

Biblical Resilience:
“Fear Is Information, Not Identity”
Judges 6:1–24

Sunday, August 23, 2026

Nathan L. Cherry

What happens when what you're afraid of starts telling you who you are?

Big Idea: Fear tells you something...but it doesn't tell you who you are!

1. Fear is a _____ to real _____! (vs 1-6; Psalm 34:4)
2. God _____ Gideon in his fear...not _____ it! (vs 11-12; Psalm 27:1, 46:1-3, 56:3; Isaiah 41:10; 1 John 4:4)
3. Fear _____, but it doesn't get the _____! (vs 13-16; Isaiah 41:10)
4. Fear does not _____; it becomes the _____ for _____! (vs 17-24; Psalm 56:3; 2 Timothy 1:7)

Opportunity Challenge:

1. Separate Feeling from Identity.
Stop saying: “I am anxious.”
And start saying: “I feel anxious.”
That one shift matters, because feelings are temporary...identity is foundational.
2. Replace Shame with Curiosity
Instead of: “What's wrong with me?”
Ask: “What does this fear want me to see?”
*Is there a real threat?
*Is there something that needs attention?
*Is there something God wants to address?
Fear often carries information...you have to listen without letting it define you.
3. Let God Define You, Not Your Emotion
Gideon said: “I am the least.”
God said: “Mighty warrior.”
One of those voices will shape your future...choose carefully.

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