**OUTLINE**

**FEAR NOT**

**PART 1 - Fear of Intimacy**

Fear: *An anxious feeling, caused by our anticipation of some imagined event or experience.*

**Fear of Intimacy**

1. **Comes from misinformation.**

**Luke 1:28-30** ““Greetings, you who are highly favored! The Lord is with you.” **29**Mary was greatly troubled at his words and wondered what kind of greeting this might be. **30**But the angel said to her**, “Do not be afraid, Mary,** you have found favor with God.

**Luke 2:8 -10** And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. **9**An angel of the Lord appeared to them, and the glory of the Lord shone around them, and **they were terrified.** **10**But the angel said to them, **“Do not be afraid. I bring you good news** of great joy that will be for all the people.

John 8:44 You belong to your father, the devil, and you want to carry out your father’s desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

**Fear of Intimacy**

1. **Comes from our hidden weaknesses.**

**Genesis 3:9-10** But the LORD God called to the man, “Where are you?” He answered, “I heard you in the garden, and **I was afraid** because I was naked; so I hid.”

**2 Corinthians 4:2** (MSG) “**We refuse to wear masks** and play games...Rather, we keep everything we do and say out in the open, the whole truth on display, so that those who want to can see...”

**Fear of Intimacy**

1. **Comes from our desire for approval.**

**Proverbs 29:25** “Fear of man will prove to be a snare, but  whoever trusts in the LORD is kept safe.”

**Fear of Intimacy**

1. **Comes from our past hurts.**

**Job 19:19** “All my intimate friends detest me; those I love have turned against me.”

**Hebrews 4:15-16**For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. **16**Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

**Overcoming the Fear of Intimacy**

**Psalm 34:4** “I sought the LORD, and he answered me; he delivered me from all my fears.”

**1. Receive God’s love and forgiveness.**

**Matthew 11:28-29**“Come to me, all you who are weary and burdened, and I will give you rest. **29**Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

**Luke 2:10-11** “But the angel said to them, ‘Do not be afraid. I bring you ***good news of great joy*** that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord.’”

**Titus 3:3-7 NLT** “Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. **4**But—“When God our Savior revealed his kindness and love, **5**he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. **6**He generously poured out the Spirit upon us through Jesus Christ our Savior. **7**Because of his grace **he declared us righteous and gave us confidence that we will inherit eternal life.”**

**2. Relinquish my issues with God and others.**

1. **1 John 4:18** “There is no fear in love. But perfect love drives out fear...”
2. **Romans 15:7** “Accept one another, then, just as Christ accepted you, in order to bring praise to God.”
3. **Matthew 18:21-22** Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

**3. Refocus on my relationship with God.**

1. **Matthew 22:37-39** “...Love the Lord your God with all your heart and with all your soul and with all your mind...And the second is like it: ‘Love your neighbor as yourself.’”
2. **JOHN 3:16** “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**Luke 2:15** “When the angels had left them and gone into heaven, the shepherds said to one another, ‘Let’s go to Bethlehem and see this thing that has happened, which the Lord has told us about.’”

Revelations 3:20 **“**Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.”

**Psalm 91:1-16**

EX: THE DOOR

Be Refreshed Reconnect

There are only *five basic fears*, out of which almost all of our other so-called fears are manufactured. Those five basic fears are:

*Extinction* - fear of annihilation, of ceasing to exist. This is a more fundamental way to express it than just calling it the "fear of death". The idea of *no longer being* arouses a *primary existential anxiety* in all normal humans. Consider that panicky feeling you get when you look over the edge of a high building.

*Mutilation* - fear of losing any part of our precious bodily structure; the thought of having our body's boundaries invaded, or of losing the integrity of any organ, body part, or natural function. For example, anxiety about animals, such as bugs, spiders, snakes, and other creepy things arises from fear of mutilation.

*Loss of Autonomy* - fear of being immobilized, paralyzed, restricted, enveloped, overwhelmed, entrapped, imprisoned, smothered, or controlled by circumstances. In a physical form, it's sometimes known as claustrophobia, but it also extends to social interactions and relationships.

*Separation* - fear of abandonment, rejection, and loss of connectedness - of *becoming a non-person -* not wanted, respected, or valued by anyone else. The "silent treatment," when imposed by a group, can have a devastating psychological effect on the targeted person.

*Ego-death* - fear of [humiliation](http://www.psychologytoday.com/basics/embarrassment), shame, or any other mechanism of profound self-disapproval that threatens the *loss of integrity of the Self*; fear of the shattering or disintegration of one's constructed sense of lovability, capability, and worthiness.