

## **I Changed My Mind**

*I Changed My Mind About Fear*

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Sunday, April 26, 2026

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### **Romans 12:1–2 NKJV**

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

### **John 8:31–32 NKJV**

Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”

### **Luke 22:39–47 NKJV**

Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him. When He came to the place, He said to them, “Pray that you may not enter into temptation.” And He was withdrawn from them about a stone’s throw, and He knelt down and prayed, saying, “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.” Then an angel appeared to Him from heaven, strengthening Him. And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.<sup>1</sup> When He rose up from prayer, and had come to His disciples, He found them sleeping from sorrow. Then He said to them, “Why do you sleep? Rise and pray, lest you enter into temptation.” And while He was still speaking, behold, a multitude; and he who was called Judas, one of the twelve, went before them and drew near to Jesus to kiss Him.

## **Why Jesus Was Fearful Before His Death**

### **1. Identification as a fellow human**

### **Hebrews 4:15–5:2 NKJV**

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things *pertaining* to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he Himself is also subject to weakness.

### **2. The full knowledge of every single detail of everything He was about to endure**

### **John 14:6 NKJV**

Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

### **Acts 4:10–12 NKJV**

...let it be known to you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead, by Him this man stands here before you whole. This is the “*stone which was rejected by you builders, which has become the chief cornerstone.*” Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.

### **3. Jesus was under full-scale assault by Satan – the spirit of fear.**

### **Luke 4:13 NKJV**

Now when the devil had ended every temptation, he departed from Him until an opportune time.

**Fear is a spirit.**

### **2 Timothy 1:7 NKJV**

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

**Satan uses fear to control us and keep us from doing God’s will.**

### **Hebrews 2:14–15 NKJV**

Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.

<b>Good Fear</b>		<b>Bad Fear</b>
Circumstantial	vs.	Perpetual
Protective	vs.	Paralyzing
Instructive	vs.	Confusing & fatalistic
Empowering	vs.	Enslaving

## **How to Overcome Fear**

- 1. Admit your fear without shame.**
- 2. Submit your fears to God.**

### **James 4:6–7 NKJV**

But He gives more grace. Therefore He says: “*God resists the proud, But gives grace to the humble.*” Therefore, submit to God. Resist the devil and he will flee from you.

- 3. Focus on God’s presence and love.**

### **Psalm 23:4 NKJV**

Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You *are* with me; Your rod and Your staff, they comfort me.

### **Psalm 16:8–11 NKJV**

I have set the LORD always before me; Because *He is* at my right hand I shall not be moved. Therefore, my heart is glad, and my glory rejoices; My flesh also will rest in hope. For You will not leave my soul in Sheol, Nor will You allow Your Holy One to see corruption. You will show me the path of life; In Your presence *is* fullness of joy; At Your right hand *are* pleasures forevermore.

### **Hebrews 13:5–6 NKJV**

*Let your conduct be* without covetousness; *be* content with such things as you have. For He Himself has said, “*I will never leave you nor forsake you.*” So we may boldly say: “*The LORD is my helper; I will not fear. What can man do to me?*”

### **Numbers 13:31–33 NKJV**

But the men who had gone up with him said, “We are not able to go up against the

people, for they *are* stronger than we.” And they gave the children of Israel a bad report of the land which they had spied out, saying, “The land through which we have gone as spies *is* a land that devours its inhabitants, and all the people whom we saw in it *are* men of *great* stature. There we saw the giants<sup>[a]</sup> (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight.”

#### **Numbers 14:6–9 NKJV**

But Joshua the son of Nun and Caleb the son of Jephunneh, *who were* among those who had spied out the land, tore their clothes; and they spoke to all the congregation of the children of Israel, saying: “The land we passed through to spy out *is* an exceedingly good land. If the LORD delights in us, then He will bring us into this land and give it to us, ‘a land which flows with milk and honey.’ Only do not rebel against the LORD, nor fear the people of the land, for they *are* our bread; their protection has departed from them, and the LORD *is* with us. Do not fear them.”

#### **4. Face your fears by faith and overcome them.**

#### **Luke 24:36 NKJV**

Now as they said these things, Jesus Himself stood in the midst of them, and said to them, “Peace to you.”

# Small Group Guide: I Changed My Mind About Fear

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## Opening Question

What's one place you notice fear trying to "take over" in your life (relationships, work, health, decisions, the future)?

## Transforming the Mind Through God's Truth

God's invitation to freedom starts with how we think. God calls us to present our lives to Him and let our minds be renewed, so our lives align with what He desires. (Romans 12:1–2) That renewing matters because we don't grow by accident. Our minds are shaped by what we keep repeating, listening to, and believing.

When we stay close to His word, we grow into what it produces: "you shall know the truth, and the truth shall make you free." (John 8:31–32) Truth changes us little by little. Jesus' truth is what frees us.

On the night Jesus faced what was coming, He didn't pretend fear wasn't real. He went to the Mount of Olives, asked His disciples to pray, and then He knelt down and prayed from a place of honest struggle. (Luke 22:39–47) Even when His body and emotions felt the weight of the moment and He was fearful, Jesus surrendered the outcome to God: "Father... nevertheless... Your will be done." (Luke 22:39–47) This is a picture of what courageous surrender looks like—fear can be present, and obedience can still happen.

So why did Jesus fear so intensely before His death? Because He understands you personally. He is the High Priest who sympathizes with your weakness. He has experienced any and every human emotion you will experience. (Hebrews 4:15–5:2) You can come with your weakness and find mercy and grace to help when you need it (Hebrews 4:15–16).

Jesus also is the only way to salvation. (John 14:6; Acts 4:10–12) When fear tries to shrink our faith, Jesus steadies us with the truth of who He is and what He has done.

Fear also connects to spiritual warfare. Scripture describes fear as tied to the enemy's influence, the spirit of fear that keeps people from walking in God's will. (Luke 4:13; 2 Timothy 1:7; Hebrews 2:14–15) Fear is the enemy's tactic. It's how he thinks. Fear is

reality without God. Satan is godless, and he wants us to experience the same thing – being locked up in thoughts of a reality without God.

The peace Jesus brings is the antidote to fear’s pressure. Rather than succumb to fear, we must renew our minds with this truth.

Here’s the pathway to change our minds about fear:

- 1) Admit your fear without shame, because honesty with God breaks pride and helps you move forward.
- 2) Submit your fears to God, so fear does not steer your choices. (James 4:6–7)
- 3) Focus on God’s presence and love, like a believer who remembers, “For You are with me.” (Psalm 23:4; Psalm 16:8–11; Hebrews 13:5–6)
- 4) Face your fears by faith, step into obedience, and let the peace of God settle the whole situation. (Luke 24:36)

## **For Discussion**

1. What does fear usually try to convince you about God, your future, or your ability to cope?
2. Which truth resonates with you most when it comes to fear: Jesus sympathizes with your weakness (Hebrews 4:15–5:2), Jesus is the only way (John 14:6), or the reality of fear as spiritual warfare (2 Timothy 1:7)?
3. What step would change your next 24 hours—admitting fear, submitting it, focusing on God’s presence, or facing it by faith?

## **Closing Prayer**

*Heavenly Father, thank You for renewing our minds and setting us free. Lead us into the truth that makes me free. Jesus, thank You that You sympathize with every single one of our weaknesses and strengthen us when we need it. Help us to be honest about our fears without shame, submit them to You, and focus on Your presence and love. Teach us to face fears by faith and obedience, trusting the peace You bring, and*

*that no matter what, we will never live in a reality where You are not there. In Jesus' name, amen.*