

Why Are You So Afraid?

[Mark 4:40](#)

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[Mark 4:40](#), He said to his disciples, ***“Why are you so afraid? Do you still have no faith?”***

What Others Are Saying About Fear and Faith

- “If the Lord be with us, we have no cause of fear. His eye is upon us, His arm over us, His ear open to our prayer – His grace sufficient, His promise unchangeable.”
– John Newton
- “Ye fearful saints, fresh courage take; the clouds you so much dread are big with mercy and shall break in blessings on your head.”
– William Cowper (“*God Moves in Mysterious Ways*”)
- “The presence of fear does not mean you have no faith. Fear visits everyone. But make your fear a visitor and not a resident.”
– Max Lucado
- “Fear is an inhibitor that has kept more people from fulfilling their destiny than any other one emotion.”
– Tim LaHaye

What Is Fear Capable Of?

1. Fear paralyzes you.

[Matthew 25:25](#), *‘So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you.’*

2. Fear impacts your decisions.

[Matthew 26:69–70](#), Now Peter was sitting out in the courtyard, and a servant girl came to him. “You also were with Jesus of Galilee,” she said. ⁷⁰ But he denied it before them all. “I don’t know what you’re talking about,” he said.

3. Fear destroys your inner peace.

[Job 3:25–26](#), What I feared has come upon me; what I dreaded has happened to me. ²⁶ I have no peace, no quietness; I have no rest, but only turmoil.

4. Fear damages your health.

[Joshua 2:11 \(NET\)](#), When we heard the news we lost our courage and no one could even breathe for fear of you.

5. Fear blurs your vision.

[Numbers 13:33](#), We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.

6. Fear isolates you.

[1 Kings 19:3-4](#), Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there,⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

7. Fear robs your joy.

[Proverbs 12:25](#), Anxiety weighs down the heart, but a kind word cheers it up.

8. Fear traps you.

[Proverbs 29:25](#), Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.

9. Fear opens the door to sin.

[1 Samuel 15:24](#), Then Saul said to Samuel, "I have sinned. I violated the Lord's command and your instructions. I was afraid of the men and so I gave in to them."

10. Fear steals your testimony.

[2 Timothy 1:7-8](#), For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.⁸ So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God.

What To Do When the Waves Come Crashing In?

1. Recognize that waves are a normal part of life.

[Mark 4:37](#), A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

[1 Peter 4:12-13](#), Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you.¹³ But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

2. Remember what Jesus said to you.

Mark 4:35, *That day when evening came, he said to his disciples, "Let us go over to the other side."*

Luke 24:8, *Then they remembered his words.*

3. Remind yourself that Jesus is in the boat with you.

Mark 4:38, *Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"*

Isaiah 43:2, *When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.*

4. Recall God's faithfulness.

Lamentations 3:17-25, *I have been deprived of peace; I have forgotten what prosperity is. ¹⁸ So I say, "My splendor is gone and all that I had hoped from the Lord." ¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me.*

²¹ Yet this I call to mind and therefore I have hope: ²² Because of the Lord's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great

is your faithfulness. ²⁴ I say to myself, "The Lord is my portion; therefore I will wait for him." ²⁵ The Lord is good to those whose hope is in him, to the one who seeks him;

5. Rest in God's sovereignty.

Matthew 10:29-31, *Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. ³⁰ And even the very hairs of your head are all numbered. ³¹ So don't be afraid; you are worth more than many sparrows.*

In case you missed it...

Answers:

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|---------------|-----------------|
| 1. Paralyzes | 1. Normal |
| 2. Decisions | 2. Remember |
| 3. Inner | 3. Boat |
| 4. Health | 4. Faithfulness |
| 5. Blurs | 5. Sovereignty |
| 6. Isolates | |
| 7. Joy | |
| 8. Traps | |
| 9. Opens | |
| 10. Testimony | |