

FEARLESS

SESSION #2 FINDING STABILITY IN TIMES OF INSTABILITY



Updated March 25, 2020

Session #2 – Finding Stability in Times of Instability

“For God gave us a spirit not of fear but of power and love and self-control.” – 2 Timothy 1:7

Summary of Study: Fearless is finding courage from God to face those things in life that keep us from walking in all that we are called to be.

Introduction: Reframing Your Perspective

When we face times of uncertainty and find ourselves bombarded by fear then it seems that those hours we are walking through the darkest of valleys. Sometimes when we find ourselves in such a valley, we don't know where to turn or where we can find a little stability in a time which our world is shaken by instability. It is during this time that you need to take the advice of the Psalmist as he declares,

Psalm 56:3 – When I am afraid, I put my trust in you.

In the midst of dark days and times when Lewis was harassed by the fear of an unseen enemy he simply stood on the solid foundation of the Word of God and the promises of the Lord. When he faced pain and sorrow then he would cling to the Lord for strength. Lewis observed,

God whispers to us in our pleasures, speaks to our conscience, but shouts in our pains: it is His megaphone to rouse a dead world. – **C.S. Lewis** (The Problem of Pain, 93).

Today, we are reminded that when fear and uncertainty overwhelm our world, it does not have to overwhelm our life. Fear does not have to rob us of hope, peace, and joy because we are not alone. We have the Lord our God watching over us, strengthening us, and giving us a solid foundation from which we can stand against the unseen enemy. Let us “Reframe our Perspective” and never forget those powerful words of encouragement given by the Apostle Paul to a young, timid Timothy.

2 Timothy 1:7 (ESV) – For God gave us a spirit not of fear but of power and love and self-control.

Section #1 – Reframe Your Perspective by Replacing Lies with Truth

The first section of our study looks at four different lies that fear tries to get us to believe when it comes our relationship with the Lord and others. The first step in gaining stability in times of instability is found when we overcome the three lies with truth.

Lie #1 – You Have No Hope

The first lie that fear wants you to believe is that “You have no hope.”

- **Truth #1** – You have everlasting hope in Christ alone. Jesus Christ is the Light that Shatters all darkness and He alone gives you hope in the midst of the valley.

1 Timothy 4:10 (NLT) – This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.

John 8:12 (NLT) – Jesus spoke to the people once more and said, “I am the light of the world. If you follow me, you won’t have to walk in darkness, because you will have the light that leads to life.”

Lie #2 – You Will Not Endure

The second lie that fear wants you to believe is that you will not endure this trial.

- **Truth #2** – The Word of God reminds us that during trials and times of uncertainty that we must not lose sight of what really matters. We must choose to continually replace fear with faith. As we choose to fix our focus on the author of hope then we will be blessed.

Hebrews 12:1-2 (ESV) – Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Endurance is not just the ability to bear a hard thing but to turn it into glory. – **William Barclay**

Lie #3 – You Have Been Forsaken and Forgotten

The final lie that fear wants you to believe is that you have been abandoned, rejected, forgotten, and forsaken but the truth is that the Lord has never left your side.

- **Truth #3** – The Lord is with you wherever you go and He promises not leave you or forsake you as you choose to follow Him.

Deuteronomy 31:8 (ESV) - It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.

Matthew 28:20 (ESV) – And behold, I am with you always, to the end of the age.

Section #2 – Finding Stability

The final section of our study looks at how we can find stability in times of instability. Many people ask a simple question when facing times of uncertainty: How will I make it? How will I survive? What these people are really saying is this: How can I find stability to stand in the face of fear and survive the storm?

The answer is found as we look to the final words of Jesus as found at the end of the Sermon on the Mount. It is here where he gives us the difference between the one who is wise and the one who is foolish in the face of the storm. The example is found in Matthew 7:24-27,

Matthew 7:24-27 (ESV) – ²⁴“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. ²⁵And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. ²⁶And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. ²⁷And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

What do we see in these verses? We see two men with two responses when the storms of life overwhelm them. The reality is that you are one of these two men. One is wise and one is foolish in the eyes of the Lord. As we look to the wise man, we see three principles of finding stability in times of instability.

Principle #1 – Trust the Lord and Listen to God’s Word

Romans 10:17 – So faith comes from hearing, and hearing through the word of Christ.

Principle #2 – Turn to the Lord and Put God’s Word into Practice

Luke 11:28 – But he said, “Blessed rather are those who hear the word of God and keep it!”

Principle #3 – Triumph Over the Enemy by Building Your Life on the Solid Foundation

1 Corinthians 3:11-14 – ¹¹For no one can lay a foundation other than that which is laid, which is Jesus Christ. ¹²Now if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw – ¹³each one’s work will become manifest, for the Day will disclose it, because it will be revealed by fire, and the fire will test what sort of work each one has done. ¹⁴If the work that anyone has built on the foundation survives, he will receive a reward.

Conclusion

Begin trusting in the promises of the Lord today. The more you learn about His Word, the more you will grow in faith which conquers fear.

Hebrews 11:6 – And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.