



**Fear Not -**  
***LOOK UP!***



## **FEAR NOT**

### **What is Fear?**

An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or threat.

Synonyms: terror, fright, fearfulness, horror, alarm, panic, agitation, trepidation, dread, consternation, dismay, distress.

**“One man’s thrill is another man’s fear.”**

### **What causes you fear, worry, anxiety?**

---

---

---

### **The thief comes to kill, steal and destroy John 10:10**

Fears, phobias, worries, anxieties are Satan’s strategy of intimidation to disable us, to paralyze us, to terrorize us, to wear us out, to hinder us, to discourage us and to isolate us.

Ultimately his purpose is to kill our joy, steal our peace and destroy our hope, our trust and our purpose in God.

### **Psalm 37:1-8**

- v1 Do not fret because of evil doers
- v7 Do not fret because of him who prospers in his way
- v8 Do not fret – it only causes harm

**Fret:** from the old English word freton - to devour; to eat or gnaw into: corrode or fray, “the acid fretted the metal.” To wear away, rub, agitate violently, disturb, tease, make angry, to be constantly worried or anxious, to be distressed.

**Psalm 37:1-8 Fret Not:** Trust in, dwell in, feed on, delight yourself in, commit your way to, rest in.

---

---

*I sought the Lord, and He heard me, and delivered me from all my fears. They looked to Him and were radiant and their faces were not ashamed. This poor man cried out and the Lord heard him, and saved him out of all his troubles. The Angel of the Lord encamps all around those who fear Him and He delivers them. Psalm 34:5*

*God has not given us a spirit of fear, but of power, and of love and of a sound mind. **2 Timothy 1:7***

### **Who do I believe - the Spirit of God or the spirit of Satan?**

- Know God
- Know your enemy

### **What do you believe:**

- About yourself? Who are you? What is your purpose?
- About your enemy? Who is he? What is His strategy? What is his purpose?
- About God? Who is He? What is His strategy? What is His Purpose?

### **What or who you are looking at will determine your response in any situation;**

- If we look at our-self, others, our enemy we will be easily defeated.
- If we look to God and His truth, we have hope, strength, victory.
- Turn fear to faith before it turns into disbelief and disobedience.

*I will lift my eyes to the hills - from where does my help come from? My helps comes from the Lord, the Maker of heaven and earth. **Psalm 121:1-2***

### **God is inviting us to look up**

*Look to the Lord, and His strength. Seek His face always. **1 Chronicles 16:11***

*When You said "Seek My Face" my heart said Your face I will seek Lord. **Psalm 27:8***

*But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord. 2 Corinthians 3:18*

- **What is your image of God?**
- **Who or what has shaped your image of God?**

**Be Still and Know that I am God! Psalm 46:10**

Hebrew *Be Still*: to cast down, to let fall, to let hang down, to relax, especially the hands. Not making an effort, or putting forth energy, leaving matters in God's hands, being without anxiety.

Sometimes God draws us into stillness through circumstances or trials;

- To speak truth to us
- To remind us where our power comes from
- To receive a greater revelation of who He is
- To encourage and strengthen us
- To bring us into deeper intimacy with Him
- To bring us to greater faith in Him and in His purposes.

To \_\_\_\_\_ God is to \_\_\_\_\_ Him

To \_\_\_\_\_ God is to \_\_\_\_\_ Him

To \_\_\_\_\_ God is \_\_\_\_\_

**Ezekiel 1:1, 13-14, 12, 20, 24 - 2:2**

Ezekiel was sitting among his people who were in captivity when the heavens opened and he looked up to see a great vision (v1). Four living creatures were taking the presence of God from one end of the earth to the other, like lightning (v13-14). They moved only where the Spirit moved (v12 v 20).

*So will your heart be free to seek Me without distraction.  
For when I become to you more precious than anything else  
And when you love Me, more than you love any other  
Then will you know complete satisfaction and rest.  
(Come away My Beloved, Francis J Roberts)*

*Liz Dickson, Love UnVeiled  
©2019 Love UnVeiled*

*Teaching videos to accompany this lesson are  
available on YouTube - Love UnVeiled Channel.*

For information about *Love UnVeiled*,  
*Love UnVeiled* weekly groups, workshops  
and other LUV teaching and ministry  
visit [www.loveunveiled.org](http://www.loveunveiled.org)  
or contact:  
[info@loveunveiled.org](mailto:info@loveunveiled.org)  
407 385 5796  
3925 Peppervine Drive, Orlando, FL 32828

Ezekiel could hear the noise of their wings, like the noise of a great ocean, like a great army (v24). But when they stood still they let down their wings. **Then He heard a voice from above the expanse and saw the appearance of the glory of God** (v26).

