

**CHOOSE FREEDOM SUPPORT GROUP**  
**WEEK 12 SUPPLEMENT**

**Walk in Trust without Fear**

Trust dispels fear.

The King James version has 385 verses containing the word fear. When studying these verses there are different 'kinds' of fear described. I will share some here.

**Moraw:** fear by implication, a fearful thing or deed, dread, terribleness, terror

Genesis 9:2 And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered.

- God put fear of us upon every beast, fowl, and fish.

**Yawray:** to fear, causatively to frighten, morally to revere

Genesis 15:1 After these things the word of the Lord came unto Abram in a vision, saying, Fear not, Abram: I am thy shield, and thy exceeding great reward.

- God tells Abram to fear not, He is his shield and reward.

**Pakhad:** sudden alarm, dread, great terror

Genesis 31:53 ye the God of Abraham, and the God of Nahor, the God of their father, judge betwixt us. And Jacob sware by the fear of his father Isaac.

- Jacob chastising Laban for his behavior toward him for 20 years. Fear of Isaac kept him from having nothing.

**Fobeho:** frighten, be alarmed, be in awe of, revere, fear exceedingly, reverence

Matthew 1:20 But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost.

- Angel tells Joseph to fear not, for Mary is carrying a baby conceived of the Holy Spirit.

**Dilos:** from di-os dread, timid by implication faithless

Matthew 8:26 And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose and rebuked the winds and the sea; and there was a great calm.

- Jesus chastised the disciples for being afraid and calmed the storm on the sea

**Fobos:** to be put in fear, alarm or fright, be afraid, exceedingly, fear, terror

Matthew 14:26 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear.

- The disciples were afraid when they saw Jesus walking on the water, not knowing it was Him.

**Yiraw:** morally reverence, fearfulness

Jeremiah 32:40 I will make an everlasting covenant with them: I will never turn away from doing good to them, and I will put fear of Me in their hearts so they will never again turn away from Me.

- God gives us fear of Him so we choose to STAY with Him and never leave Him. This is reverential awe or worshipful respect, knowing our lives are better WITH Him than without Him.

There are many scriptures teaching how our lives are improved by fear (reverence) of the Lord including wisdom, benefits, blessings, peace, security, and even long life.

- Proverbs 9:10 The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding.
- Proverbs 1:7 The fear of the Lord is the beginning of knowledge; fools despise wisdom and discipline.
- Psalms 111:10 The fear of the Lord is the beginning of wisdom; all who follow His instructions have good insight. His praise endures forever.
- Psalms 34:9 Oh, fear the Lord, you his saints, for those who fear him have no lack!
- Psalms 103:11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;
- Psalms 103:13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him.
- Psalms 103:17 But from eternity to eternity the Lord's faithful love is toward those who fear Him, and His righteousness toward the grandchildren
- Psalms 112:7-8 He is not afraid of bad news; his heart is firm, trusting in the Lord. 8 His heart is steady; he will not be afraid, until he looks in triumph on his adversaries.
- Proverbs 10:27 The fear of the Lord prolongs life, but the years of the wicked will be short.
- Proverbs 19:23 The fear of the Lord leads to life, and whoever has it rests satisfied; he will not be visited by harm.

So, it seems fear is not ALWAYS seen as a bad thing scripturally. It depends on the root definition. Is it reverential awe and knowing God is your everything, not wanting to live without Him? Or is it fear of harm, nightmares, flashbacks, etc.

Let's look at Psalm 23:1 and Psalm 23:4 and explore their depths. This is directly from a book written by Michael Q. Pink (by permission). He gave this out as a free gift.

Psalm 23:1 The Lord is my shepherd; I shall not want.

