

DEFUSING YOUR FEARS
#SermonFears
Building Stronger Families - Part 4
Dr. Mark Jackson - May 27, 2018
Genesis 3:1-19

Genesis 3:7-8 Then the eyes of both of them were opened, and they realized they were naked; so **they sewed fig leaves together** and **made coverings for themselves**.⁸ Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and **they hid from the LORD God** among the trees of the garden. (NIV)

HOW FEAR RUINS RELATIONSHIPS

1. WHEN I'M AFRAID OF MY FEELINGS, I BECOME DISTANT

Genesis 3:9-10 God called to Adam, "Why are you **hiding?**"¹⁰ He answered, "...I was **afraid** and **hid** from you because I was naked." (LB/GN)

Feelings That Frighten Us:

- **HURT FEELINGS** - Heb. 12:15
- **ANGRY FEELINGS** - Eph. 4:26
- **SEXUAL FEELINGS** - 1 Cor. 7:3-4

2. WHEN I'M AFRAID OF MY FAULTS, I BECOME DEFENSIVE

Genesis 3:11-13 ...God asked. "Did you eat the fruit that I told you not to eat?"¹² The man answered, "**The woman you put here with me gave me the fruit**, and I ate it."¹³ The Lord God asked the woman, "Why did you do this?" She replied, "**The snake tricked me** into eating it." (TEV)

1 John 1:8 If we say that we have no sin, we are only **fooling ourselves** and refusing to accept the truth. (LB)

3. WHEN I'M AFRAID OF LOSING MY FREEDOM, I BECOME DEMANDING

Genesis 3:16b Your yearning will be for your husband, and he will **dominate you**. (NJB)

THE ANTIDOTE:

Ephesians 4:15 Let our lives lovingly express the truth in all things - speaking truly, dealing truly, living truly. (AMP)

1. BE HONEST WITH YOURSELF

Proverbs 20:27 The Lord gave us mind and conscience; we cannot hide from ourselves. (TEV)

2. BE HONEST WITH YOUR MATE

James 5:16a Admit your faults to one another and pray for each other so that you may be healed. (LB)

3. BE HONEST WITH GOD

1 John 1:10 If we claim we have not sinned, we are lying and calling God a liar, for he says we have sinned. (LB)

1 John 1:9 If we confess our sins to him, he can be depended on to forgive us and to cleanse us from every wrong. (NLT)