

Get Real Part 2: Real People Have Fears

Mark 4:35-41

The Big Idea: Real people have fears, but fear doesn't have to control you

Intro: We all have fears, it's a part of being human, but while one kind of fear can be healthy and rational, there's another kind of fear that is harmful and unhealthy.

The enemy seeks to NORMALIZE fear in our society and lives.

Fear seeks to PARALYZE your life.

The biggest paralyzer of fear is: "WHAT IF". We must go from "WHAT IF" to "EVEN IF".

Even if... God is!

There are three roles that fear plays:

- Fear is... A Manipulator
- Fear is... A Liar
- Fear is... A Thief

In Mark 4:35-41 the disciples are in a boat with Jesus when a great storm arises. Jesus is asleep in the storm but the disciples are fearful for their lives. They woke Jesus up and asked, "don't you care if we drown?" Afterwards, Jesus calms the storm and rebukes the disciples for their fear and faithlessness.

Even though Jesus was in the boat, the disciples were gripped by fear and it caused them to question Jesus.

THREE LIES THAT FEAR WILL TELL YOU

1. You're All Alone

- Fear often isolates us, convincing us we are alone in our struggles.

2. God Can't Be Trusted

- Fear whispers doubts into our hearts, sowing seeds of mistrust and uncertainty.

3. You're Not Going To Make It

- Fear tries to bring you into a hopeless situation

THREE TRUTHS THAT GOD TELLS YOU

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

1. He is with you
2. He is your God
3. He will strengthen, help, and uphold you