



The Importance of & Lessons From Pushing & Pressing  
**Lesson 6: Pushing & Pressing Through Fear**



*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand*

*Isaiah 41:10*

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Prayer

Guiding Scripture

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### Guiding Scripture

Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

**Introduction** - (Taken from Tony Robbins)

God has not given us a spirit of fear?

## What is Fear?

Fear is an emotional response induced by a perceived threat that causes a change in brain and organ function, as well as in behavior. Fear can lead us to hide, to run away, or to freeze in our shoes. Fear may arise from a confrontation or from avoiding a threat, or it may come in the form of a discovery.



## I. Types of Fear

### Physical Fear

When most of us think of fear, we think of physical threats, triggered by a known outside event – a loud noise, looking over the edge of a high place or standing in front of a crowd.

Physical fear can even take the form of phobias – as many as 12% of adults experience a phobia at some point. Phobias are an extreme fear of a very specific situation, object or animal. Spiders, heights, public speaking and enclosed spaces are a few well-known phobias.

During a physical fear response you'll feel your heart beat faster and your breathing quicken. You may feel a pit in your stomach, feel dizzy, sweat or get a dry mouth. Your muscles may feel more tense or weak. These are all results of your body's "fight or flight" response. Without the fear response, you'd leave yourself wide open to danger. Yet in the modern world, fear can take many other forms – and some of them aren't as obvious.

**Phobias from A to Z**

You've probably heard of arachnophobia, thanks in part to the movie with the same name, and claustrophobia, but what about gamophobia or phobophobia? Here's a brief introduction to phobias, from the familiar to the more obscure.

<b>Acrophobia:</b> Fear of heights	<b>Gamophobia:</b> Fear of marriage	<b>Ophidiophobia:</b> Fear of snakes
<b>Agoraphobia:</b> Fear of being in a public place	<b>Gephyrophobia:</b> Fear of crossing a bridge	<b>Pathophobia:</b> Fear of disease
<b>Ailurophobia:</b> Fear of cats	<b>Gymnophobia:</b> Fear of seeing a naked person	<b>Pediophobia:</b> Fear of children or dolls
<b>Androphobia:</b> Fear of men	<b>Gynophobia:</b> Fear of women	<b>Phobophobia:</b> Fear of phobias
<b>Anthropophobia:</b> Fear of human companionship	<b>Hedonophobia:</b> Fear of pleasure	<b>Psychrophobia:</b> Fear of the cold
<b>Arachnophobia:</b> Fear of spiders	<b>Hypengyophobia:</b> Fear of responsibility	<b>Scopophobia:</b> Fear of being stared at
<b>Bathophobia:</b> Fear of deep places	<b>Hypnophobia:</b> Fear of sleep	<b>Spectrophobia:</b> Fear of mirrors
<b>Claustrophobia:</b> Fear of enclosed spaces	<b>Ichthyophobia:</b> Fear of fish	<b>Tocophobia:</b> Fear of childbirth
<b>Cynophobia:</b> Fear of dogs	<b>Mysophobia:</b> Fear of dirt	<b>Theophobia:</b> Fear of God
<b>Entomophobia:</b> Fear of insects	<b>Nostophobia:</b> Fear of returning home	<b>Triskaidekaphobia:</b> Fear of the number thirteen
<b>Ereuthophobia:</b> Fear of blushing	<b>Nyctophobia:</b> Fear of night or darkness	<b>Zoophobia:</b> Fear of animals

## Anxiety

Think of anxiety like long-term fear. It's typically focused on the future rather than the present. Anxiety disorders are on the rise in America: As much as 18% of the population is affected each year. Anxiety and stress can have long-lasting consequences: When you live in a state of stress, your body releases a chemical called cortisol. Too much cortisol can cause problems sleeping and focusing, weight gain and even affect your immune response.

For many of us, risks like taking the leap into a new career, letting ourselves be vulnerable in a relationship or even investing our hard-earned money can cause generalized anxiety, where you have difficulty falling asleep, can't concentrate and replay the same scenarios in your head over and over. But what is the root cause of these thoughts? Tony has found there are several types of fear that can be deeply ingrained in the psyche.

