

FROM LUKE 1

FROM FEAR TO FREEDOM

LESSONS FROM THE FIRST CHRISTMAS



from

to

FREEDOM

THIRST

Illustration: Christina Wong

A person is shown from the chest up, covering their face with both hands. They are wearing a dark, possibly black, t-shirt. The background is dark and textured, resembling a wrinkled fabric. The person's left hand has a green and black wristband and a silver chain bracelet. The text "COMMON FEARS" is overlaid in a bright pink, bold, sans-serif font across the center of the image.

COMMON FEARS



Entomophobia

FEAR OF INSECTS



Ophidiophobia

FEAR OF SNAKES



Didaskaleinophobia

FEAR OF SCHOOL



**'Family of cockroaches' found
inside Chinese man's ear**

Katsaridaphobia

FEAR OF COCKCROACHES



A person is shown from the chest up, positioned centrally against a dark, textured background. Their face is mostly obscured by their hands, which are held up to their eyes and nose. Only one eye is visible, looking directly at the camera. The person has dark hair and is wearing a dark top. On their left wrist, there are several bracelets, including a green one and a silver chain. The overall mood is mysterious and unsettling.

STRANGE FEARS




Anatidaephobia

FEAR OF DUCKS



Koumpounophobia

FEAR OF BUTTONS



Omphalophobia

FEAR OF BELLY BUTTONS

Hippopotomonstrosesquippedaliophobia

FEAR OF LONG WORDS

KIASU
F.O.M.O.

KIASI
Y.O.L.O.

VERY SINGAPOREAN FEARS

KIABO
O\$P\$



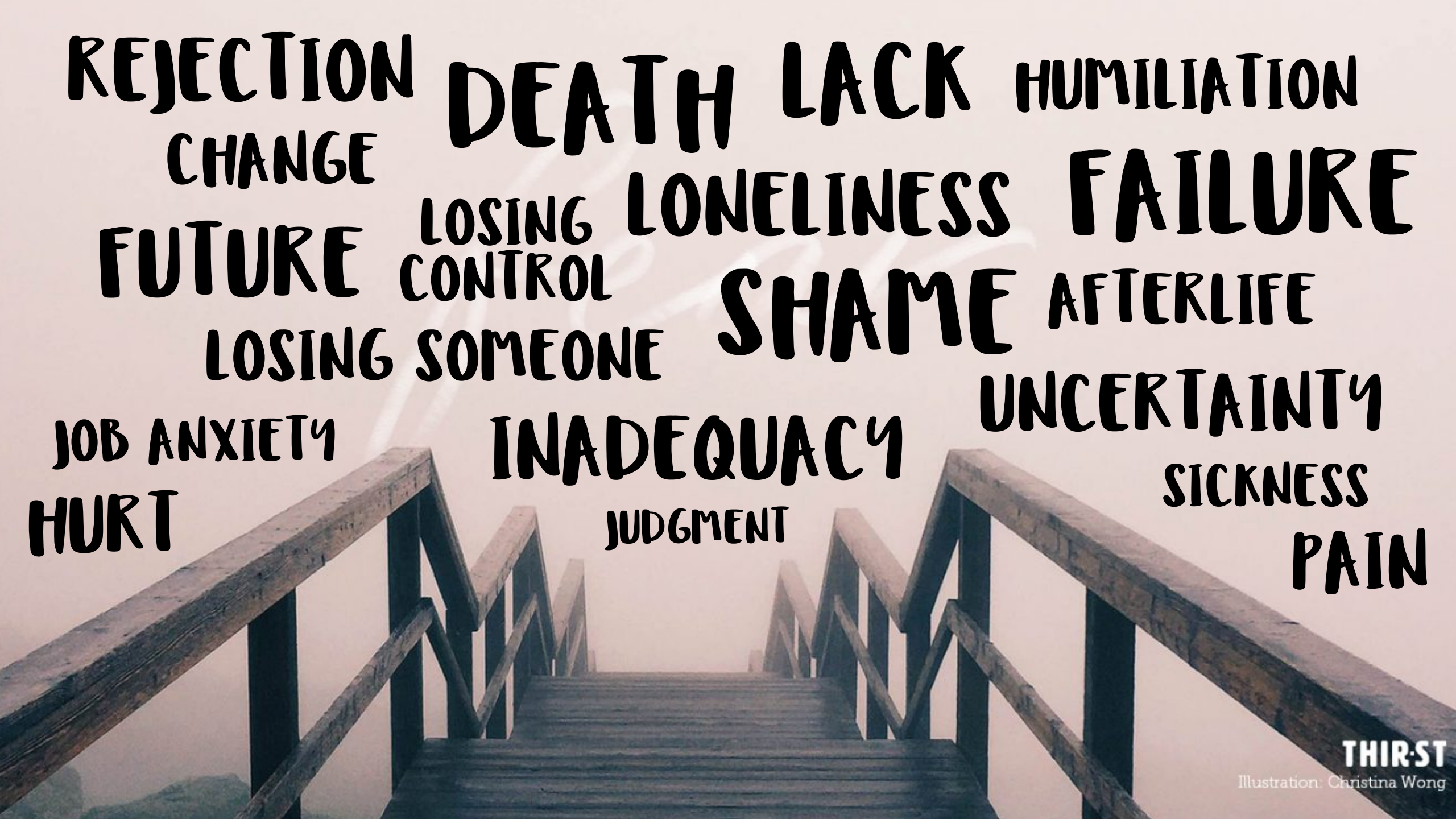
WHAT DO YOU FEAR?