The revelation of God came **when the wings stopped**, when all was still. The glory of God was so powerful he fell on his face.

**God often prepares us for difficult assignments by first revealing more of His glory to us.** His Holy Spirit prepares the way to comfort, to guide, to strengthen us with a fresh revelation of who God is. God was preparing Ezekiel to share a difficult message, a warning to people who were rebelling against Him.

**We live in a busy world, most of us are busy trying to do good**, but there is a time to be still, to let down our wings and look up to see God's glory.

#### LOOK UP

*“Anything we need for spiritual growth and movement has to come from above.”*

We cannot find what we need to overcome fear or find peace for our spirit and soul by looking on any human level. It has to be initiated from above.

Jesus said we are “born again” with the Spirit – Greek: that which is from above. John 3:5-7

**Isaiah 55:8-11** *For My thoughts are not your thoughts, Nor are your ways My ways,” says the LORD. “For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.*

*“For as the rain comes down, and the snow from heaven, And do not return there, But water the earth, And make it bring forth and bud, And bread to the eater, So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it.*

## Look Up: Vision, Power, Direction and Revelation come from above.

From Genesis to Revelation God has been calling men to look up, to come up higher to see His glory, to impart His word, to receive His revelation and vision.

- **Abraham** - called up mountain Moriah to sacrifice his son, Isaac. Revelation of Jesus, the lamb of God.
- **Moses** was up and down Mount Horab and Mount Sinai at least 7 times. Twice he was on the mountain for 40 days to receive the ten commandments and God's instructions for worshipping Him.

*Come up to Me on the mountain and there I will give you the tablets of stone and the law and the commandments that you may teach them. Exodus 24:12*

Moses went up the mountain and a cloud *covered the mountain. The glory of God rested on Mt Sinai and covered it for 6 days. On the seventh day He called to Moses out of the midst of the cloud. Exodus 24:15-18*

- Moses came up the mountain alone.
- Moses was on God's time table; he entered the cloud and courageously waited 6 days before God revealed Himself.
- It took obedience to go up to meet God rather than staying on the ground to lead the people.
- For 40 days God revealed His requirements to meet with Him.
- The children of Israel got impatient and committed idolatry while Moses was meeting with God on the mountain.
- In anger, Moses destroyed the tablets of stone written by God.

## Moses sought God's Presence and His glory

*Show me Your way that I may know You, Exodus 33:13*

*Please show me Your glory. Exodus 33:18*

## How would you expect God to reveal His glory?

- Be still
- Wait with patience and expectation
- Have an eternal perspective
- Pour out your heart to Him

*O Zion, You who bring good news, Get up into the high mountains;  
O Jerusalem, You who bring good news.  
Lift up your voice with strength, Lift it up, be not afraid.  
Say to the cities of Judah Behold Your God!  
Isaiah 40:9*

## Reflection and Prayer:

*Save this age from its own intellectual pride. Give back the spirit of simple faith in Christ, for we desire His glory. For Thine is the kingdom, and the power, and the glory forever. Amen. Matt 6:13. CH Spurgeon.*

*Open my eyes that I may see wondrous things from your law. Psalm 119:18*

*Turn my eyes from looking at worthless things, and revive me in Your way.  
Psalm 119:37*

***Turn your eyes upon Jesus look full in His wonderful face. And the things of earth will grow strangely dim in the light of His glory and grace.***

*Lo, I wait to bless you  
I wait to give you of My fullness.  
I delight to do for you,  
For I love you beyond your power to begin to know.  
Only drop those things which you grasp in your hand,  
And place your hands in Mine.  
Tear your eyes away from those things you hold precious.  
And I will fill them with My glory.  
Loose your affections from all others.  
Place in My hands those you hold dear.  
Leave them in My keeping:*

*Look to Me and be saved all you ends of the earth! For I am God and there is no other. Isaiah 45:22*

*And I, if I am lifted up from the earth, will draw all peoples to Myself.*

**John 12:32**

- Do we need a fresh vision of Jesus to overcome our fears, to build our faith, to know God, to become more like Him, to be amazed by His power and glory?
- Will we leave our agendas and wait in His Presence for Him to meet us, to admit that we have no power or strategy to accomplish anything in our own strength?

