



# FREEDOM FROM YOUR FEARS

## #6: FREEDOM FROM YOUR FEAR OF SICKNESS

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### I. INTRODUCTORY THOUGHTS ON THE FEAR OF SICKNESS

**The first and most important way to overcome my fear of sickness is to remember that my God is the Great Physician and a Healer!**

My whole being, praise the LORD and do not forget all his kindnesses. He forgives all my sins and heals all my diseases. He saves my life from the grave and loads me with love and mercy. He satisfies me with good things and makes me young again, like the eagle.

Psalm 103:2-3 (NCV)

**Sometimes...**

- **He heals miraculously**

Jesus went through all the towns and villages...healing every disease and sickness.

Matthew 9:35 (NIV)

- **He heals through prayer**

If you are sick, ask the church leaders to come and pray for you. Ask them to put olive oil on you in the name of the Lord. If you have faith when you pray for sick people, they will get well. The Lord will heal them, and if they have sinned, he will forgive them.

James 5:14-15

- **He heals through medical treatment**

Then Isaiah said, "Make a paste from figs and put it on Hezekiah's boil. Then he will get well."

Isaiah 38:21 (NCV)

When Jesus heard this, he said, "Healthy people don't need a doctor—sick people do."

Matthew 9:12 (NLT)

- **He heals eternally**

I heard a loud voice from the throne say, "God lives with humans! God will make his home with them, and they will be his people. God himself will be with them and be their God. He will wipe every tear from their eyes. There won't be any more death. There won't be any grief, crying, or pain, because the first things have disappeared."

Revelation 21:3-4 (GOD'S WORD)

### II. WHY DO I GET SICK?

**When sin entered the world everything—even the creation—was cursed and subject to death**

When Adam sinned, sin entered the world. Adam's sin brought death, so death spread to everyone, for everyone sinned.

Romans 5:12 (NLT)

Against its will, all creation was subjected to God's curse. But with eager hope, the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. For we know that all creation has been groaning as in the pains of childbirth right up to the present time.

Romans 8:20-22 (NLT)

### **III. WHAT GOOD COMES FROM SICKNESS?**

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Romans 8:28 (NLT)

- 1. I have more appreciation for the good times**
- 2. I have greater compassion for the suffering of others**
- 3. I have increased understanding of what really matters.**
- 4. I have a deeper reliance on God**

### **IV. HOW CAN I BE FREE FROM THE FEAR OF SICKNESS? - PSALM 34**

- 1. Replace my panic with praise (v.1-3)**

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!  
Isaiah 26:3 (NLT)

- 2. Pray for freedom from my fear (v.4-7)**

Prayer can do whatever God can do.  
Rick Warren

- 3. Know that the Lord will provide whatever I need (v.8-10)**

Where God leads – He supplies the needs  
Unknown

- 4. Keep doing good as long as I can (v.11-14)**

Those who are happiest are those who do the most for others.  
Booker T. Washington

- 5. Always remember that the Lord will be with me (v.15-21)**

Be careful how you think; your life is shaped by your thoughts.  
Proverbs 4:23 (TEV)