

The Antidote to Fear: *Live a Christ-Centered Life*

We all have fears which could rob us of our joy and peace. It is not necessarily bad. Fear can be a good thing if we know how to deal with it properly and it prompts us to draw closer to God. But how do we overcome our fears – especially the fear of death?

The Apostle Paul gives us his perspective on dealing with fear. In Philippians 1:21 he wrote, “For me to live is Christ and to die is gain.” The antidote to fear is a life centered on Christ – by having an eternal perspective, the right priority and an attitude of perseverance.

1. *Perspective*

Paul’s perspective on his imprisonment, persecution and imminent death was rooted in the truth of the finished work of Jesus in his life. He hoped of being set free, but he also declared that even if he ends up suffering and dying, he will be in a much better state in the presence of Jesus Christ. His greatest goal in life is for Christ to be given glory, whether he lives or dies. 1 Corinthians 15:51-54 and 58 tell us that there is an amazing promise related to a believer’s death – to be set free from our perishable bodies and raised into our imperishable bodies. To face our fears, we need to have an eternal mindset, putting our trust in Jesus Christ and glorifying Him in every situation of our life.

2. *Priority*

Paul’s foremost priority was to make Jesus known and he pursued it in every waking moment of his life. It’s what he lived for. Having the right perspective is important, but to let our priority impact the way we live is way more important. If we say we are a believer and a follower of Christ, it must show through our priorities. In Philippians 1:27, Paul emphasized “striving together” to make the gospel known to other people. Our life’s very purpose is to be salt and light to others (Matthew 5:13-16).

3. Perseverance

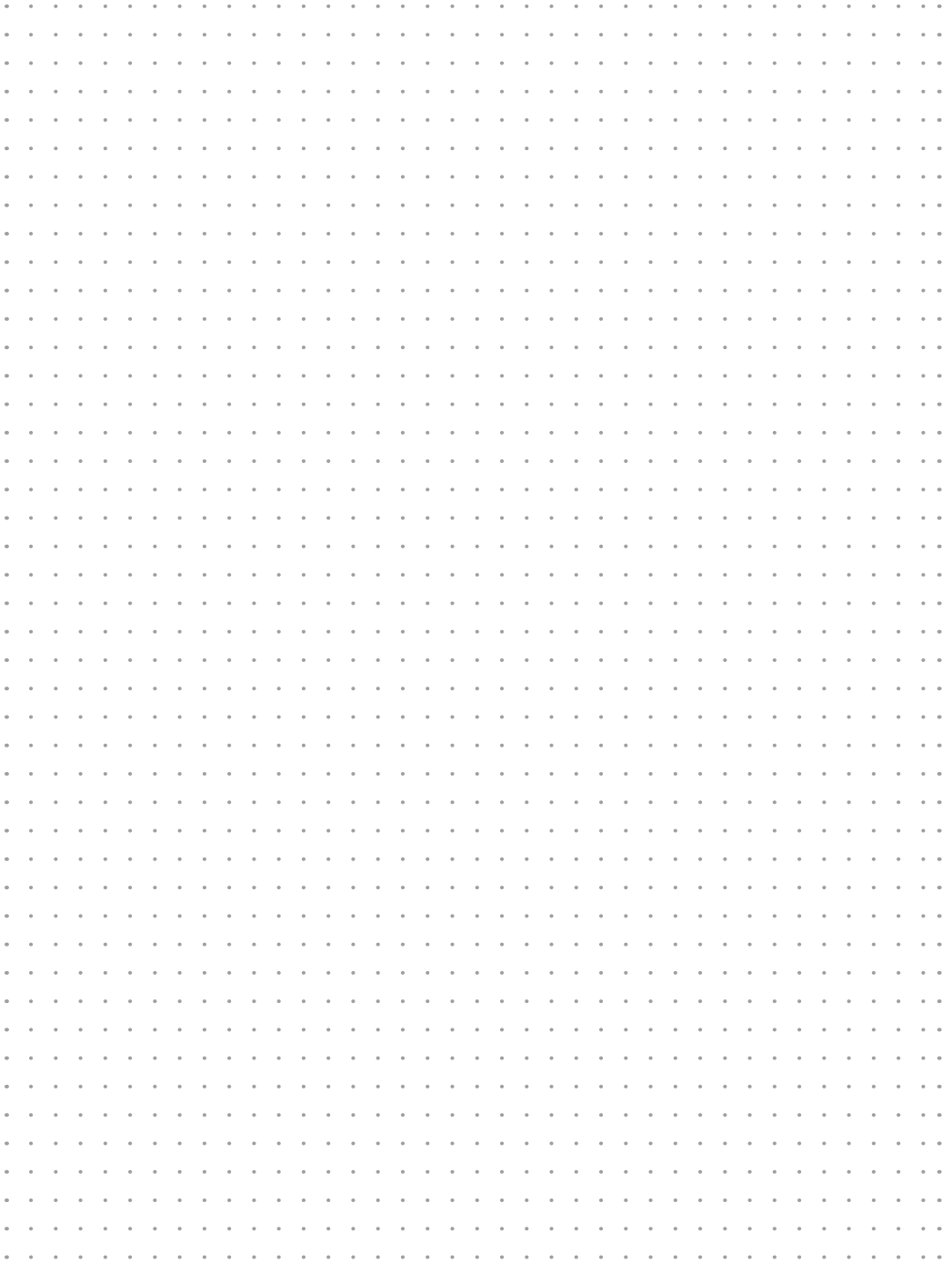
In Philippians 1:29-30, Paul speaks of how suffering is a privilege for the **SAKE OF CHRIST**. As followers of Jesus, we do not just look forward to heaven, but we labor well, persevere in both good times and times of sufferings here on earth for God's greater glory and for Jesus Christ's greater renown. Peter writes in 1 Peter 4:12-13 that suffering is to test us. It is an opportunity for us to stay focused on Jesus with joy!