## Fear of Uncertainty

At our core, all of our thoughts, decisions and behaviors are driven by Six Human Needs. For many of us, certainty is our most powerful need: We want to know what is coming next. And while we do need some certainty in our lives, we also need uncertainty and variety. A fear of uncertainty prevents us from getting out of our comfort zones. It tells us, "You might as well stay here, where it's safe." And it's the real reason why many people feel stuck, unable to achieve their goals.

## Fear of Failure

Fear of failure is another common fear that stems from the human need for certainty, as well as the need for significance. We are wired to avoid pain and gain pleasure – and avoiding failure is surely an easy way to avoid pain. We want to feel significant, but failure makes us feel small and unimportant. Yet we're also wired for growth, and as every successful person on the planet knows, failure leads to growth. You must shift your mindset on failure to think of it as a positive, not negative.



## 10 Steps To Overcome Fear - According to Tony Robbins

1. IDENTIFY YOUR FEARS
2. RECOGNIZE THAT FEAR CAN WORK TO YOUR ADVANTAGE
3. SIT WITH YOUR FEAR
4. CREATE GOALS THAT ARE “MUSTS”
5. RECOGNIZE THE EXCUSES
6. SURROUND YOURSELF WITH SUCCESS
7. ADOPT A GROWTH MINDSET
8. FIND VALUABLE INSIGHT IN PAIN
9. VISUALIZE YOUR GOALS
10. ACCEPT THAT YOU’LL FAIL

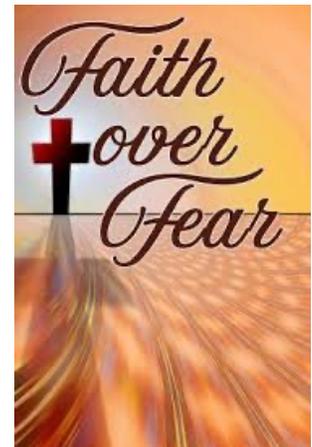
### II. Biblical Account - Taken from Leading & Loving It

In times of uncertainty, it’s easy to feel overwhelmed. From the news, to social media, and the people around us, these outlets can cause us to feel anxious or worried when impacting events happen. These are times when we feel we don’t have any control over things. But, we can find a place of comfort and peace in God’s and His Word.

In John 16, we find Jesus talking with His disciples before He leaves the earth. They, too, are facing uncertain times. Their leader is leaving. They are going to have to do things on their own. They watched Him get persecuted, beaten, and crucified, and now they were supposed to continue on with His mission. Can you imagine what they must have been feeling? Probably more than a little scared, nervous, and anxious. Not only did they have big shoes to fill, but they also had a good chance of getting killed in the process too.

#### 1. Stepping into Faith

Jesus encourages and empowers them, then He says these words in verse 33, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”



These same words apply to us today. Jesus never promised trouble wouldn't come, but He did promise that He would enable us to have peace in the midst of it. He promised us that He would be greater than any situation we might face, and no matter what comes our way, we can have confidence in the fact that "Greater is He that is in me than he that is in the world!"

It has been estimated that the phrase "do not fear" is mentioned in the Bible 365 times! That would indicate that we are going to have many opportunities to fear but equally as many opportunities to overcome that fear. If God is giving us an instruction in His Word, He has also given us the ability to carry it out.

When He says, "do not fear," it means that He has given us the



capacity to remove fear from our lives. **The easiest way to step out of fear is to step into faith.**

Romans 10:17 tells us that Faith comes by hearing and hearing by the Word of God. We can combat fear and find faith in the pages of our Bibles. **Find scriptures that deal with and read them out loud over yourself today. Watch the fear disappear!**

## 2. What is faith?

If you asked a room full of people what faith was, you might get several different definitions.

"Faith is the substance of things hoped for, the evidence of things not seen."

"Faith is what pleases God."

"We are supposed to walk by faith and not by sight."

"We protect ourselves with the shield of faith."

All of these are good answers, While all of them are true, it's important to be able to clearly define faith. Otherwise, how do we know whether or not we have it?

Matthew 9 tells the story of two blind men who came to Jesus for healing. Jesus asked them, "Do you believe I can heal you?" When they answered in affirmation, He healed them and said, "According to your faith, so be it."

