

SOUL DETOX

Scare Pollution

Dealing with Toxic Fears.

- Everyone has fears, but fear becomes a problem when it paralyzes us from living the life that God has given us.

2 Timothy 1:7 says, *“for God gave us a spirit not of fear but of power and love and self-control.”*

Fear is vision absent of Hope.

- Example of Jesus and the disciples in Matthew 14:22-33

We have hope because God is with us.

- God is greater than anything we face in the world. (2 Chronicles 29:10-13)
- Nothing can separate us from the love of God in Christ Jesus. (Romans 8:38-39)

GOD'S WORD FOR TODAY

2 Chronicles 29:10-13

¹⁰ Now it is in my heart to make a covenant with the Lord, the God of Israel, in order that his fierce anger may turn away from us. ¹¹ My sons, do not now be negligent, for the Lord has chosen you to stand in his presence, to minister to him and to be his ministers and make offerings to him.”

¹² Then the Levites arose, Mahath the son of Amasai, and Joel the son of Azariah, of the sons of the Kohathites; and of the sons of Merari, Kish the son of Abdi, and Azariah the son of Jehallelel; and of the Gershonites, Joah the son of Zimmah, and Eden the son of Joah; ¹³ and of the sons of Elizaphan, Shimri and Jeuel; and of the sons of Asaph, Zechariah and Mattaniah;

Matthew 14:22-33

²² Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, ²⁴ but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. ²⁵ And in the fourth watch of the night he came to them, walking on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, and said, “It is a ghost!” and they cried out in fear. ²⁷ But immediately Jesus spoke to them, saying, “Take heart; it is I. Do not be afraid.”

²⁸ And Peter answered him, “Lord, if it is you, command me to come to you on the water.” ²⁹ He said, “Come.” So Peter got out of the boat and walked on the water and came to Jesus. ³⁰ But when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” ³¹ Jesus immediately reached out his hand and took hold of him, saying to him, “O you of little faith, why did you doubt?” ³² And when they got into the boat, the wind ceased. ³³ And those in the boat worshiped him, saying, “Truly you are the Son of God.”