When facing the fear of death, a Christ-centered person perseveres as he looks forward to enjoying eternal joy (Psalm 16:11), in God's presence (Philippians 1:21), where there would no more pain, death, or suffering, and we reign forever with Jesus (Revelation 21:4,7). Remember the criminal on the cross (Luke 23:39-43)? He admitted his guilt and recognized that Jesus has done no wrong. He turned to Jesus in humility when he said to Him, "Jesus, remember me when You come in Your kingdom...". What did Jesus say to him in response? He promised the repentant sinner that he will be with Jesus in paradise on that very day!

Would you like to be freed from your fears? Put your trust in Jesus Christ and live for Him!

A large grid of small dots for taking notes, spanning the right side of the page.

notes



what is the best decision you've made in your life?

WE MAKE DIFFERENT KINDS OF DECISIONS,
BUT THERE IS ONE DECISION THAT WE HAVE
TO MAKE THAT WILL IMPACT OUR **ETERNITY**.

1

God loves you and desires that you have eternal life with Him, and an abundant and meaningful life with Him.

"For God loved the world so much that He gave his only Son, so that everyone who believes in Him may not die but have eternal life." — John 3:16

"The thief comes only in order to steal, kill, and destroy. I have come in order that you might have life — life in all its fullness." — John 10:10

2

Man has a sin problem that separates him from God.

"everyone has sinned and is far away from God's saving presence." — Romans 3:23

3

Jesus Christ is God's only way to eternal life.

"I am the way, the truth, and the life; no one goes to the Father except by Me." — John 14:6

"For Christ died for sins once and for all, a good man on behalf of sinners, in order to lead you to God."
— 1 Peter 3:18

4

We must place our faith in Jesus Christ to save us.

"For it is by God's grace that you have been saved through faith. It is not the result of your own efforts, but God's gift, so that no one can boast about it."
— Ephesians 2:8–9

5

God promised that you can know today that you have eternal life when you trust in Jesus.


"These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life." — 1 John 5:13

To **honor God**
and **make**
Christ-Committed
Followers
who will make
Christ-Committed
Followers



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