

# Scared To Death



**Text: Matthew 10:24-39**

## I. Introduction

- When you're scared to death, how do you get a grip on your fear?
- The Bible frequently says "Fear not"
- There are some things in life that scare you so bad...you'll hurt yourself

## II. Fear Is A Terrible Thing

- Some can disguise fear better than others
- Fear can ruin your life
- Fear can hold you as a prisoner
- Fear can lead to death
- Fear can paralyze us

## III. Fear Can Play A Positive Role In Our Lives

- There are things that happen to us that legitimately cause us fear
- But it is a good thing to have a healthy fear of dangerous things
- Danger! Danger!
- The place of a healthy fear in the lives of our children
- Those who enter surgery with fear don't do as well in recovery
- Fear teaches us to depend on God
- We may make promises out of fear, but God never forgets His promises to us because He does not fear

## IV. Overcoming Excessive Or Misguided Fears Can Be One Of The Greatest Gifts Of God

- **Romans 8:28**
- **Philippians 4:13**
- There is no need to fear
- Learn how not to be afraid
- How?
- **Matthew 10:28-31**

V. **The Secret To Overcoming Fear Is To Realize How Much God Loves You**

- "You are worth more than many sparrows"

VI. **Conclusion**

- "His eye is on the sparrow...and I know He watches me!"