

**What Are You Afraid Of? 9<sup>1</sup>**  
**A Healthy Kind of Fear to Hold On to**  
**Philippians 2:1-13**

**What has been your experience in the Christian life?**

<sup>1</sup> So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, . . .

**If that's the case then . . .**

<sup>2</sup> complete my joy by being of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup> Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. <sup>4</sup> Let each of you look not only to his own interests, but also to the interests of others.

**Prepare for action!**

<sup>5</sup> Have this mind (*set*) among yourselves, which is yours in Christ Jesus, . . .

**The most incredible journey.**

<sup>6</sup> who, though he was in the form of God,  
did not count equality with God a thing to be grasped,  
<sup>7</sup> but emptied himself, by taking the form of a servant,  
being born in the likeness of men.  
<sup>8</sup> And being found in human form,  
he humbled himself by becoming obedient to the point of  
death,  
even death on a cross.  
<sup>9</sup> Therefore God has highly exalted him  
and bestowed on him the name that is above every name,  
<sup>10</sup> so that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,  
<sup>11</sup> and every tongue confess that Jesus Christ is Lord,  
to the glory of God the Father.

**A healthy kind of fear to hold on to**

<sup>12</sup> Therefore, my beloved,  
as you have always obeyed,  
so now,  
not only as in my presence but much more in my absence,  
**work out your own salvation with fear and trembling,**

<sup>13</sup> for it is God who works in you,  
both to will and to work for his good pleasure.

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<sup>1</sup> Message prepared and shared with the congregation of West Salem Baptist Church by Dr. Paul Null, Sunday, September 15, 2019. Citations from Scripture are from the English Standard Version of the Bible (in Italics are mine).

While you wait with Me, I work on renewing your mind. As the Light of My presence shines into your mind, darkness flees and deception is unmasked. However, there are many crevices where old thought patterns try to hide. My Spirit can search out and destroy those enemies, but He awaits your cooperation. Habitual ways of thinking do not die easily. When the Spirit's Light illuminates a hurtful thought, capture it by writing it down. Then bring It to Me so we can examine it together. I will help you identify the distortions and replace them with biblical truth.

The more you focus on Me and My Word, the more you can break free from painful, irrational thoughts. They usually have their roots in distressing experiences that wounded you, so the distortions are deeply etched in your brain. You may need to recapture the same thought multiple times before you can gain mastery over it. But all that effort leads to a marvelous result: increased ability to live freely and enjoy My Presence.<sup>2</sup>

I wait for the Lord, my soul waits, and in his word I hope; **Psalm 130:5**

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. **Romans 12:2**

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." **John 8:12**

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, **2 Corinthians 10:5**

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<sup>2</sup> From [Jesus Always: Embracing Joy in His Presence](#), the reading for September 8, pg. 263, c 2016 by Sarah Young.