**PERSONAL NOTES**

**FEAR NOT**

**Part 3 - FEAR OF THE DARK**

OPEN

1. Is anyone here afraid of the dark?
2. Darkness does funky things with our brain!
3. Remember the “Something is following you home at night thing?”
4. “Under the Bed Monster?” “Closet Monster?”
5. One of the reasons the movie MONSTERS INC was so popular – every person could identify – young and old.
6. Here’s one I faced down: Going into the ocean at night!!!!! HUH???
7. It wigs us out when we can’t see – Sharks!
8. Article – pigs, dogs, horses, ants, spiders and bees KILL more than sharks! (avg. 1-per year)
9. There are other kinds of darkness that attacks us in our adulthood:

* Darkness of Debt swarms around you.
* Darkness of Divorce
* Darkness of Death of a loved one or friend
* Darkness of the future – Will the world end as the Mayans predicted? Ha!
* Darkness of the unknown – what is going to happen EX: Mary
* Dark times, days, weeks, month – ENTIRE YEAR has been dark

1. I love it that we celebrate Christmas in December --- December 21st is the darkest day of the year. Winter solstice.
2. Because LIGHTS were a big part of the first Christmas as they still are today.
3. SHEPHERDS – Glory of God shown
4. MAGI – led by a light/star in the sky
5. ANGEL- “I bring you GOOD news!”

**(Read Together) 2 Timothy 1:7 NKJV “**For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Called a SPIRIT of fear. Good news we can deal with it spiritually.

We all face dark times, fears of the future, what is going to happen.

**IN DARKNESS . . .**

* **I become disoriented.**

1. **(**John 12:35) “...The man who walks in the dark does not know where he is going.”
2. Darkness always causes fear.
3. EX: Scuba diving – night dive
4. On the reef where 9 months earlier a female dive master had died.
5. Current was pushing us deeper.
6. Dive Master – Turns off his light so we can see the plankton glow.
7. I panicked!! Had I been in the light I would have been able to keep my bearings, seen the reef and visibly see the bottom and the surface of the water.
8. If you have ever been in darkness you don’t know where you’re going and you end up where you don’t want to be and that leads to . . . .

**IN DARKNESS . . .**

* **I become disappointed.** 
  1. DEFINTION – it is “a missed appointment”.
  2. Maybe this year didn’t turn out like I thought it would.
  3. **(Job 30:26 GN)** “I hoped for happiness and light, but trouble and darkness came instead.”
  4. You’re a candidate today – to let the light of Christmas light up your life.
  5. Disappointment may happen Christmas morning.
     1. EX: JC Penney and Sears Catalog – we would look up the weight to figure out what was coming.
     2. EX: At Grandparents – slip
  6. This year didn’t turn out how I thought it would
  7. I don’t know where I’m going,
  8. **Stage THREE of Fear of Dark is . . . .**

**IN DARKNESS . . .**

* **I become distressed.**

1. Darkness always causes stress and pressure.
2. Anyone ever got lost in the woods? That eerie feeling and panic???
3. “I am stressed out – “and nobody cares” – not even God.
4. Like David: **(Psalm 22:1 GN)** “I have cried desperately for help, but still it does not come.”
5. THOUGHT? “What’s the use of being a Christian?”
6. C’mon God.
7. Darkness– didn’t work out like I thought.

Stage four of fear of the darkness

**IN DARKNESS . . .**

* **I become depressed.**

1. Depression says: “I need to find a way out of here. I can’t take it any more!”
2. Facing the holidays – (Death / no $$ / alone / tough year)
3. The holiday season only highlights that pain.
4. Part of you says – “Maybe it would be best if I just checked out of here.”
5. Jeremiah (**Lamentations 3:19-20 GN)** “The thought of my pain...is bitter poison. I think of it constantly, and my spirit is depressed.”
6. EX: DH Dark times (Dallas – Summer of 1981) Many years ago. Selling artwork. Want to be in full time ministry. Crashing in a sales job. No friends. Lonely. Afraid of the Future. On a walk – I was too scared to do anything – Prayed – “God just take me home”.
7. There are some who have faced some huge crisis. Lost a loved one, laid off from a job, major sickness, divorce . . **. some part of this year that hurts inside**… and you’re experiencing a depression.
8. God went out of HIS way to come in the darkest part of the year to bring light!
9. God came in the darkest part of the year to bring light to you.
10. My prayer – is that you would know the light and life of Jesus Christ and experience the power of the light!
11. **Matthew 1:23** “The virgin will be with child and will give birth to a son, and they will call him Immanuel” --which means, “God with us.”
12. Pray that you would sense and know HIS presence in your life.

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**Genesis 1:3 “**And God said, ‘Let there be light,’ and there was light.”

**(2 Samuel 22:29 GN)** “You Lord, are my light; you dispel my darkness.”

**(1 John 1:5)** “...God is light; in him there is no darkness at all.”

**When we seek him out here is what God will do for you Here With Us**

**THE LIGHT OF GOD IS THERE . . .**

**1. To guide me when I’m disoriented.**

1. **John 8:12** “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”
2. **Psalm 119:105** “Your word is a lamp to my feet and a light for my path.”
3. God wants to give you guidance for everything you face.

**THE LIGHT OF GOD IS THERE . . .**

**2. To encourage me when I’m disappointed.**

1. **(Psalm 34:18 GN)** “The Lord is near to those who are discouraged; he sees those who have lost all hope.”
2. There are more disappointing days ahead
3. **(Jeremiah 29:11)** “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**THE LIGHT OF GOD IS THERE . . .**

**3. To strengthen me when I’m distressed.**

1. **(Psalm 23:4 GN)** “Even though I go through the deepest darkness, I will not be afraid, Lord, for you are with me.”
2. That light is with me!
3. **(Philippians 4:13)** “I can do everything through him who gives me strength.”

**THE LIGHT OF GOD IS THERE . . .**

**4. To change me when I’m depressed.**

1. He will do a supernatural work.
2. You have the potential to leave this place different.
3. **1 John 2:8 LB** “...the darkness in our lives disappears and the new light of life in Christ shines in.”
4. **John 12:46 LB** “I have come as a Light to shine in this dark world, so that all who put their trust in me will no longer wander in the darkness.”

CLOSE

Wherever you are --- I believe you can leave here CHANGED. That’s what the light is all about!!!!

Millions of people see the light – but just walk on by.

If you are facing any one of those four darknesses.

**I’m disoriented.**

**I’m disappointed.**

Life is not working out the way I planned – kids, marriage, job, finances

**I’m distressed ----** convinced God doesn’t even care.

**I’m depressed** -- Maybe the people closest to you don’t even know it**. Outside** - “HOHOHO” **but inside** you’re ready to check out.

Don’t just look at the light, or marvel at it, . . . .**but run to it!! Grab hold of it! Allow the LIGHT of JESUS CHRIST shine in you!**

Prayer – lift your hand any of these dark areas????

Disoriented

Disappointed

Distressed

Depressed

Jesus be my Lord