**You are protected.**

The Lord is my shepherd,<sup>1</sup> who sought me out to deliver me from where I was scattered in the cloudy and dark day.<sup>2</sup> He is the good Shepherd of Israel<sup>3</sup> who laid His life down,<sup>4</sup> giving it up for the sheep.<sup>5</sup>

As the chief Shepherd<sup>6</sup> and Bishop of my soul,<sup>7</sup> I know He came to give me life and life more abundantly.<sup>8</sup> He is the door of the sheep,<sup>9</sup> and He calls his sheep by name and His sheep follow Him, for they know His voice and a stranger they will not follow.<sup>10</sup> Anyone entering in shall be saved.<sup>11</sup>

You have given me the shield of Your salvation and Your right hand holds me up.<sup>12</sup> You have enlarged my steps under me, so my feet won't slip,<sup>13</sup> and covered my head in the day of battle.<sup>14</sup>

In fact, You have covered me in the shadow of Your hand<sup>15</sup> and have become a shield and exceeding great reward to me.<sup>16</sup> Yes Lord, You are a shield for me, my glory and the lifter up of my head.<sup>17</sup>

In the shadow of Your wings will I make my refuge, until these calamities be past,<sup>18</sup> for I know that I can trust in the cover of Your wings,<sup>19</sup> because You defend me.<sup>20</sup> Some trust in chariots, and some in horses: but I will remember the name of the Lord my God,<sup>21</sup> who is a strong hold in the day of trouble and He knows them that trust in Him.<sup>22</sup>

The Lord redeems the soul of His servants, and no one that trusts in Him will be desolate.<sup>23</sup> The angel of the Lord encamps all around them that fear Him and He delivers them,<sup>24</sup> making a difference between the Egyptians and Israel.<sup>25</sup>

He will cover me with His feathers and I will trust under His wings.<sup>26</sup> Indeed, He is my rock, in whom I trust, my shield and the horn of my salvation, my high tower and my refuge, and my Savior who saves me from violence<sup>27</sup> and enables me to walk upon the high places of my enemies.<sup>28</sup>

The Lord God is a sun and shield,<sup>29</sup> my strength,<sup>30</sup> my help,<sup>31</sup> and my hiding place<sup>32</sup> who hears the cry of the righteous and delivers them out of all their troubles.<sup>33</sup>

He is my fortress and my deliverer in whom I trust, who subdues the people under Him.<sup>34</sup> Not only is He a shield to them that put their trust in Him,<sup>35</sup> but He has given me the shield of faith with which to quench all the fiery darts of the wicked.<sup>36</sup>

The Lord will bless the righteous, surrounding them with favor like a shield,<sup>37</sup> therefore I will rejoice in the shadow of His wings and my soul shall follow hard after him.<sup>38</sup>

I know that the night is far spent, the day is at hand, so I will cast off the works of darkness and put on the armor of light.<sup>39</sup>

In fact, I will put on the whole armor of God, so I can stand against the schemes of the devil<sup>40</sup> withstanding him in the evil day, and having done all, to stand.<sup>41</sup> For the Lord is my strength and the saving strength of His anointed:<sup>42</sup> I will call upon Him and He will save me.<sup>43</sup> Yes, when my heart trusts in Him, I am helped.<sup>44</sup>

Scripture references:

- |                  |                       |
|------------------|-----------------------|
| 1. Psalms 23:1   | 23. Psalms 34:22      |
| 2. Ezekiel 34:12 | 24. Psalms 34:7       |
| 3. Psalms 80:1   | 25. Exodus 11:7       |
| 4. John 10:15    | 26. Psalms 91:4       |
| 5. John 10:11    | 27. 2 Samuel 22:3     |
| 6. 1 Peter 5:4   | 28. Deuteronomy 33:29 |
| 7. 1 Peter 2:25  | 29. Psalms 84:11      |
| 8. John 10:10    | 30. Psalms 28:7       |
| 9. John 10:7     | 31. Psalms 33:20      |
| 10. John 10:4    | 32. Psalms 119:114    |
| 11. John 10:9    | 33. Psalms 34:17      |
| 12. Psalms 18:35 | 34. Psalms 144:2      |
| 13. Psalms 18:36 | 35. Proverbs 30:5     |
| 14. Psalms 140:7 | 36. Ephesians 6:16    |
| 15. Isaiah 51:16 | 37. Psalms 5:12       |
| 16. Genesis 15:1 | 38. Psalms 63:7-8     |
| 17. Psalms 3:3   | 39. Romans 13:12      |
| 18. Psalms 57:1  | 40. Ephesians 6:11    |
| 19. Psalms 61:4  | 41. Ephesians 6:13    |
| 20. Psalms 5:11  | 42. Psalms 28:8       |
| 21. Psalms 20:7  | 43. Psalms 55:16      |
| 22. Nahum 1:7    | 44. Psalms 28:7       |

