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# Confronting and conquering the spirit of fear during Covid-19

## Sermon notes



In Mark 4 and 5 we will see two events of how Jesus confronted fear and how you will have to confront fear. In these days of Covid-19, people (unbelievers and believers) are fearful and unless the believer confronts the spirit of fear then he shall be conquered by fear. Let's first look at a question posed to Jesus about the destruction of the temple. He answered the question and revealed much more about the end times.

*But woe unto them that are with child, and to them that give suck, in those days! for there shall be great distress in the land, and wrath upon this people. And they shall fall by the edge of the sword, and shall be led away captive into all nations: and Jerusalem shall be trodden down of the Gentiles, until the times of the Gentiles be fulfilled. And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory. And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh.*

Luke 21:23-28

*People will faint from terror, apprehensive of what is coming on the world, for the heavenly bodies will be shaken.*

New International Version

People will be terrified at what they see coming upon the earth, for the powers in the heavens will be shaken.

New Living Translation

*People fainting with fear and with foreboding of what is coming on the world. For the powers of the heavens will be shaken.*

English Standard Version

*Men will faint from fear and anxiety over what is coming upon the earth, for the powers of the heavens will be shaken.*

Berean Study Bible

What is the believer's response to all this that we are seeing in the Pandemic season? What does God have to say about fear? Paul advised Timothy who was himself going through great times of persecutions,

*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

2 Timothy 1:7

The spirit of fear and a sound mind do not go together. You need to settle this in your understanding today,

FEAR AND A SOUND MIND DO NOT GO TOGETHER. FEAR AND FRENZY ARE PARTNERS IN CRIME

I want you to grasp this and recognize when fear has grabbed your life. Let's look at the signs that fear has grabbed somebody's life,

- **Fear and frenziness go together**
- **Fear and panic go together**
- **Fear and fretfulness go together**
- **Fear and a sense of overwhelming go together**

*My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me.*

Psalms 55:4, 5

- **Fear and agitation go together**
- **Fear and irrationality go together**
- **Fear and torment go together**

*There is no fear in love; but perfect love casteth out fear: because fear hath torment...*

1 John 4:18

- **Fear and feeling all shaken up go together**
- **Fear and fantasy (crazy imaginations, thoughts running wild)**
- **Fear and a sense of trouble go together**
- **Fear and an unstable mind go together**
- **Fear and a nervous breakdown go together**
- **Fear and depression go together**

### All fear is a fear of death and makes you subject to bondage

Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through fear of death were all their lifetime subject to bondage.

Hebrews 2:14

- **Fear and losing control go together**

*And the same day, when the even was come, he saith unto them, Let us pass over unto the other side. And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships. And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm. And he said unto them, Why are ye so fearful? how is it that ye have no faith? And they feared exceedingly, and said one to another, What manner of man is this, that even the wind and the sea obey him?*

Mark :35-41

A sound mind is a mind free from fear.

Two statements I want you to be aware of:

FEAR IN ITS FINAL ANALYSIS IS PARALYSIS

WHAT BLOOD IS TO A SHARK IS WHAT FEAR IS FOR SATAN

Satan will pounce on fear like God will pounce on faith. This is why Paul said to the Philippians, 'And in nothing terrified by your adversaries: which is to them an evident token of perdition, but to you of salvation, and that of God.' (Philippians 1:28). I really love how the Amplified Bible translates this verse,

*And do not [for a moment] be frightened or intimidated in anything by your opponents and adversaries, for such [constancy and fearlessness] will be a clear sign (proof and seal) to them of [their impending] destruction, but [a sure token and evidence] of your deliverance and salvation, and that from God.*

AMPC

The moment you step into a crisis, you are giving out signals. Whatever signals you give will either activate God or Satan. Fear is the Morse code to Satan and Faith is the Morse code to God.

See Jesus dealing with fear in Mark 4 and Mark 5

*And the same day, when the even was come, he saith unto them, Let us pass over unto the other side. And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships. And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. **And he was in the hinder part of the ship, asleep on a pillow: and they awake him,** and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm. And he said unto them, Why are ye so fearful? how is it that ye have no faith? And they feared exceedingly, and said one to another, What manner of man is this, that even the wind and the sea obey him?*

Mark :35-41

*While he yet spake, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further? **As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. And he suffered no man to follow him, save Peter, and James, and John the brother of James. And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly. And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth. **And they laughed him to scorn. But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying. And he took the damsel by the hand, and said unto her, Talitha cumi; which is, being interpreted, I say unto thee, arise. And straightway the damsel arose, and walked; for she was of the age of twelve years. And they were astonished with a great astonishment. And he charged them straightly that no man should know it; and commanded that something should be given her to eat.*****

Mark 5:35-43

### Shut the outlets of fear

1. **Be willing to confront the voice of your house - the voice of reason (Logic or Logos)**
2. **Protect your environment -get the voice of fear out (He suffered no man to follow him and kicked everybody out) Turn the media off.**
3. **Protect your mind and imaginations - 2 Corinthians 10:4**
4. **Go to sleep**

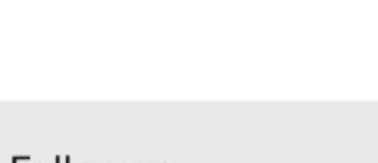
SEE NO EVIL , HEAR NO EVIL AND SPEAK NO EVIL = SEE NO FEAR, HEAR NO FEAR AND SPEAK NO FEAR

PSALM 112 MEDITATION AND CONFESSION

### A few words about Glenn

Dr Glenn Arekion is a gifted teacher and a conference speaker, conveying the Word of truth in a simple yet dynamic and motivational way. Glenn was born in Mauritius but was raised in London, England and now resides in the USA.

### Follow us



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