

HEARTSICK PART IV
“EMOTIONS THAT CAN BE TOXIC”
PASTOR MATT FRANCE
FEBRUARY 20, 2022

I. FEAR NOT

- There is healthy fear and unhealthy fear.
- I am going to focus on unhealthy fear:
 - It's a fear that keeps us from moving forward.
 - It's a fear that leads us to regret.
 - It's a fear that controls our life and threatens our destiny.
- I've been in situations where I have given fear that kind of control in my life.
- Some of us need a little fear but for many of us fear robs us. It impacts our marriage and how we parent. It can affect relationships, school decisions, work decisions, and our futures.
- Fear is a byproduct of our ability as humans to collect knowledge and then see into the future or make progress.
- Matthew 10:16-18, “Behold, I am sending you out as sheep in the midst of wolves; so be as wary as serpents, and as innocent as doves. But be on guard against people, for they will hand you over to the courts and flog you in their synagogues; and you will even be brought before governors and kings on My account, as a testimony to them and to the Gentiles.”

II. WHO IS IN CONTROL?

- Matthew 8:23-27, “Then He got into the boat and His disciples followed Him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke Him, saying, “Lord, save us! We're going to drown!” He replied, “You of little faith, why are you so afraid?” Then He got up and rebuked the winds and the waves, and it was

completely calm. The men were amazed and asked, ‘What kind of man is this? Even the winds and the waves obey Him!’”

- The Greek language has the word phobos (root phobia = fear of something).

III. ANOTHER LESSON

- Matthew 14:25-31
- Where is your focus?
- A lack of faith is a sign of broken focus. Are you focused on Jesus?
- Eyes on Jesus - that practice works in any storm.
- Hold that thought - there's no limit to the good thoughts God wants us to have. So, why do we waste so much time preoccupied with our doubts and fears?
- 2 Corinthians 10:5 “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”
- Perfect love casts out all fear. God is love!
- Just get out of the boat - some of you need to go for it! Get in the game, quit sitting on the sidelines of your faith and life!

CLOSE

- The disciples feared all the way to the end.
- When they figured out Jesus conquered death they were different people.
- They were touched by His Spirit and they finally got the message, the lessons...the sparrow...the boat.
- Fear not...fear not...fear not.
- They were no longer afraid, though they should have been. They were hunted down, crucified, beheaded, martyred, but unafraid of the one who could kill their body.
- Because they understood the lesson and the love of the One who saved their soul.