Psalm 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

### He Calms Your Fears

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?<sup>1</sup> When the wicked, even my enemies and my foes came upon me to devour my flesh, they stumbled and fell.<sup>2</sup>

Even though an army sets up camp against me, my heart will not be afraid. Even though a war breaks out against me, I will still have confidence in the Lord.<sup>3</sup> For to be carnally minded is death; but to be spiritually minded is life and peace.<sup>4</sup>

In all these things we are more than conquerors through Him who loved us<sup>5</sup> and I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature will be able to separate us from the love of God, which is in Christ Jesus our Lord.<sup>6</sup>

No man has power over the spirit to retain the spirit, and no one has power in the day of death.<sup>7</sup> After all, what man can live and never see death? Who can set himself free from the power of the grave?<sup>8</sup>

For since by man death came, by man also came the resurrection of the dead.<sup>9</sup> For as in Adam all die, even so in Christ shall all be made alive.<sup>10</sup> Since God's children have flesh and blood, He too shared in their humanity; that through death He might destroy the one

that had the power of death, that is the devil; and deliver them who because of fear of death were all their lifetime subject to bondage.<sup>11</sup>

For God so loved the world that He gave His only begotten Son, that whoever believes in Him will have everlasting life.<sup>12</sup> Now Jesus has become the mediator of a new testament that those who are called may receive the promise of eternal life,<sup>13</sup> for where there is a testament, there must also of necessity be the death of the testator.<sup>14</sup>

The Lord is on my side, I will not fear what man can do to me<sup>15</sup> for it is better to trust in the Lord than to put confidence in man,<sup>16</sup> so I will not fear those who can kill the body, but are not able to kill the soul: but rather I will fear Him who is able to destroy both soul and body in hell.<sup>17</sup>

The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding,<sup>18</sup> so do not be wise in your own eyes: Fear the Lord and depart from evil.<sup>19</sup> For the eyes of the Lord are over the righteous and His ears are open to their prayers, but His face is against them that do evil.<sup>20</sup>

His salvation is close to those who fear Him; that glory may dwell in our land.<sup>21</sup> Let all the earth fear the Lord: Let all the inhabitants of the world stand in awe of Him.<sup>22</sup> Who will not fear and glorify your name Lord? For You alone are holy, all nations will come and worship You for Your judgments have been revealed.<sup>23</sup>

He that dwells in the secret place of the Most High shall abide under the shadow of the Almighty.<sup>24</sup> I will say of the Lord, He is my refuge, my fortress, my God, in Him will I trust.<sup>25</sup>

#### Scripture references:

- |                         |                   |
|-------------------------|-------------------|
| 1. Psalms 27:1          | 14. Hebrews 9:16  |
| 2. Psalms 27:2          | 15. Psalms 118:6  |
| 3. Psalms 27:3          | 16. Psalms 118:8  |
| 4. Romans 8:6           | 17. Matthew 10:28 |
| 5. Romans 8:37          | 18. Proverbs 9:10 |
| 6. Romans 8:38-39       | 19. Proverbs 3:7  |
| 7. Ecclesiastes 8:8     | 20. 1 Peter 3:12  |
| 8. Psalms 89:48         | 21. Psalms 85:9   |
| 9. 1 Corinthians 15:21  | 22. Psalms 33:8   |
| 10. 1 Corinthians 15:22 | 23. Proverbs 15:4 |
| 11. Hebrews 2: 14-15    | 24. Psalms 91:1   |
| 12. John 3:16           | 25. Psalms 91:2   |
| 13. Hebrews 9:15        |                   |

Do you struggle with nightmares or find it difficult to fall asleep? Did you know God promises us restful sleep?

Psalms 4:8 (ESV) In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

Psalms 127:2 (ESV) It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

**Present yourself before you go to sleep so you can abide and live in the truth, in Christ.**

Psalm 119:148 (ESV) My eyes are awake before the watches of the night, that I may meditate on your promise.

