



Unafraid – FEAR
Release Your Cares to God
Sheri Clifton



Always face your fears.



Except spiders.

**Run, flee, stomp, scream, cry, slap,
shoot, taze throw items at, set fire to,
explode, do whatever it take to get
away from a spider.**



Face Your Fears with Faith

Examine Your Assumptions
in Light of the Facts

Attack Your Anxieties
with Actions

Release Your Cares to God



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1 Peter 5:7
Cast all your anxiety on God,
because God cares for you.



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John 3:16

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.”



Romans 8:14–17

For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ – if, in fact, we suffer with him so that we may also be glorified with him.




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Release cares to God.

Why? Because God cares for you.


How? Starts with trust and surrender.

 **Matthew 12:22–34**

He said to his disciples, “Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest?”



Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you – you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.



Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also."



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**In practice: physically,
emotionally, mentally,
spiritually**



**Physically:
Breathe.
Relax.**

 **Isaiah 41:8–10**

But you, Israel, my servant, Jacob, whom I have chosen, the offspring of Abraham, my friend; you whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off”; do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.



Isaiah 41:13

For I, the LORD your God, hold your right hand; it is I who say to you, “Do not fear, I will help you.”



Emotionally:
Feel the feelings.
Land on the Truth.



Mentally:

Renew your mind.

Take thoughts captive.

Focus thoughts.



Romans 12:2

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect.

Philippians 4:8–9


Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.



Spiritually:

Pray.

Practice gratitude and praise.



Philippians 4:4–7

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



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Peter 5:8–11

Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering.



And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

Jeremiah 17:7–8

Blessed are those who trust in the Lord,
whose trust is the Lord. They shall be
like a tree planted by water, sending out
its roots by the stream. It shall not fear
when heat comes, and its leaves shall
stay green; in the year of drought it is
not anxious, and it does not cease to
bear fruit.