl DelHousaye.

Additional Thoughts:

About Anchor Point Media

We create Christ-centered videos and material to encourage people to seek the Truth of who Christ is and to grow deeper in their relationships with God.

We partner with Bible scholars and Bible-teaching pastors & leaders who teach biblically-sound doctrine. The teachers we work with have hearts to reach the lost, to bring hope to the hopeless, and to strengthen relationships with our LORD & Savior.

With God's help, we are actively transforming lives with the Love, Truth, and Hope of Jesus.

Discover more videos from the Overcome series, as well as other series, at www.anchorpointmedia.org.