**FREEDOM FROM FEAR AND ANXIETY**

**Introduction**

* In today's fast-paced world, filled with uncertainties at every turn, many find themselves overwhelmed by fear and anxiety.
* These emotions, can escalate to dominate our lives, impacting our relationships, our health, and our spiritual well-being.
* Yet, as believers, we have a powerful resource in the Scriptures, which offer us not just solace but a pathway to freedom.

***"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness" (Isaiah 41:10 KJV).***

* The call to cast our anxieties on God, because He cares for us, is a recurrent theme in the Bible (1 Peter 5:7 KJV).
* This invitation not only reassures us of God's omnipresence but also challenges us to alter how we respond to anxiety-inducing situations.
* Today's sermon will delve deep into what it means to live in the freedom proclaimed by Christ,
* A freedom that liberates us from the chains of fear and anxiety, enabling us to live a life marked by peace and resilience.

**Objectives of the Sermon on "Freedom from Fear and Anxiety"**

1. **Recognize Biblical Teachings on Anxiety**: Understand what the Scriptures say about fear and anxiety.
2. **Identify Sources of Anxiety**: Explore common sources of fear and anxiety among believers.
3. **Trust in God's Sovereignty**: Learn to rest in the knowledge of God's control over our lives.
4. **Practice Godly Meditation**: Promote the habit of meditating on God’s Word to combat anxiety.
5. **Cultivate Prayer and Supplication**: Emphasize the role of prayer in alleviating fear and anxiety.
6. **Experience God's Peace**: Encourage believers to embrace the peace that God promises.
7. **Foster Community Support**: Highlight the importance of Christian fellowship in overcoming anxiety.
8. **Engage in Faithful Witness**: Empower believers to testify to others about overcoming fear through faith.

**Explanation of Objectives**

1. **Recognize Biblical Teachings on Anxiety**

* Scripture provides clear guidance on handling fear and anxiety, teaching us to rely not on our own understanding but on the trustworthiness of God.

***"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God" (Philippians 4:6 KJV).***

* This directive not only advises against undue worry but also outlines a method for dealing with anxieties as they arise—through prayer and a heart of gratitude.

1. **Identify Sources of Anxiety**

* Understanding the triggers of our anxieties is a critical step in overcoming them.
* These sources can range from personal health, financial concerns, to global uncertainties.
* Acknowledging these triggers allows us to address them specifically through faith and scriptural truths.

***"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7 KJV).***

* This verse reassures us that fear is not from God, prompting us to seek His power and love in dealing with our fears.

1. **Trust in God's Sovereignty**

* A deep-seated trust in God's sovereignty provides the foundation for overcoming anxiety

***"The LORD is my shepherd; I shall not want" (Psalm 23:1 KJV)***

* This is a confidence that God is looking after our needs, guiding us through every challenging and circumstance.
* This trust is cultivated through understanding and accepting that God's plans are perfect.

1. **Practice Godly Meditation**

* Meditation on God’s Word is a potent tool against anxiety.
* This practice involves not only reading Scripture but reflecting on its meanings and implications for our lives.

**"Thy word have I hid in mine heart, that I might not sin against thee" (Psalm 119:11 KJV).**

* By internalizing God's Word, we equip ourselves with spiritual truths that can dispel the lies and exaggerations often at the root of our anxieties.

1. **Cultivate Prayer and Supplication**

* Consistent prayer is critical in dealing with anxiety.
* It fosters a direct connection with God, allowing us to lay down our fears and receive His peace.

***"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:7 KJV).***

* Through prayer, we not only communicate our worries to God but also open ourselves to the peace He offers in return.

1. **Experience God's Peace**

* Experiencing God’s peace is both a promise and a testimony to His faithfulness.
* This peace, often incomprehensible in worldly terms, guards our hearts and minds, providing a buffer against overwhelming anxiety.

***"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27 KJV).***

* Embracing this peace requires an active reception of Christ's words and a conscious decision to reject fear.

1. **Foster Community Support**

* The role of Christian community in combating anxiety cannot be overstated.
* Sharing our fears with fellow believers can lead to mutual encouragement and support.

***"Bear ye one another's burdens, and so fulfil the law of Christ" (Galatians 6:2 KJV).***

* As we engage with others, our burdens become lighter, and we embody the love and support that Christ has mandated for His church.

1. **Engage in Faithful Witness**

* Finally, our journey towards overcoming anxiety is not only for our benefit but also for that of others.
* Testifying to how God has delivered us from fear serves as a beacon of hope to those still struggling.

***"And they overcame him by the blood of the Lamb, and by the word of their testimony" (Revelation 12:11 KJV).***

* Our stories of victory over fear can inspire faith in others, leading them to seek God’s peace in their lives.