THIR·ST



Overcoming depression: Will I ever be okay?



REJECTION

CHANGE

DEATH

LACK

HUMILIATION

FUTURE

LOSING
CONTROL

LONELINESS

FAILURE

LOSING SOMEONE

SHAME

AFTERLIFE

JOB ANXIETY

INADEQUACY

UNCERTAINTY

HURT

JUDGMENT

SICKNESS

PAIN

THIRST

Illustration: Christina Wong


FROM LUKE 1

FROM FEAR TO FREEDOM

LESSONS FROM THE FIRST CHRISTMAS



JESUS' FAMILY TREE

A sepia-toned photograph of a nativity scene. In the center, Mary is seated on the left, looking down at the infant Jesus who is lying in a manger filled with straw. Joseph stands behind the manger, holding a staff. The scene is set under a rustic stable with a thatched roof. Various items like a basket of fruit, a pot, and a bundle of straw are scattered on the ground. The background is dark with some stars visible.

ZECHARIAH

ELIZABETH

MARY

JOSEPH

JOHN THE BAPTIST

JESUS

LUKE 1

⁵ In the time of Herod king of Judea there was a priest named Zechariah, who belonged to the priestly division of Abijah; his wife Elizabeth was also a descendant of Aaron.

⁶ Both of them were righteous in the sight of God, observing all the Lord's commands and decrees blamelessly.

⁷ But they were childless because Elizabeth was not able to conceive, and they were both very old.

¹¹ Then an angel of the Lord appeared to Zechariah, standing at the right side of the altar of incense. ¹² When Zechariah saw him, he was startled and was gripped with fear.

LUKE 1

¹³ But the angel said to him:
“Do not be afraid, Zechariah; your prayer has been heard.
Your wife Elizabeth will bear you a son,
and you are to call him John.

¹⁶ He will bring back many of the people
of Israel to the Lord their God. ¹⁷ And he will go on
before the Lord, in the spirit and power of Elijah,
to turn the hearts of the parents to their children
and the disobedient to the wisdom of the righteous
—to make ready a people prepared for the Lord.”

LUKE 1

¹⁸ Zechariah asked the angel, “How can I be sure of this?
I am an old man and my wife is well along in years.”

¹⁹ The angel said to him, “I am Gabriel.
I stand in the presence of God, and I have been sent
to speak to you and to tell you this good news.

²⁰ And now you will be silent and not able to speak until the
day this happens, because you did not believe my words,
which will come true at their appointed time.”

