

# OVERCOMING FEAR AND ANXIETY

Pastor Alan Dionson

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INTRO:

1. Small but **terrible**
2. Small but **powerful**

## A. THE **PARALYZING** EFFECTS OF FEAR

(Genesis 42:1-4)

1. It **defines** us
2. It **distracts** us
3. It **disables** us
4. It **destroys** us

## B. THE **PRINCIPLES** OF OVERCOMING FEAR

1. God is **positioning** us in a place of growth (Gen. 42:6)
2. God is working to **protect** us from harm (Gen. 42:38-43:1)
3. God has a **purpose** to redeem people through us (Gen. 45:1-8)
4. God is at work through His **providence** to accomplish His plans (Gen. 46:1-7)
5. God wants that all glory and **praises** belong to Him (Gen. 48:15-16)

CONCLUSION