In John 20, Jesus appeared to the disciples after He resurrected from the dead, but Thomas was not with them. Without physical proof, Thomas refused to believe Jesus was with them. Eight days later, Jesus appeared again and told Thomas, "Be not faithless, but believing."

Throughout the New Testament, Jesus used the words faith and believe interchangeably. Therefore, faith can be defined simply as what you believe. What you believe is your faith.

The same belief we have in Jesus as our Lord and Savior, is the same belief we can have for every other promise found in His Word. Jesus told His disciples that if they had the smallest amount of faith nothing would be impossible for them. The same is true for us. We can believe there is peace in the middle of the greatest storm. We can have faith that our God is greater than anything we face. We can believe that we can do all things through Christ.

**Find some promises in God's Word and exercise your faith by believing them to be true!**

### **3. Overcoming Fear**

The greatest enemy to our faith is fear. When we are facing difficult circumstances, fear tries to enter our hearts and minds to override our belief in Jesus. Just as light is the opposite of dark, fear is the opposite of faith.



Mark 5 tells the story of a man named Jairus. He came to Jesus because his daughter was sick. Jesus agreed to go to his house. As they walked, they were interrupted by a woman who dared to reach out and touch the hem of Jesus' garment. Immediately she was healed. Jairus had to be excited watching this miracle unfold. Jesus was on the way to his house, so surely his daughter would also be healed! Just then, someone came to Jairus and told him the devastating news that his daughter was dead. Jesus immediately said, "Do not be afraid; only believe." Jesus knew that Jairus needed to maintain a level of faith, and he couldn't allow fear in.

Fear tries to make us believe something different than what God says. If someone was standing in a dark room and lit a match, the light would overcome the darkness. As the smallest sliver of light dispels darkness, the smallest sliver of faith dispels fear. Psalm 56 tells us when we are



afraid to put our trust, or faith, in God. We can believe that He is bigger than anything that is happening around us.

If we look at everything going on in the world today, it seems easy to allow fear, anxiety, or worry to govern how feelings. Instead, we have to let our belief in God guide our feelings.

We have to look towards the promises in the Word of God in order to increase our faith and in His ability to help us overcome.

In Philippians 4 gives us the key to overcoming fear, "Don't worry about anything; instead, pray about everything. Tell God what you need and thank Him for all he has done." This may seem so simple, and truthfully it is. When we are faced with the opportunity to worry, instead we can cast our care upon the Lord, thanking Him for meeting our needs. By thanking God in advance for being true to His Word, we are exercising our faith. The byproduct of making this a regular habit is that **God's peace then takes up residence in our minds, which quiets our fears, calms our hearts, and strengthens our beliefs.**

## 4. Removing Doubt

If we are going to step firmly into faith, we need to learn to combat doubt. We can ask God for anything, but in order to receive from Him, we have to remove doubt from our hearts. James 1:6 declares, "But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind." That word doubt simply means to differ.



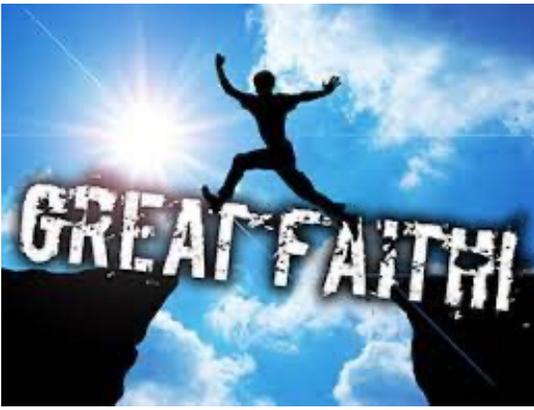
In order to overcome doubt, we have to choose to agree with God's Word even when what we see around us may make us want to differ.

When we see chaos all around, instead of siding with the confusion, we can agree with Mark 4:39, and say, "Peace, be still," expecting calm to come.

When we feel anxiety about what's going on in our world, we can instead side with I Peter 5:7 and cast all of our care upon Him, knowing that He cares for us. When we face fears of lack, we can remember from Philippians 4:19 how our God will supply ALL of our needs.

Mark 9 shares the story of a desperate man who brought his son to Jesus. The little boy needed to be set free. The father said, "Jesus help us, if you can." Jesus responded, "What do you mean, 'If I can?' anything is possible to them that believe." The father then cried out, "I believe, please help my unbelief."

