

***When Fear Overwhelms...***

***...with visiting Missionary Dr. Bob Edmondson***

***1 Kings 19:1-18***

***What Happens When Fear Overtakes Us?***

*When fear overtakes, we feel powerless, overtaken by unsolvable problems, and very much alone.*

***What does God do when we are overwhelmed with fear?***

- ***God provides rest and restoration.***
  - ✦ ***The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."***
  
- ***God steps in at just the right moment.***
  - ✦ ***Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.***
  
- ***God reminds us we are not alone.***
  - ✦ ***Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.***

***What do we need to do when fear overwhelms us?***

- ***Define your fear (John 8:32)***
- ***Face it squarely (Isaiah 41:10)***
- ***Share your fear with others (James 5:16, Galatians 6:2)***
- ***Rejoice in the victories God provides (Philippians 4:6-7)***
- ***Move forward by faith (Genesis 50:20)***

***What do we need to do when fear overwhelms us?***

- ***We need to put ourselves in the position to allow God and others to help us regain our perspective and courage.***