

DETOX FROM FEAR!

Scripture used: [Genesis 3:1-6 \(NLT\)](#)

OVERVIEW

Pastor Hurmon completed our DETOX series this week with a powerful sermon about fear. From the Garden of Eden to 9/11, fear has been a powerful factor in our lives. Adam and Eve allowed themselves to be manipulated by the serpent through fear. They came to distrust God, and made the fateful decision to eat the fruit that brought evil into this world. As one of the passengers on Flight 93, [Todd Beamer](#) refused to allow fear to control him. As a Jesus follower, he knew the power of sacrificial love. Todd rallied passengers to confront the terrorists and saved countless lives despite his fear. During the pandemic, we have been constantly facing fear. There is fear of death, fear of isolation, fear of job loss, fear of poverty, fear of civic violence, and much more. But this fear can't control us. Pastor Hurmon reminded us that God didn't give us a spirit of fear. We must remember Paul's words in [II Timothy 1:7 \(NLT\)](#) and choose love over hate, power over timidity, and discipline over chaos. The serpent lied to Adam and Eve, and the same spirit of evil is lying to us today, too. That's why we must acknowledge our fear then take it to God, transforming what was meant to isolate us into a reason to deepen life-sustaining relationships!

KEY POINTS

- 1) **To detox from fear, we must first acknowledge it.** Fear is especially dangerous because it severs us from others if we don't take the time to process it. Unprocessed fear can directly manipulate us, and it can also open the door for others to manipulate us as well. In [Genesis 3:4-6 \(NLT\)](#), the serpent uses fear to manipulate Eve, and Adam quickly follows along. Once they've eaten the fruit, Adam and Eve become afraid of their own nakedness and of God, and hide themselves. Then when God questions Adam in [Genesis 3:12 \(NLT\)](#) he blames both God and Eve for his decision! During this whole story, fear was never acknowledged. It was hidden, and humanity still suffers as a result.
- 2) **We must decide not to be manipulated or deceived by fear.** There is always some truth in the lies that we're told, but the bigger story is always false and often harmful. That is how the serpent was able to talk to Eve, and it is how the extremism and terrorism combined to lead to 9/11. The mistakes of US foreign policy were twisted into a larger lie that cast America as "the Great Satan." This was the story told to many people who were manipulated into unspeakable acts of violence and terror.
- 3) **God specifically tells us not to panic when we feel afraid.** Some of the most comforting words in the Bible come from [Isaiah 41:10 \(MSG\)](#): "Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you." God created us, and He knows how we respond when we are afraid. We isolate ourselves from those we love, and then our mind starts playing tricks on us. This is exactly the time to take our fears to God, and to those around us. As Pastor Hurmon said last week, tell a friend how you're feeling. And be a friend to others by asking them how they're feeling.

DISCUSSION

- 1) **HEAR** - Fear is a part of life in this broken world. And fear is not actually the problem. Unacknowledged fear is the problem. If we don't acknowledge and deal with our fears, they can be used to manipulate us in tragic ways. What are the things you are afraid of that are easy to acknowledge? What are the things you are afraid of that you hide, perhaps even from yourself?
- 2) **UNDERSTAND** - Fear is the ultimate tool to separate us from God and those around us. This week we must ask ourselves a tough question: In what area is fear dominating my life and dictating my actions? Pray for the strength to listen for the answer. Recognize that we can't simply eliminate fear by force of will; fear is not removed, it is replaced. [1 John 4:18](#) reminds us that "perfect love casts out fear"; only when we open our hearts to God's love, and learn to more deeply trust God, will we have greater victory over fear. What has the process of confronting difficult fears looked like for you? What role has faith played?
- 3) **DO** - Pastor Hurmon asked us all to pray "God, empower me to acknowledge my fears and not be deceived or controlled by them." Think about when you might experience that fear over the week, and ask God to help you transfer that fear into a more faithful, trusting relationship with God. Join us next Sunday in-person in Redwood City or San Jose, or online!