
Sermon Notes

April 26, 2020

First Congregational Church of Pomfret

Fear Not

2 Chronicles 32:2-8, Romans 8:31-39

PTSD

- ❖ Battle is tough, costly, draining
 - battle comes in many forms, shapes, and sizes
 - battle fatigue, combat stress, shell shock, PTSD,
- ❖ We battle against
 - sinful desires (1 Peter 2:11)
 - personal demons: addictions, rage, anger, depression
 - the pressures of daily living
 - financial stresses
 - one another
- ❖ In the midst of battle, God promises He will help us
 - ***Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*** (Isaiah 41:10)
 - God is a very present **help** in trouble (Psalm 46:1)

God's Help in Battle

- ❖ The presence of God and God's help in battle is an often repeated theme in the OT
 - at many moments when Israel is impossibly outnumbered, God steps in and says, ***Fear not... I will help you***
 - Exodus 14:13; 2 Chronicles 14:11-12, 20:17
- ❖ 2 Chronicles 32:2-8
 - Israel is confronted by the greatest army in the world at that time (Assyria)
 - Sennacherib, king of Assyria threatens and taunts the people of Jerusalem
 - Hezekiah's response: ***...there are more with us than with him. With him is an arm of flesh, but with us is the LORD our God, to help us and to fight our battles.***

God is For Us

- ❖ The physical battles God sets before Israel in the OT are pictures of the spiritual battles He calls us into today
- ❖ Romans 8:31-39
 - God is with you, God is for you, God will help you... that is the heartbeat that gives life to the Gospel message

Personal Reflection

- v. 32 *He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?*
- ❖ God gives the very best: His Son!
 - not simply as a good teacher or an example
 - as the great Deliverer
 - a sinless substitute and sacrifice for our sin
- ❖ When we trust in God to help us, we are more than conquerors
 - nothing can separate us from the love God has for us in Christ Jesus our Lord
 - when we face tribulation, distress, persecution, famine, nakedness, danger or sword, GOD IS WITH US
 - God does not leave us to fight our battles on our own
- ❖ In the darkest hours of our trials, we can find peace, comfort, hope, and joy knowing that God will help us
 - if you are in Christ, you are never alone
 - if you are in Christ, you never face your enemies alone
- ❖ God brings us through in victory because Jesus has won the ultimate victory
 - the very essence of the Gospel is spelled out in Romans 8:34
 - Jesus died, Jesus was raised, Jesus is praying for us
- ❖ Our battles are real, but victory is assured for those who depend in Christ (*cf.* Rom 8:38-39, 1 Jn 4:4)

1. What battle(s) are you fighting today? What fears and anxieties do you face in the midst of those battles?
2. Read and meditate on Isaiah 41:10. What impact does knowing “God is with you and God will help you” have on how you manage your anxieties and fears about what you are facing?
3. Read and meditate on Romans 8:31-39. What comfort, peace and/or assurance do these verses bring in the midst of your battles? How do these verses summarize the joy God gives us and the reminder it brings that God has graciously given us His Son?
4. Are you confident of your relationship with this God who promises to be with you, to be your God, to strengthen you and to help you? If not, please reach out and speak with a trusted friend or a leader within the church and ask them to help you understand how you can have assurance of God's saving love and protecting care.