**How To Overcome Fear**

Matthew 10:27-31

August 17, 2025

**Introduction**

One of my favorite TV shows stars Tony Shaloub as Monk.

Monk is called the ‘defective detective’, he has OCD obsessive compulsive disorder

Monk has fears of just about everything: germs, height, needles, dentists, milk,

snakes, fresh air and I recently discovered frogs. Frogs is below snakes, and

above milk I believe

Monk never overcomes his fears of anything but his assistants Sharona or Natalie

constantly either help him or urge him to overcome his fears

I wash my hands 30 times or more a day but I am not OCD, at least I think I am not.

Lots of people share some of the same fears that Monk has: I fear height and snakes for example

An internet search identifies these fears:

Fear of failure fear of rejection fear of responsibility

Fear of time fear of clowns fear of being judged

Fear of being single fear of being irrelevant fear of looking foolish

I would add to these

Fear of death fear of old age/dementia fear of cancer

Fear of losing home fear of losing wealth fear of war

I would add that Christians also fear talking about God and sounding judgmental

Fear of being different, fear of what being a follower of Jesus Christ means/costs

Today, Matthew 10:27-31, talk with you about how to overcome fear.

**Parallel**

Lk12:2-7

**Context**

Recall that in Matthew 10, Jesus is giving the 12 D’s instructions as He sends them out –

training mission

Last week, Jesus included instructions for them as sheep in the midst of wolves

Instructions for some of the struggles that they might face as sheep among wolves

Delivered up, scourged, brought before councils, delivered by family

member to death, hated by all for My names sake, persecuted, receive

same treatment Jesus received

Jesus ended last week in 10:26 with an exhortation ‘do not fear’, right will prevail

JS says 3things to His D’s and us abt how do we overcome fear? Fear associated w ff JS

**1st You Overcome Fear When You Listen to Jesus 27**

A. Listen to Jesus words in the dark

Whatever I tell you in the dark – one venue of hearing Jesus words

Could be literally dark, night, or the idea of private study

or privately, Jesus with them

Speak in the light, this is the action JS asks associated with listening to Him

Could be literally light i.e. daytime

Or publicly to everyone, what JS said privately will be public, no secrets

B. Listen to Jesus words in your ear – another way of saying 27a

What you hear in the ear

Preach on the housetops – JS said hard things, these too must be preached

=>lots of voices crying for you to listen to them, just think of how many radio and TV

stations out there trying to get you to listen to them. Point is that U need to listen

to Jesus top priority. Whatever other ‘voices’ you listen to [podcasts, preaching

etc.] listen to Jesus, read the Bible 3X as much or more

=>overcome fear when you listen to Jesus and speak publicly in affirmation of His words

Jer514 209 U fear talking abt God, U overcome that fear when U talk about God

**2nd You Overcome Fear When You Fear God Over Man 28**

A. Do not fear man – fright and terror

Man can kill the body

Man cannot kill the soul – this is why you should not fear man

Soul = psyche, OT uses heart/soul i.e. the inner man destined for salvation

or damnation 1Pt1:9 2:11,25 4:19

B. Do fear God – awe and veneration and reverence

God able to destroy the body, Hb10:31

God also able to destroy [great loss, not annihilation] the soul in hell [Gehenna]

Two NT words translated ‘hell’ in NKJV/KJV

Hades – unseen world Mt1123 1618 Lk1623 Ac227,31 Rv118

Gehenna – valley of Hinnom Mt522,29,30 189 2322 Mk943,45,47 Ja36

i.e. a place of torment

God can kill the soul – that is why you should fear Him

Comment on ‘Fear of God’

OT: Gn20:11 2Sm23:3 2Ch20:29 Neh 5:5 Ps36:1

NT: Ro3:18 2Co7:1 E5:21

Dt 10:12 Lord requires U to fear the Lord and walk and love with all your fear of the Lord Pv1:7 9:10

Christians on fear of God

Hb2:15 Ro 8:15

2Ti1:7 God not give us a spirit of fear but of power and of love

1J4:19 no fear in love but perfect love casts out fear…

ILLUS – Hugh Latimer, chaplain to royal house of England, one day sd to himself

L, L remember the king [Henry 8th] is here, be careful what you say.

Then sd to himself L,L remember the King of Kings is here be careful what U do not say.

L age 67 1554 burned at the stake for his denial of real presence Christ in the mass

Jim Eliot – he is no fool who give up what he cannot keep to gain what he cannot lose

=>overcome fear when you fear God over man, prioritize your soul over your body

**3rd You Overcome Fear When You Remember You Are Valuable To God 29-31**

A. God values the sparrows

Rhetorical Q – are not two sparrows sold for a copper coin? Yes

Yet not one sparrow falls to the ground apart from your Father’s will

B. God values you more

Hairs of your head are numbered – God knows the number of hairs on your head

Something about 140K

Do not fear, you are of more value than many sparrows

Mt6:30

=>ppl sometimes say God cares about the big things only, but here JS says God cares

about the tiniest details and is sovereign over them

=>overcome fear when you remember you are valuable to God

Ps103:12 as far as the east is from the west…removed our transgressions from us

Jer31:3 I have loved you with an everlasting love

Ro5:8 … His own love for us in that while we were yet sinners Christ died for us

Illus – Emperor Nero had 40 elite soldiers who were known as the emperors wrestlers Vespasian their

commander. Word come to Nero they had become Christian, Nero ordered Vespasian to give them

a chance to recant, naked on a frozen lake sang 40 wrestlers for Thee O Christ. One walked in and

said his faith not strong enough but Vespasian so impressed by the faith of the 39 he went out and

joined them and died with them