

# SERMON NOTE: Be Filled With The Spirit-Overcoming Fear And Anxiety

By Rev Dr Chuah SP

Bible Ref: 2 Timothy 1:7 NIV, Philippians 4:4-9 NIV

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

<https://bible.com/bible/111/2ti.1.7.NIV>

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

<https://bible.com/bible/111/php.4.4-9.NIV>

Recap

Be comforted, Five keys

- What we must Know
- What we must Will
- What we must Do
- What we must Hold on to
- What we must Share

At times we can be facing some situations that we became fearful and Anxiety.

Unless we can be comforted, we cannot have a life of joy.

As said in - Proverbs 17:22 NIV

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

<https://bible.com/bible/111/pro.17.22.NIV>

All these can cause us to have fear and anxiety:

physically  
emotionally  
mentally  
spiritually



This diagram shows the states of stressed

Paul told Timothy in 2Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

GOD with his power, love and glory.

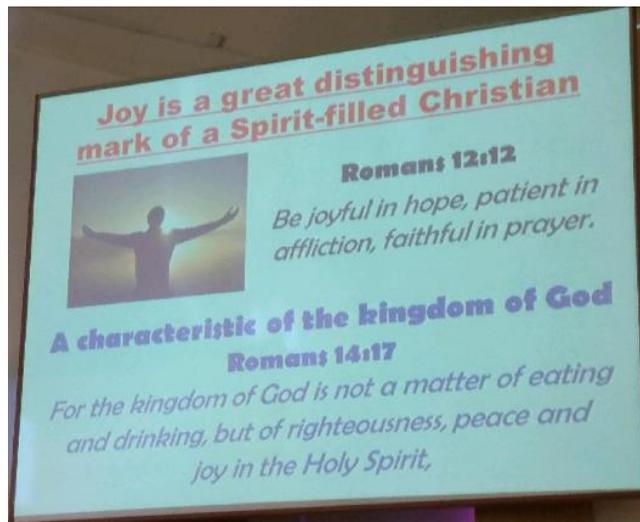


Paul said to the Philippians:

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Responding to Fear and Anxiety

- We are to Rejoice at all time
- We are to be gentle ( with right attitude)
- We are to Pray with Thanksgiving



Next session will talk about how to have Peace with GOD

The joy of the LORD is our strength, not depending on circumstances.

Romans 12:12 NIV

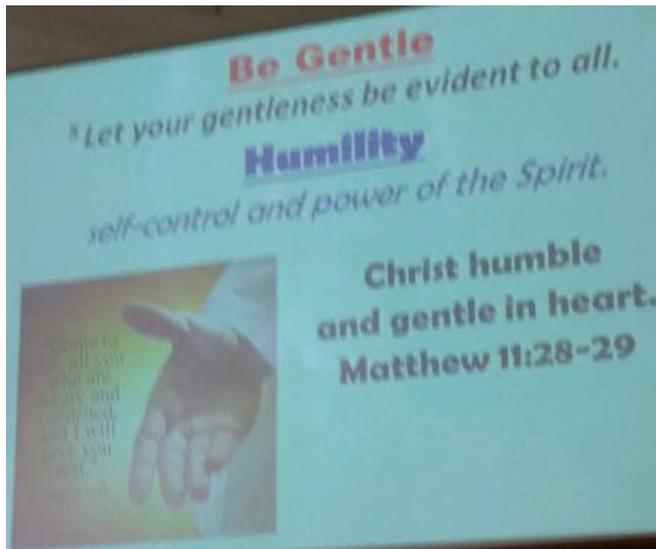
Be joyful in hope, patient in affliction, faithful in prayer.

<https://bible.com/bible/111/rom.12.12.NIV>

V5 Let your gentleness be evident to all.

With humility

Self-employed control and power of the Spirit.



Learn from our LORD JESUS

Matthew 11:28-30 NIV

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

<https://bible.com/bible/111/mat.11.28-30.NIV>

Our Hope is Clear  
The LORD is near  
HE is coming soon  
ONE is strong and secure in the LORD

Be totally dependent on GOD  
Ephesians 5:18-20 NIV

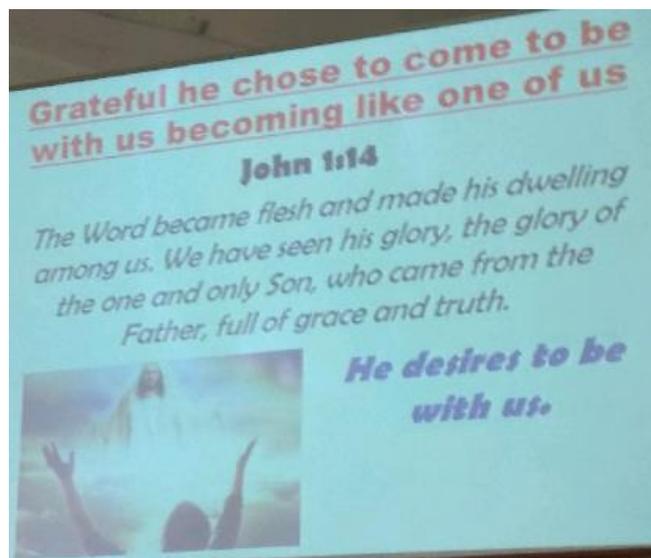
Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

<https://bible.com/bible/111/eph.5.18-20.NIV>



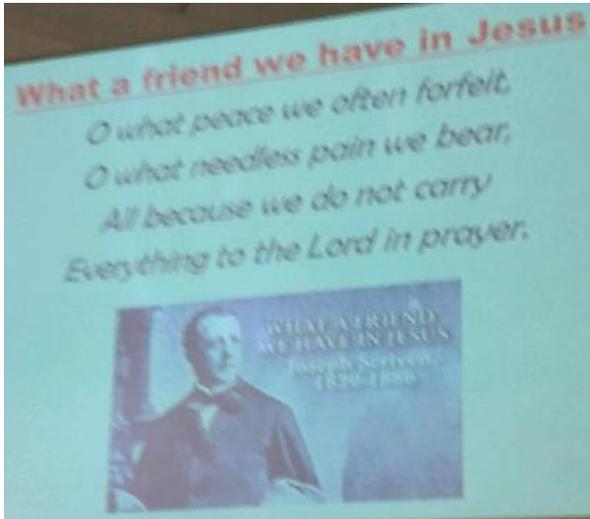
As one who is filled with the Spirit

John 1:4 - He came and lead us with grace and truth.



Romans 8:31-32 NIV

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will



he not also, along with him, graciously give us all things?

<https://bible.com/bible/111/rom.8.31-32.NIV>

We have the divine protection of heart and mind.

So...

