

# Hope When Life Hurts: Overcoming Fear

Wylie United Methodist Church

Pastor Jeff Hatcher – March 6, 2022

## Genesis 3:6-10

6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. 7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. 8 Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. 9 But the Lord God called to the man, "Where are you?" 10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

## John 20:19-20

19 On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "**Peace be with you!**" 20 After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

We can overcome fear if we...

### 1. **PUT OUR TRUST IN GOD**

Psalm 42:5

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God...

Proverbs 3:5

Trust in the Lord with all your heart and lean not on your own understanding;

Hebrews 13:5-6

5 ... God has said, "Never will I leave you; never will I forsake you." 6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

John 14:27

**"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."**

Psalm 34:4

I sought the Lord, and he answered me; he delivered me from all my fears.

We can overcome fear if we...

### 2. **PRAISE GOD & PRESS INTO HIM**

Psalm 42:5-6

5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and 6 my God...

Philippians 4:4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

We can overcome fear if we...

### 3. **REMEMBER GOD'S PAST FAITHFULNESS**

Psalm 42:6

... My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon...

1 John 4:18

There is no fear in love. But perfect love drives out fear...