LUKE 1

²¹ The people were waiting for Zechariah, wondering why he stayed so long in the temple. ²² When he came out, he could not speak to them. They realised he had seen a vision in the temple, for he kept making signs to them but remained unable to speak.

²³ When his time of service was completed, he returned home.

²⁴ After this his wife Elizabeth became pregnant and for five months remained in seclusion.

²⁵ “The Lord has done this for me,” she said. “In these days he has shown his favour and taken away my disgrace among the people.”

LUKE 1

²⁶ In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, ²⁷ to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. ²⁸ The angel went to her and said, "Greetings, you who are highly favoured! **The Lord is with you.**"

²⁹ **Mary was greatly troubled at his words** and wondered what kind of greeting this might be. ³⁰ But the angel said to her, "Do not be afraid, Mary; you have found favour with God.

LUKE 1

³¹ You will conceive and give birth to a son, and you are to call him Jesus.

³² He will be great and will be called the **Son of the Most High.** The Lord God will give him the throne of his father David, ³³ and he will reign over Jacob's descendants forever; his kingdom will never end."

³⁴ "How will this be," Mary asked the angel, "since I am a virgin?"

LUKE 1

³⁵ The angel answered, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.

³⁶ Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. ³⁷ For no word from God will ever fail.”

³⁸ “I am the Lord’s servant,” Mary answered. “May your word to me be fulfilled.”

Then the angel left her.

LUKE 1

⁵⁷ When it was time for Elizabeth to have her baby, she gave birth to a son.
⁵⁸ Her neighbours and relatives heard that the Lord had shown her great mercy, and they shared her joy.



1

WHAT
WAS
THEIR
FEAR?

2

WHAT DID
IT MEAN FOR
THEM TO BE
FREE?

3

HOW DID
THEY GO
FROM FEAR
TO FREEDOM?



ZECHARIAH

asked the angel, "How can
I be sure of this? I am an
old man and my wife is
well along in years."

LUKE 1:18



FEAR OF...

DISAPPOINTMENT

"What if it doesn't happen?"

DEATH OF A DREAM

"What if I never have a child?"

DEATH

"What if my desires aren't fulfilled within my lifetime?"



FEAR OF...

DISAPPOINTMENT

"What if it doesn't happen?"

DEATH OF A DREAM

"What if I never have a child?"

DEATH

*"(Those under) fear of death
are subject to lifelong slavery."*

HEB 2:15



LUKE 1: THE SONG OF ZECHARIAH

⁶⁷ Zechariah was filled with the Holy Spirit and prophesied:

⁶⁸ “Praise be to the Lord, the God of Israel,
because he has come to his people and redeemed them.

⁶⁹ He has raised up a horn of salvation for us
in the house of his servant David

⁷⁰ (as he said through his holy prophets of long ago) ...

⁷⁴ To enable us to serve him without fear
⁷⁵ in holiness and righteousness before him all our days.



LUKE 1: THE SONG OF ZECHARIAH

⁷⁶ “And you, my child, will be called a prophet of the Most High;
for you will go on before the Lord to prepare the way for him,
⁷⁷ to give his people the knowledge of salvation
through the forgiveness of their sins,
⁷⁸ because of the tender mercy of our God,
by which the rising sun will come to us from heaven
⁷⁹ to shine on those living in darkness
and in the shadow of death,
to guide our feet into the path of peace.”



ZECHARIAH: FROM FEAR TO FREEDOM

FREE TO SEE THE HAND OF GOD AT WORK

⁶⁸ “Praise be to the Lord ... because he has come to his people and redeemed them.”

FREE TO SERVE GOD WITHOUT FEAR

⁷⁴ “To enable us to serve him without fear ... all our days.”

FREE TO SPREAD THE GOOD NEWS


⁷⁶ “And you, my child, will go on ...

⁷⁷ to give people the knowledge of salvation through the forgiveness of their sins”



ZECHARIAH

“THE LORD HAS
REMEMBERED”



*"The Lord has
done this for me," said*
ELIZABETH.

*"He has taken away my
disgrace among the people."*

LUKE 1:25

FEAR OF...

