
Is It Time To Get Off The Emotional Roller Coaster?

"Facing Out Fears"

2 Timothy 1:7

04-27-25

Introduction: This morning, we begin a new series where I ask the question: Is it time to get off the emotional roller coaster?

1. Emotions are great exaggerators.
2. Far too many people live out of their emotions.
3. Instead, we should understand our emotions so we can control them.
4. Today we begin with the issue of fear.
 - Many sources in a broken world.
 - Many consequences.
5. The good news is, we can biblically overcome our fears.

I. By Confronting Our Fear

- A. Recognize The Source
- B. Recognize The Effect

II. By Countering Our Fears

- A. Power
- B. Love
- C. Soundness Of Mind

Conclusion: Fear is a very real part of life.

1. We have faced it before and will face it again.
2. We do not have to live in fear.
3. We can confront and counter our fears so that we live in freedom.
4. The choice is yours, why not choose victory!