Obviously, the man knew who Jesus was. He knew that Jesus was able to help them, otherwise he would not have brought his son to Him. However, in the moment, the magnitude of his need overrode his faith in Jesus. Once he recognized that doubt had crept in, he did the smartest thing possible. He asked Jesus to help him with his unbelief.



We can probably identify with this father. We believe that Jesus can do anything, but in a moment of weakness, the enormity of what we face causes us to doubt His ability in our lives. The good news is, we too are able to cry out to Jesus, "Help my unbelief!" He will help us in our time of need.

We don't have to understand how God is going to come through for us in order to believe that He will. Once we remove the doubt, our faith can go to a whole new level.

## 5. Great Faith

Our faith is the greatest weapon we have. We may not always feel powerful but when we operate in faith there is nothing we cannot overcome. The power in our faith has the ability to bring the world to its knees (I John 5:4 MSG).

Matthew 8 shows us an example of someone who had great faith. A soldier came to Jesus and asked Him to heal his servant. When Jesus agreed to go to his home, the centurion told Him, "No." He only needed Jesus to speak the word and his servant would be made whole.

Jesus marveled and told everyone that He had never seen such great faith. Jesus had many people around Him who followed Him, saw Him do many miracles, and believed in Him wholeheartedly. However, someone who interacted with Him one time was the one He said had the greatest faith.

How is great faith produced? By reading 100s of chapters of the Bible? By praying for hours each day? By going to church multiple times a week? NO! Going to church, reading the Bible, and prayer are all wonderful things we should do regularly, but they are not an indicator of how much faith we have.

Great faith comes by hearing the Word of God, believing it as truth, and acting upon what we hear. The truest test of knowing if we really believe something is our response in tough times. Like James 2 says, “What good is it, dear brothers and sisters, if you say you have faith but don’t show it by your actions? Can that kind of faith save anyone?”

If we have faith that God will supply all our needs, even if we don’t know how He’s going to do it, we are choosing to rest in His promise rather than stress out over what it looks like. If we believe that He will never leave us or forsake us, we are choosing to find comfort in His presence in times of trouble. **If we trust in God, we are choosing to have faith over fear.**

When what we believe lines up with our words and actions, we have the power we need to win over fear, worry, and anxiety. No matter what may happen in life, we can strengthen our faith and find confidence in the fact that **Jesus who lives in us has already overcome the world.**

## Scriptures

John 16:33

1 John 4:4

Romans 10:17

Matthew 9:27-29

John 20:24-27

Matthew 17:20

Mark 5:22-36

Philippians 4:6-7

James 1:6

Mark 9

Mark 4:39

1 Peter 5:7

Philippians 4:19

1 John 5:4

Romans 10:17

James 2:14

Joshua 1:9



By Lee Hood

Exodus: 14:13

*“Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today.”*

Psalms 118:6

*“The Lord is on my side; I will not fear. What can man do to me?”*

Psalms 56:3-4

*“3 When I am afraid, I put my trust in you. 4 In God, whose word I praise—in God I trust and am not afraid What can mere mortals do to me?”*

Deuteronomy 31:6

*“6 Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”*

Isaiah 43:1

*“1But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.”*



## **V. Final Thoughts**

When you move your focus away from what you fear and redirect it onto God—the one who pilots our lives with surety—you will feel your fears subside.

You tear down fear by changing your priorities. If you spend your time and energy aligning yourself with what God is doing in advancing His kingdom on earth, He promises to have your back with regard to the other things in life that might cause you to be afraid or worry.

Scripture says that the best antidote to fear and anxiety is prayer. Philippians 4:6–7. Verse 6 says, “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

## Video

Faith Not Fear | Do Not Be Afraid - Inspirational & Motivational Video

## Resources

Inspirational Music List: Go to: <https://bit.ly/Pressingandpushing>



Do not fear, for  
*I am with you*  
Do not anxiously look about you, for  
*I am your God.*  
I will strengthen you, surely I will help you,  
Surely I will uphold you with  
**My righteous hand.**

*Isaiah 41:10*

*My righteous hand  
surely I will uphold you with  
my right hand.*



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