*The secret of the Lord is with those who fear Him. And He will show them His covenant. My eyes are ever towards the Lord, for He will pluck my feet out of the net. Psalm 25:14-15*

*Oh, that You would rend the heavens! That You would come down! That the mountains might shake at Your presence... For since the beginning of the world, Men have not heard nor perceived by the ear, nor has the eye seen any God besides You, Who acts for the one who waits for Him. Isaiah 64:1-4*

What will God accomplish with and through us if we will look up, if we will come up higher where He wants to reveals Himself to us, His secrets and to act on behalf of those who wait for Him

• **How do I Look Up, come up higher?**

- Seek His Presence and glory
- Come alone
- Leave baggage behind
- Come with a humble, dependent heart
- Confess weakness
- Come with faith
- Be hungry and thirsty for God
- Come in obedience
- Be courageous

---

---

**Read Exodus 33:19-23. What does God reveal to Moses about Himself?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

God invited Moses to come back up the mountain a second time.

**Read Exodus 34:1-9. On the mountain, how does God describe Himself to Moses?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**What was Moses response to God's glory?**

---

---

---

**Moses was desperate for God's presence and His glory, and God answered.**

- Are we satisfied with the revelation we already have of God or are we hungry to say *God, I want to know you more, I need Your presence, I need to see a revelation of Your glory?*
- Do you have a revelation of God today that causes you to bow down in worship realizing who He is and that you can do nothing without Him?

- Do you have a revelation of God that is big enough to carry you through the deepest pain, the greatest trial, the darkest path, or follow Him up the mountain of faith into the unknown?
- Do you have a revelation of God that is changing you, that fills you with His love, joy, peace, hope, trust?
- Do you have a revelation of God that causes you to intercede in prayer for others who don't know Him, to petition Him for others to have a greater revelation of Him?

**Moses was not able to see God's face, but we see His face and His glory revealed in Jesus:**

- As a baby; *You will call His name Jesus for He will save His people from their sins. Immanuel, God with us.* (Matthew 1:21-23)
- At His baptism *This is My Beloved Son, in whom I am well pleased* (Matthew 3:17)
- In His mission of healing, miracles and freedom (Luke 4:18-21)
- In His character; *I am gentle and humble* in heart (Matthew 11:29)
- On the Mount of transfiguration (Matthew 17: 1-8)
- On the Cross (Matthew 27:33-37, 51-54)
- As He ascended back to heaven (Matthew 28:16-18)

**Mount of Transfiguration - Jesus took the disciples up a mountain to reveal His glory:**

*"This is My Beloved Son in whom I am well pleased, Hear Him!", and when the disciples heard it they fell on their faces and were greatly afraid. But Jesus came and touched them and said "Arise and do not be afraid."*  
*When they had lifted up their eyes they saw no one BUT JESUS ONLY.*

**Matthew 17:1-8**

*For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. 2 Corinthians 4:6*

As we look around at the world today there is no human answer that will fix it. Anxiety about the future comes when we do not have the correct view of God or of His sovereign purposes.

- He is calling us to "Look Up," "come up higher" to see His glory, to hear His voice, to receive His revelation and perspective about the things happening on the lowlands, and to give us a future hope.

*If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. **Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. Colossians 3:1-3***

*Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. <sup>17</sup> For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, <sup>18</sup> while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal. 2 Corinthians 4:16-18*

- He is calling us to look for signs of His return

*Now when these things begin to happen, look up and lift up your heads, because your redemption draws near. **Luke 21:28***

---



---



---



---

- **How will you respond to His invitation to look up?**
- **He is inviting us to come up higher. Will you come?**

*You will seek Me and find Me, when you search for Me with all your heart. I will be found by you says the Lord. **Jeremiah 29:13-14***

Hebrew: "To be found" - God's presence bursting forth in deliverance



- **We may not be able to make it up the mountain ourselves, but He will lead us there by the help of His Holy Spirit.**

*When my heart is overwhelmed, lead me to the rock that is higher than I.*

**Psalm 61:1**

- **Transformation takes place as we climb higher, looking to Jesus**

*Charles Spurgeon "God's great design in all His works is to show us His glory. How can the glory of God be manifested to such fallen creatures? We look for our own honor, and we have too high an estimate of our own powers so we are not qualified to see His glory. Self must stand out of the way so God may be exalted."*

Like Paul's thorn, our trials and difficulties, our brokenness and pain bring us to the place of humility and dependency on God where He is glorified in our weakness, where we lay down self and seek His face, growing closer to Him in intimacy and desire for Him.