**God keeps you at night (and day).**

Isaiah 27:2-3 (ESV) In that day, "A pleasant vineyard, sing of it! 3 I, the LORD, am its keeper; every moment I water it. Lest anyone punish it, I keep it night and day;  
Psalms 121:4-7 (ESV) Behold, he who KEEPS Israel will neither slumber nor sleep. 5 The LORD is your keeper; the LORD is your shade on your right hand. 6 The sun shall not strike you by day, nor the moon by night. 7 The LORD will keep you from all evil; he will keep your life.

**He also instructs you at night.**

Psalm 15:7-8 (ESV) I bless the LORD who gives me counsel; in the night also my heart instructs me. 8 I have set the LORD ALWAYS before me; because he is at my right hand, I shall not be shaken.

**We have the New Covenant promises so we can trust  
His promises are ours as we have His Spirit in us.**

Jeremiah 31:33 (ESV) For this is the covenant that I will make with the house of Israel after those days, declares the LORD: I will put my law within them, and I will write it on their hearts...

1 Corinthians 6:17 (ESV) But he who is joined to the Lord becomes one spirit with him.

John 16:13 (ESV) When the Spirit of truth comes, he will guide you into all the truth...

Jesus paid to set you free from the fear that steals your peace and brings anxiety and all that is not of God. He is right here with you, in you, protecting you. Trust Him to cast out all fear with His perfect love.

### **Transformation**

- Shake the dust off (the old nature) and walk in Father's love and protection. Perfect love casts out all fear.
- Put off the old, be renewed in your mind, put on the new and continue in the process of transformation:
- Continue to speak the word to renew your mind. Ask His Holy Spirit in you to show you and remind you with His word when fear comes.

**Always remember**, God does the work as we rest in Him. Remember Ezekiel 36: 25-27 and Philippians 2:13!

## Transformation Prayer

*Thank You, Father, that I am in You, and You are in me, and we are one spirit. You are my strong confidence and fountain of life. You have not given me a spirit of fear; but of power, and of love, and of a sound mind. I am strong in You, and I fear not. You come with vengeance and divine retribution; You come and save me. I am strong and of good courage. I fear not, nor am I afraid: for You Lord go with me. You will not fail me nor forsake me.*

*Thank you that Your Spirit in me keeps me from being afraid or dismayed when circumstances abound; for the battle is not mine, but Yours. I am of good courage because You strengthen my heart. My hope is in You, Lord. Yes, I wait on You, Lord and I am of good courage as You strengthen my heart.*

*I am Your righteous and as bold as a lion. I will not be afraid of evil tidings: my heart is fixed, trusting in You, Lord. My heart is established, I am not afraid, and in the end, I will see Your justice in all things.*

*Thank You that Your Spirit in me keeps my heart from being troubled; I believe in You, Lord, and in Your Son, Christ Jesus. You give me peace, not as the world gives, but Your perfect peace in which I rest. When I lie down, I will not be afraid, and my sleep will be sweet. Thank You, Lord, that I am not afraid of sudden fear, nor of the destruction of the wicked when it comes. You, Lord, are my confidence and You keep my foot from being taken.*

*When fear comes, I will trust in You, Lord. I will not be afraid of what man can do to me. Though I walk through the valley of the shadow of death, I will fear no evil: for You are with me; Your rod and Your staff they comfort me. Thank You, Lord, that You are my light and my salvation; whom shall I fear? You are the strength of my life; of whom shall I be afraid?*

*You, who created me, tell me to fear not; for You have redeemed me, You have called me by name; saying I am Yours. You promise when I pass through the waters You will be with me; and through the rivers, they will not overflow me. You promise when I walk through the fire, I will not be burned, neither will the flame set me on fire.*

*Thank You, Lord, when I feel weak, you tell me to say, "I am strong" and I stagger not at your promises, through unbelief; but I am strong in faith, giving glory to You. I am fully persuaded that what You have promised You are able to perform. You teach me to not cast away my confidence, which has great reward, my confidence of this very thing; that You who have begun a good work in me will perform it until the day of Jesus Christ. Because of Your promises, I come boldly to the throne of grace, to obtain mercy, and help in my time of need.*

*Thank You, Lord, that I am strong in You and in the power of Your might, I stand fast in my faith, I am a woman of courage, and I am strong in the grace that is in Christ Jesus.*