

Doubt and Fear

- **What is doubt?**

- Matthew 14:31
- Mark 11:23
- Doubt-
 - To feel unconvinced or uncertain about something, or think that something is unlikely
 - To suspect that somebody is not sincere to or trustworthy, or that something is not true, likely or genuine.

- **How doubt enters your life.**

- Doubt can enter your life with a simple thought from Satan. The thought may say, "You're not good enough," or "You will fail at this." When we let it in, it begins to break down the foundation of salvation. You start questioning who we are in the Lord and if you have a purpose. You begin to doubt God and His power and as you begin to doubt you become double minded. When you begin doubting the very foundation of your faith is shaken.

- **What doubt will do in your life?**

- When doubt comes in it will destroy your thought life first. You become double minded, and begin to think things that are negative in a situation. The Bible says that doubt means to be divided in one's mind. Why should you ever be divided in your minds? If Christ lives in you, you should never doubt anything.
- Doubt will slowly begin to take hold of you. Then you will begin to question things in your life. If you allow it to hold on to you, you will slowly start to become a negative person.
- After, you have thought doubtful thoughts for a while, you begin to speak them. Speaking them is worse than thinking them. Your words are very powerful. If you begin to speak doubt in your life, then you believe it is true.

- **How to battle doubt.**

- Revelation 12:9
 - You are to be walking in the Kingdom of God everyday of your life. When you allow doubt to enter your mind it takes over and you begin to stop trusting in the Holy Spirit. You must trust Him. If you believe in Jesus you have eternal life. You can have the blessings of God through Jesus. Doubt is not a blessing of God. It is a curse from Satan that is planted in our minds to steal from us.
- Philippians 4:1
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 - You must have the firm ground of our faith in Jesus to battle Satan and overcome his scheme. You can build your faith by believing the Word of God and walking in it. He will take care of you through everything because He promised that He would. You must get rid of our double mindedness through prayer. When you ask for your needs to be met and God to heal your mind it will happen.

- **What is fear?**

- Fear-
 1. An unpleasant feeling of anxiety or apprehension caused by the presence or anticipation of danger.
 2. An idea, thought, or other entity that causes feelings of fear.

- **How fear enters our life.**

- James 1:2
 - Fear builds off of doubt. Sometimes you might doubt something in your mind, but never speak about it, and over time the problem grows and can become fear. Fear enters your life the same way doubt does. When you begin to take on fear then you don't believe that God is God and he takes on all things. As you become double minded you fall into fear.
 - If you are going to be double minded you can never truly get a hold of anything and you become unstable.

- **How to battle fear.**

- When battling fear, the awesome thing is how he works the situation out. If you choose to speak the badness of the situation it will be bad. If you talk about the glory that will be brought forth, then you will be victorious. When you believe that Jesus is the Son of God you are the over comer.
- Bind up the fear every time it interrupts your day. You shouldn't stand around and let the enemy beat you up with the fears of the world. Instead, stand your

ground and fight the good fight. You are an over comer and victorious through Jesus Christ.

- **Luke 12:32** *"Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.*
 - The word afraid here in Greek means: to put in fear, terrify, frighten.
 - Why should you fear anything when we know our Father in Heaven wants to give us things of His Kingdom? The gifts of the Kingdom will never do any harm to you because you serve a great and powerful God, who wants you to have only good things.

- **Mark 11:22** *"Have faith in God," Jesus answered.*
 - That is all it takes is faith. Once you begin to practice your faith, your fears don't seem as bad. Continue to stay positive and know the Lord will work the whole situation out then the fear will leave.

- **James 4:7** *"Submit yourselves, then, to God. Resist the devil, and he will flee from you."*
 - Once you submit yourselves to the Lord, the devil has to flee. You must place your fears in His hands. After you've done this there is nothing to worry about anymore because you know your God will handle everything. Resisting the devil causes him to flee. He will not stay around while you are praising the name of Jesus. Satan hates to hear your praises to Jesus.

- **Ways to keep Doubt and Fear out of our lives:**
 - **Proverbs 15:4** *"The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit."*
 - **Proverbs 18:21** *"The tongue has the power of life and death, and those who love it will eat its fruit."*

- **Speak Life:**
 - The world is so negative today. All we hear is the negative talk in the news. We never hear of the Lord. We hear people talk of the hurts and pains, but never of their health and healing.
 - Learn to think upon the good things of the Lord and be positive a positive person. Once you begin to think differently, you begin to speak differently.
 - Begin to constantly thank the Lord everyday for what He has done in your life. The words of your mouth are very powerful. Words do condemn us. **We live by our word.** What you speak over yourself is what you will become. The tongue is a powerful tool. You must constantly build up yourself and others.

The words that come out of your life must uplift people. If we didn't speak negative over our life, there would be no room for doubt and fear.

- Do not speak gossip. When you do, you are eating the fruit of your tongue. As you speak truth into others life you build them up. Do you like the way you feel after someone has spoken death into your life? If you don't, then why would you ever want to do that to someone else? You should never speak death until the Holy Spirit speaks it. Many times death is spoken when life should be spoken. Jesus speaks life. We must break the power of negative words. There is power in the words that are spoken. We must speak blessings. If we are Gods children, we are to speak life and never things that bring death. When we bring doubt and fear the crumbling of the foundation comes. Be careful to speak encouragement. Speak the word of God to others. It builds them up. See how many times things change when you speak positive. Don't speak the bad. We recognize it, but we do not encourage it. Don't speak them as being that way totally and completely. Do not speak failure over your life.
- **Create a notebook:**
 - Start a journal of your prayers and watch God answer them in His time. It will begin to fulfill your faith in God when you see things happen. You must get into the Word of God. God makes things simple for you, so don't complicate them. It is easy to make a situation difficult, but why would you do that when Jesus paid the price so you can walk doubt and fear free. **When you do the possible, God will do the impossible! If you are doing something impossible, God is not in it!!** You were not created to do impossible things. God wants you to trust Him for the impossible. Starting a journal of prayers begins to put your faith in motion. It says, "God I have faith that you will work things out according to your will and time frame." Focusing on your own will and time frame cause the door to open up for doubt and fear to come in.
- **Apply John 17 to your life:**
 - John 17 is the prayer Jesus prayed for us when He was in the Garden. Jesus knew He was no longer in the world and we are, so He prays that we will not be lost. He came to fulfill the scripture. We believe in Jesus Christ through the word that the disciples brought down. When we read this chapter the doubt and fear should leave because God has not given us a spirit of fear, but love and joy and a sound mind. The only fear we should have is the fear of our father. We sometimes center too much on "I" instead of on others. When we think about ourselves, we neglect seeing what God is doing around us. We must look around and see what He is doing. Be a part of that life. Whom shall we fear? Absolutely no one, but God the Father. He has our life in the palm of

His hand. We are saved through faith through Jesus. He paid the price for our salvation and abundant life. God will trust us as we trust in Him. We must expect to see stability in our lives.

- **Open up your mind:**

- Don't be narrow-minded. Open your mind to know God can work any way to bring about things of Him in our lives. The enemy speaks into our minds and into our lives. We must guard against what he says. If Satan speaks to you something that does not line up with the word of God, you can then speak the Word of God in rebuttal. Then he will flee and the doubt and fear will leave. He will put one little thought in, and they grow until you are in confusion. When confusion comes in you must know to stand in the Lord. Let's believe for change in life instead of death. If you think in your mind something cannot change then it won't. You must think it will change and then speak it. Believe even when the faith isn't there. We must believe what God is doing for us. We must have that confidence in Jesus as the redeemer. Trust in the Lord and rest in Him.