



I. REVIEW/INTRO

A. Overflow

Romans 15:13 (NLT) I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit.

- We're describing the conditions that make life feel overwhelming

II. CRAZY SCARED

A. I'm scared I may be paranoid about a phobia of a paranoia

- **The three Stooges ...**
 - **Fear** – *Fear is a natural response to something that could hurt you*
 - **Fear is helpful when it's proportional to the situation**
 - **Phobia** – *an irrational or exaggerated fear*
 - **Phobia is when fear stops protecting you and starts controlling you**
 - **Paranoia** – *Paranoia is suspicion without proof*
 - **Paranoia is when fear stops reacting and starts imagining**

B. What if you put them all together?

- **Meta-Phobia (noun)** The fear of being afraid that you're afraid of being afraid
- **Phobophobia Paranoia (noun)** *The crippling fear that you might suddenly develop a fear of something you're currently not afraid of at all*

III. FEAR HAS A SOURCE, AGENDA AND ASSIGNMENT

A. Fear has a source

- **Fear isn't a mood or feeling, it's a messenger**

2 Timothy 1:7 (NLT) "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

- **Fear is a counterfeit voice to the Holy Spirit's voice**

B. Fear has an assignment

- **Fear wants to contaminate our faith and disconnect you from trust**
- **Fear's assignment is to invert our belief system**

Romans 10:17 (NKJV) So then faith *comes* by hearing, and hearing by the word of God

C. Fear has an agenda

- **Fear wants to take root in your heart and control it**



John 14:27 (NKJV) Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

- The agenda of fear isn't to scare you but to steer you

Proverbs 4:23 (NLT) Guard your heart above all else, for it determines the course of your life."

- Fear wants the throne of your heart because that's where faith is born

Romans 10:10 (NKJV) For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation

IV. FROM CRAZY THOUGHTS TO CRAZY SCARED

A. Fear starts as a thought

2 Corinthians 10:4-5 (NIV) The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Stronghold: Greek (**ochurōma**) — A fortified fortress, a castle-prison built to keep something in or out. A *stronghold* is not a single thought; it's a system of thinking-built stone by stone through repetition and agreement with fear

Arguments: Greek (**logismos**) — It's where we get "logic, This isn't fear shouting, it's fear sounding reasonable and negotiating. Logic never ends in faith

Pretension: Greek (**hýpsōma**) — A thought that *pretends* to be true but isn't, Something acting like it has authority. Pretension is fear putting itself on a pedestal

B. Thoughts are the seeds of strongholds and will produce fruit

- Thought → Argument → Pretension → Stronghold → Fruit

C. What do I do?

- **Capture the thought**
 - Paul says: take every thought captive. Greek to arrest at spear-point
- **Use your sword**
 - Faith and fear are both voice-activated
 - We don't out-think fear—we out-speak it with God's Word
- **Change What You're Hearing**
 - Crazy loud loses its voice, when you put His voice first
- **It's easier to replace, than it is to Resist**
 - We don't fight fear by trying not to fear, we replace fear with faith
- **Fast Something That Feeds Fear**
- **Be patient**