

# FEAR

## Sound Mind: A Biblical Approach to Mental Health Pastor Jeff Wylde, April 26, 2026 – Part #3

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” II Timothy 1:7 (NKJV)*

1 Kings 19:1-19

### I. The \_\_\_\_\_ of fear.

- A. A fear that \_\_\_\_\_.
- It causes you to run \_\_\_\_\_ in wonder.
    - The beginning of wisdom. (Proverbs 9:10)
    - The motivation for obedience. (Deut.10:12)
    - The posture of righteousness. (Psalm 112:1)
  - It is rooted in \_\_\_\_\_.
    - It is covenantal.
    - It is healthy.
- B. A fear that \_\_\_\_\_.
- It causes you to run \_\_\_\_\_ in shame.
  - It is from the \_\_\_\_\_, not the Creator.
    - Dread (Genesis 3:10)
    - Shame (Genesis 4:13-14)
    - Guilt (Exodus 2:14)
- C. Fear is \_\_\_\_\_ at its core.

### II. The \_\_\_\_\_ of fear.

- Loss of control (v. 1-2)
- Unhealed past pain (v. 3-5)
- Physical exhaustion (v. 6-8)
- Believing lies (v. 9-10)

### III. The \_\_\_\_\_ to fear.

- Physical exhaustion is met with \_\_\_\_\_. (v. 5a, 6b)
- Past pain is met with \_\_\_\_\_.
  - Personal intimacy – “touched him” (v.5b, 7)
  - Mental reminders – “hot coals” (v. 6; Isaiah 6:6)
  - Faithful pursuit – “came to him” (v. 9)

*“Surely your goodness and unfailing love will pursue me all the days of my life.” Psalm 23:6 (NLT)*

*“There is no fear in love; instead, perfect love drives out fear, because fear involves punishment.” 1 John 4:18 (CSB)*

- C. Loss of control is met with \_\_\_\_\_. (v. 11-14)
- God does the unexpected – “a soft whisper”
  - Fear distracts; God desires focused attention.

*“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10 (NIV)*

- D. Believed lies are met with \_\_\_\_\_. (v. 15-18; John 8:32)
- Truth does not wait for feelings (v. 15)
  - Truth demands surrender and obedience.
  - Truth frees from fear.

*“You will know the truth, and the truth will set you free.” John 8:32*

### ACTION POINTS:

- Your fear does not disqualify you from \_\_\_\_\_.
- Fear is faith aimed at the \_\_\_\_\_.
- \_\_\_\_\_ are you listening to, the Creator or the Counterfeiter?

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## Sound Mind: A Biblical Approach to Mental Health Pastor Jeff Wylde, April 26, 2026 – Part #3

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” II Timothy 1:7 (NKJV)

1 Kings 19:1-19

### I. The anatomy of fear.

#### A. A fear that helps.

1. It causes you to run to God in wonder.
  - a. The beginning of wisdom. (Proverbs 9:10)
  - b. The motivation for obedience. (Deut.10:12)
  - c. The posture of righteousness. (Psalm 112:1)
2. It is rooted in confidence.
  - a. It is covenantal.
  - b. It is healthy.

#### B. A fear that hurts.

1. It causes you to run away from God in shame.
2. It is from the Counterfeiter, not the Creator.
  - a. Dread (Genesis 3:10)
  - b. Shame (Genesis 4:13-14)
  - c. Guilt (Exodus 2:14)

#### C. Fear is unbelief at its core.

### II. The roots of fear.

- A. Loss of control (v. 1-2)
- B. Unhealed past pain (v. 3-5)
- C. Physical exhaustion (v. 6-8)
- D. Believing lies (v. 9-10)

### III. The response to fear.

#### A. Physical exhaustion is met with rest. (v. 5a, 6b)

#### B. Past pain is met with assurance of love.

1. Personal intimacy – “touched him” (v.5b, 7)
2. Mental reminders – “hot coals” (v. 6; Isaiah 6:6)
3. Faithful pursuit – “came to him” (v. 9)

“Surely your goodness and unfailing love will pursue me all the days of my life.” Psalm 23:6 (NLT)

“There is no fear in love; instead, perfect love drives out fear, because fear involves punishment.” 1 John 4:18 (CSB)

#### C. Loss of control is met with perspective. (v. 11-14)

1. God does the unexpected – “a soft whisper”
2. Fear distracts; God desires focused attention.

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10 (NIV)

#### D. Believed lies are met with truth. (v. 15-18; John 8:32)

1. Truth does not wait for feelings (v. 15)
2. Truth demands surrender and obedience.
3. Truth frees from fear.

“You will know the truth, and the truth will set you free.” John 8:32

### ACTION POINTS:

- 1.) Your fear does not disqualify you from God’s calling.
- 2.) Fear is faith aimed at the wrong thing.
- 3.) Who are you listening to, the Creator or the Counterfeiter?

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