

**“How to Conquer Fear”**  
John 6:15-21

Hello friend and welcome to *Hope for Today*. My name is J. Mark Horst; I’m your friend and Bible teacher. The program you’re listening to is produced by Heralds of Hope, an international Gospel radio and literature ministry.

Each week the Bible teaching broadcasts of *Heralds of Hope* circle the globe in English and 21 other major languages. And thousands tune in each week to hear those broadcasts. Like this listener from Kenya who listens to our programs in his native language, Swahili. He writes...

Hello and praise God! I trust that God's grace has preserved you. Allow me to say that God has been good to us and has kept us well as a family. We always thank God for you, more so for praying with us even though we have never met.

I would like to testify of the grace of God upon us as a family. I had requested you to pray with us concerning a plot of land we wanted to sell. God gave us a good buyer at the price we were trusting God for. We also wanted to finish building our house in a plot God had given us and above everything else we were trusting God for a baby. If you remember you prayed for us and now, we are expecting a godly seed. Thank God with us.

Praise God, He answers prayer! Maybe you’re listening today, and you have a need you’d like us to pray about. Our staff would be happy to do that for you. Just send an email to [mail@heraldsofhope.org](mailto:mail@heraldsofhope.org). I’ll repeat that contact information at the close of the program.

If you’re tuning in for the first time today, we are currently being led through the Gospel of John by the teaching of the late, Dr. J. Otis Yoder. He was the founder, first president, and Bible teacher for *Hope for Today*. He went home to be with the Lord in the year 2003.

But his method of teaching the Bible was such that it never goes out of date. And so, we are rebroadcasting his teaching from John’s Gospel. We are confident that, if you tune in each week, you will be blessed by the clear, simple presentation of biblical truth.

In just a few moments, Dr. Yoder will come to share his teaching, “How to Conquer Fear.” But before he does that, let’s pray.

Gracious God our Heavenly Father, we come to you in the precious name of Jesus. It is alone through Him that we have access into your holy presence. His blood, shed on the cross at Calvary, is the only sacrifice that is acceptable to you to wash away our sin.

And now, Father, as Dr. Yoder comes to teach us from the Word, open our hearts to receive your truth. Help us to learn how to confront fear in our lives, and how to conquer it. This I ask in Jesus' name, Amen.

Medical doctors tell us we were born with fear. It is a basic human emotion. We all come into the world with it. We need not develop fear; we already possess it at the moment of birth. Our emotion of fear takes various shapes as we are conditioned by where we live, by the fears of our parents, or others around us.

My mother was afraid of thunderstorms because as a girl she was in a house that had been struck by lightning. She implanted fear in all of us. I remember well as a boy how distressed she was whenever a thunderstorm came up.

Is there any help for inborn fears, or fears that we develop? Oh, yes there is help. Fear can be conquered. If we take the right course there is a way to conquer fear. We will find this help in our Scripture text: John 6:15-21.

15 *When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone.*

16 *And when even was now come, his disciples went down unto the sea,*

17 *And entered into a ship, and went over the sea toward Capernaum. And it was now dark, and Jesus was not come to them.*

18 *And the sea arose by reason of a great wind that blew.*

19 *So when they had rowed about five and twenty or thirty furlongs, they see Jesus walking on the sea, and drawing nigh unto the ship: and they were afraid.*

20 *But he saith unto them, It is I; be not afraid.*

21 *Then they willingly received him into the ship: and immediately the ship was at the land whither they went.*

As we see the disciples in this experience, we can draw three CONCLUSIONS as to how fear can be conquered.

Number one: **The Need for Meditation.**

Jesus was able to test the mood of the crowd around Him. He understood what their intentions were. The Bible tells us here that when He “perceived (that means knew or understood) that they would come and take him by force... he departed again into a mountain himself alone.” He needed some time for meditation. This was not the time for His coronation; not the time to crown Him king. He understood that. The crowds did not understand. In order to avoid the crowd’s actions, He withdrew for meditation. He went into a mountain by Himself for a time of reflection. I’m sure Jesus knew then, as He knows now, that someday He will be king, King of Kings and Lord of Lords. In fact, He is that now, but He has not yet exercised Himself fully in that way.