We are invited to the same journey as Moses, Ezekiel, John, the disciples - to come up higher, to move from glory to glory leaving behind the things and mind of the world to seek Jesus only.

**Looking to Jesus only - brings us to a greater place of freedom to worship Him in Spirit and in Truth. No matter our circumstance, He is all we need.**

Each step of faith we take with our eyes looking to Jesus only, will bring greater freedom in our life. Read **Hebrews 12:1-2**

As we seek Him we will become more like Him and His glory and power will be seen in us. We will become a mirror reflecting His glory to others so that they too can see the unseen God.

- **Eternal Perspective:**

After dealing with the present, John the apostle was invited to *Come up higher* to receive revelation of things to come **Revelation 4:1-2**

**Look UP to Jesus only:** everything we need is found in Jesus; love, kindness, forgiveness for sin, transformation, fruitful service, our hearts deepest desires, the source of our peace, fullness of joy, the provider of sufficient grace, strength in our weakness, hope for the future.

**What do we look at to fulfill these needs, other than Jesus?**

---



---



---



---



---

- Almost 60 years after His resurrection Jesus revealed His resurrection glory to John one of His disciples, now a prisoner on Patmos.

**Revelation 1:10-17** Like Ezekiel John had a heavenly revelation when he was imprisoned, praying and worshipping in the Spirit, seeking God. Like Ezekiel, the vision causes John to bow down.

**Revelation 2:1-5** Like Ezekiel after the revelation of His glory, Jesus gives John a strong word of rebuke about His church.

The first rebuke is to Ephesus who had wandered from intimacy and Jesus only. Consumed with works they had stopped seeking God's face. *You have left your first love; (first is like "the best robe" in Luke 15.)*

- In just 60 years the church had forsaken "Jesus only" and traded it for "Jesus plus"
- They had quickly forgotten Jesus words *for without Me you can do nothing. If you abide in Me you will bear much fruit... John 15:4-5*

**Jesus PLUS;** Are our fears rooted in a dis-connect from the source of our intimacy and power? Are we depending on our own strength rather than looking to Jesus?

---



---



---

David Wilkerson; *“Most believers are seeking God’s works, but few are seeking His presence and His glory.”*

**A calling to Fear Not - LOOK UP!**

*But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord. 2 Corinthians 3:18*

*Therefore, since we have this ministry, as we have received mercy, we do not lose heart. 2 Corinthians 4:1*

God is calling us to look up, to come up higher in our thoughts and in our hearts, to seek His face, to know Him intimately, to be changed by Him.

- **We are changed by what we look at.**

To look in someone’s face is to see their expressions, their emotions. If there is a veil between us, how can we truly know someone?

We may not feel comfortable with intimacy. It may be difficult for some of us to look in God’s face. But He has given us access to look at Him through Jesus who is the image of God. Intimacy with Jesus, getting to know the truth about Him in His word, looking in His face we see God and experience freedom.

- *If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free. John 8:31-32*
- *When one turns to the Lord, the veil is taken away 2 Corinthians 3:16*
- *Where the Spirit of the Lord is there is Freedom 2 Corinthians 3:17*

**What is your image of Jesus? What do you want to change to know Him more intimately and to be free?**

---

---

---

---

---

---

**Looking to Jesus, going from glory to glory with Him is an invitation:**

- To leave the lowlands of safe, easy, comfortable living where we can achieve much in our own strength, and step out in faith to depend on God.
- To leave the low ground where the caterpillars feed, where we are more easily caught by the enemy, by discouragement, by our past, our fears, our insecurities, and the world’s perspective.
- To fly like a butterfly looking to Jesus only, receiving a fresh revelation of who God is, pressing into Him, putting our trust in God and climbing the higher heights of faith with Him. It may not be easy, but the more we know God, the higher we will climb, the stronger we will become because of who He is and who He is making us to be.

---

---

---

---

---

- **There is Hope for us on the Mountain**

*We do not come to a mountain that can be touched and burns with fire but to mount Zion – to Jesus the Mediator of the new covenant. See that you do not refuse Him who speaks...there is a removal of the things that are made, and only the things which cannot be shaken will remain – Hebrews 12:18-29.*

God is removing the things of the world and the flesh, and replacing them with Himself - the things that cannot be shaken, Christ in me the hope of glory!