

# Breaking Free From Any Fears

Breaking Free: From What's Holding You Back  
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## 2 Kinds Of Fear

**Good Fear:** Psalm 111:10a, *"The fear of the Lord is the beginning of wisdom..."*

**Bad Fear:** Matthew 14:22-32, *The disciples were afraid when they first saw Jesus. Peter became afraid while walking on the water*

### Matthew 14:22-33 (CSB)

*Immediately he made the disciples get into the boat and go ahead of him to the other side, while he dismissed the crowds.*

<sup>23</sup> *After dismissing the crowds, he went up on the mountain by himself to pray. Well into the night, he was there alone.*

<sup>24</sup> *Meanwhile, the boat was already some distance from land, battered by the waves, because the wind was against them.*

<sup>25</sup> *Jesus came toward them walking on the sea very early in the morning.*<sup>26</sup> *When the disciples saw him walking on the sea, they were terrified. "It's a ghost!" they said, and they cried out in fear.*

<sup>27</sup> *Immediately Jesus spoke to them. "Have courage! It is I. Don't be afraid."* <sup>28</sup> *"Lord, if it's you," Peter answered him, "command me to come to you on the water."* <sup>29</sup> *He said, "Come." And climbing out of the boat, Peter started walking on the water and came toward Jesus.* <sup>30</sup> *But when he saw the strength of the wind, he was afraid, and beginning to sink he cried out, "Lord, save me!"* <sup>31</sup> *Immediately Jesus reached out his hand, caught hold of him, and said to him, "You of little faith, why did you doubt?"*

<sup>32</sup> *When they got into the boat, the wind ceased.* <sup>33</sup> *Then those in the boat worshiped him and said, "Truly you are the Son of God."*

## Discerning good fear from bad fear...

1. What is the source of your fear?
2. Does your fear motivate you to excellence or to lethargy?
3. Have you done something to cause the fear?

## Learning to overcome bad fear...

1. Make sure you are living by God's instructions (V.22).
2. Don't forget what God has done (Vv.13-21).
3. Depend on the presence of Jesus (V.27).
4. Act on what Jesus says and not what you see or feel (Vv.29-30)
5. Doubt always leads to fear which is the enemy of faith (V.31).
6. When you realize the presence of Jesus, fears cease and worship reigns (Vv.32-33).

## Facing your fears with faith...

1. Consider the worst outcome if your fears come true.
2. Accept the worst is possible only if God allows it.
3. Trust God to use whatever the outcome for your good and glory