



SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES

SPEAKER: Nick Orduna

Saturday, 4/16/22

Scripture: Psalm 56:3-4

Title: How Can I Overcome My Fears?

Welcome to Win the Day. I'm Pastor Nick Orduna filling in for Nat Crawford and today we are going to talk about fear and I hope our time together is an encouragement to you.

I'm not sure I'm the right guy to talk to you about fear as there are a lot of things that I am fearful of. Snakes are definitely at the top. As I shared earlier this week, I don't like confined spaces so I am a little claustrophobic. I've also had some scary encounters with dogs growing up so I put dogs on the top of the list of things that I'm fearful of.

The fear that I want to talk about today is the fear of the unknowns, the what ifs, and any other situations that are outside of our control. When those moments of fear creep in, we must wash our minds in the truth of God's Word. We are called to take our fear and sift it through the unfailing promises of God and His unchanging character. Listen to these verses that would be great to put to memory in those moments of fear.

Psalm 56:3-4 (NLT) says,

When I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?

When we are afraid God asks us to trust Him. He doesn't ask us to understand the "why" the "how" or the "when" of it all. When we forfeit our right to have all the answers now, we show that we are dependent and solely relying on Him; which is exactly where He wants us.

Very similar to the challenge I had for you earlier this week, I think it's important to learn to talk to yourself instead of listening to yourself. When you're seeking to talk to yourself, I think it's important to start with God, not you. What is true about God? He is faithful. He is in control. And the promise in Romans 8:39 that there is nothing in all creation that will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

You see, much like discouragement, loneliness, and other unhealthy emotions, we let our feelings tell us what's true instead of letting truth transform our feelings. Our emotions are unstable, unreliable, and often governed by pride and lies that feel like the truth. Your struggle with feelings of fear that you have in life might be due to the fact that you are listening to yourself instead of talking to yourself.

I'm so thankful for the privilege of prayer and knowing that I can approach the throne of grace with boldness at any time of the day or night. One of my favorite things to do in prayer is to focus on the attributes of God and His unfailing and perfect character. For example, He is ABLE. He is FAITHFUL. He is ALL-POWERFUL. He is UNCHANGING. He is TRUSTWORTHY.

So remember, in those times of fear, wash our minds in the truth of God's Word and the unfailing promises of God and His unchanging character.