He understood that there is a necessity of withdrawing for meditation and fellowship with God. So, one conclusion we draw from this experience is the need for meditation in our confrontation with fear.

The second conclusion: **The Fact of Frustration.**

I want you to see His disciples. The Sea of Galilee is a fresh water lake in the northern part of the Holy Land. It has been very famous through the years. It supplies the people of the countryside with some fine fish. During Jesus’ ministry, He and His disciples crisscrossed the lake many times and in many ways.

In this experience the disciples went down to the sea as the evening drew on and took a boat for Capernaum. They may have taken one of the disciple’s boats. Andrew, Peter, James and John were fishermen along the shores of the Sea of Galilee before Jesus called them. They understood the ways of the sea, but on this particular day as it became dark a storm arose. Most likely this wasn’t the first storm the disciples had experienced on the Sea of Galilee, but now it was dark and stormy.

They were trying to go to the village of Capernaum but made very little progress. They had rowed 25 or 30 furlongs, which in modern measurement would be about 17 hundred meters or a kilometer and a half. They were trying to get to their destination but with very little progress.

Now get this picture together: it is dark; there is a storm at sea; they are making very little progress; and they see Jesus, walking on the water and drawing near unto the boat.

Don’t you understand what kind of frustration that must have been? What kind of fear that struck in their hearts? In a storm at sea, one has very little that he can do except try to stay afloat.

Well, they wanted to go to Capernaum but they weren't making much progress, and here came Jesus walking on the sea. So, to conquer fear Jesus understood the necessity to withdraw for meditation and the disciples faced the fact of frustration.

There is a third conclusion we draw from this experience on how to conquer fear: **The Call for Identification.**

Not knowing who He was created fear in their hearts. The Bible records these words: "And they were afraid." They feared because they did not know Him. His voice calmed their fears for He called out to them above the noise of the storm, "It is I; be not afraid." The voice of Jesus calmed the fears of the disciples.

It was still dark and stormy, but Jesus was there, and His voice made all the difference in the world. When they knew Him they willingly received Him into their boat. And immediately they were at the land to which they went.

The presence of Jesus calmed their fears. Fear can be conquered for you even though you are alone, struggling against great difficulty. You may think you are alone but be assured Jesus is near, ready to relieve your fear as He did for the disciples. The secret is this: Hear His voice and take Him into your boat.

What a beautiful lesson we can learn from the experience of the disciples. Jesus had withdrawn for meditation, but He had not forgotten His disciples. When they were so seriously frustrated because of their difficulty, Jesus made Himself known to them, relieved all their fears and they came quickly to the point of their destination. I want to point out to you, my friend, fear can be conquered if you respond to Jesus in the same way. His presence relieves fear.

Thank you, Dr. Yoder for teaching us from this portion of Holy Scripture. My friend, do you have fears? Do you have fears about the future, fears about your health, fears that your family or friends will reject you if they find out you are a Christ-follower? If you do, listen to these words from First Peter 5:6 to 9.

*Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.*

*Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.*

You can throw your cares, your fears, your anxieties on your Heavenly Father! Why? Because He cares for you! Don't let the Devil, our adversary control you with fear. Resist him in the name of Jesus.

Now, were you blessed by this teaching by Dr. Yoder? If so, you can request an audio CD or a printed copy of this complete teaching, just request it by its title, "How to Conquer Fear."

The quickest way for you to contact me is to send an e-mail to [mail@heraldsofhope.org](mailto:mail@heraldsofhope.org). That email address again is, [m-a-i-l@heraldsofhope.org](mailto:m-a-i-l@heraldsofhope.org). Or you may write to *Hope for Today*, Box 3, Breezewood, Pennsylvania 15533. Remember, you can request a printed manuscript or an audio CD of this teaching, "How to Conquer Fear." I'd be happy to send one to you.

Once again, the quickest way for you to contact me is to send an e-mail to [mail@heraldsofhope.org](mailto:mail@heraldsofhope.org). Or you may write to *Hope for Today*, Box 3, Breezewood, Pennsylvania 15533. Remember; you can request a free copy of this teaching, "How to Conquer Fear." It's available in print or on an audio CD.

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Now friend, I urge you to tune in next week as we continue our study in John's Gospel. And until then, keep looking for that blessed HOPE.