DISGRACE

"What will they say about me?"

FAILURE

"Why am I not like everyone else?"

ABANDONMENT

*"Why does God help
everyone else but me?"*



LUKE 1: THE BLESSING OF ELIZABETH

³⁹ At that time Mary got ready and hurried to a town in the hill country of Judea, ⁴⁰ where she entered Zechariah's home and greeted Elizabeth.

⁴¹ When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. ⁴² In a loud voice she exclaimed:

"Blessed are you among women, and blessed is the child you will bear!

⁴³ But why am I so favoured, that the mother of my Lord should come to me?

⁴⁴ As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. ⁴⁵ Blessed is she who has believed that the Lord would fulfil his promises to her!"



ELIZABETH: FROM FEAR TO FREEDOM

FREE TO ENCOUNTER THE HOLY SPIRIT

⁴¹ The baby leaped in her womb, and Elizabeth was filled with the Holy Spirit.

FREE TO EXPERIENCE GOD'S FAVOUR

⁴³ “But why am I so favoured, that the mother of my Lord should come to me?”

FREE TO ENTER INTO GOD'S PROMISES

⁴⁵ “Blessed is she who has believed that the Lord would fulfil his promises to her!”

ELIZABETH
“MY GOD IS
AN OATH”





MARY

was greatly troubled at Gabriel's words. But the angel said to her, "Do not be afraid, Mary; you have found favour with God."

LUKE 1:29-30



FEAR OF...

THE DIVINE

A pregnant woman is shown from the side, wearing a white, short-sleeved dress with a lace-trimmed hem. She is holding her belly with both hands. The background is dark and out of focus.

THE FEAR OF GOD

*The only fear that
comes from the Lord!*

LUKE 1: THE SONG OF MARY

⁴⁶ And Mary said: “My soul glorifies the Lord
⁴⁷ and my spirit rejoices in God my Saviour,
⁴⁸ for he has been mindful of the humble state of his servant.
From now on all generations will call me blessed,
⁴⁹ for the Mighty One has done great things for me—
holy is his name.
⁵⁰ His mercy extends to those who fear him,
from generation to generation.”



MARY: FROM FEAR TO FREEDOM

FREE TO REJOICE IN GOD'S GOODNESS

⁴⁷ "My spirit rejoices in God my Saviour"

FREE TO RECEIVE BLESSINGS

⁴⁸ "From now on all generations will call me blessed"

FREE TO REAP BLESSINGS FOR GENERATIONS

⁵⁰ "His mercy extends to those who fear him, from generation to generation."



MARY

“BELOVED
(OUT OF
BITTERNESS)”

KEYS TO MOVING FROM FEAR TO FREEDOM

ZECHARIAH

ELIZABETH

MARY

SEEING THE HEART OF FATHER GOD

POWER OF GOD

“THE LORD REMEMBERS”

⁶⁹ “He has raised up
a horn of salvation
for us in the house of
his servant David
⁷⁰ (as he said through his holy
prophets of long ago).

PROMISE-KEEPING GOD

“MY GOD IS AN OATH”

⁴⁵ “Blessed is she who
has believed that the
Lord would fulfil his
promises to her!”

PERSONAL GOD

“BELOVED (NOT BITTER!)”

⁴⁷ My spirit rejoices in
God my Saviour,
⁴⁸ for he has been
mindful of the humble
state of his servant.

KEYS TO MOVING FROM FEAR TO FREEDOM

ZECHARIAH

ELIZABETH

MARY

ENCOUNTERING THE HOLY SPIRIT

⁶⁷ His father Zechariah was filled with the **Holy Spirit** and prophesied ...
Immediately his mouth was opened, his tongue set free, and he began to speak, praising God.

⁴¹ When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the **Holy Spirit**.

³⁴ "How will this be," Mary asked the angel, "since I am a virgin?"
³⁵ The angel answered, "The **Holy Spirit** will come on you, and the power of the Most High will overshadow you.

KEYS TO MOVING FROM FEAR TO FREEDOM

ZECHARIAH

ELIZABETH

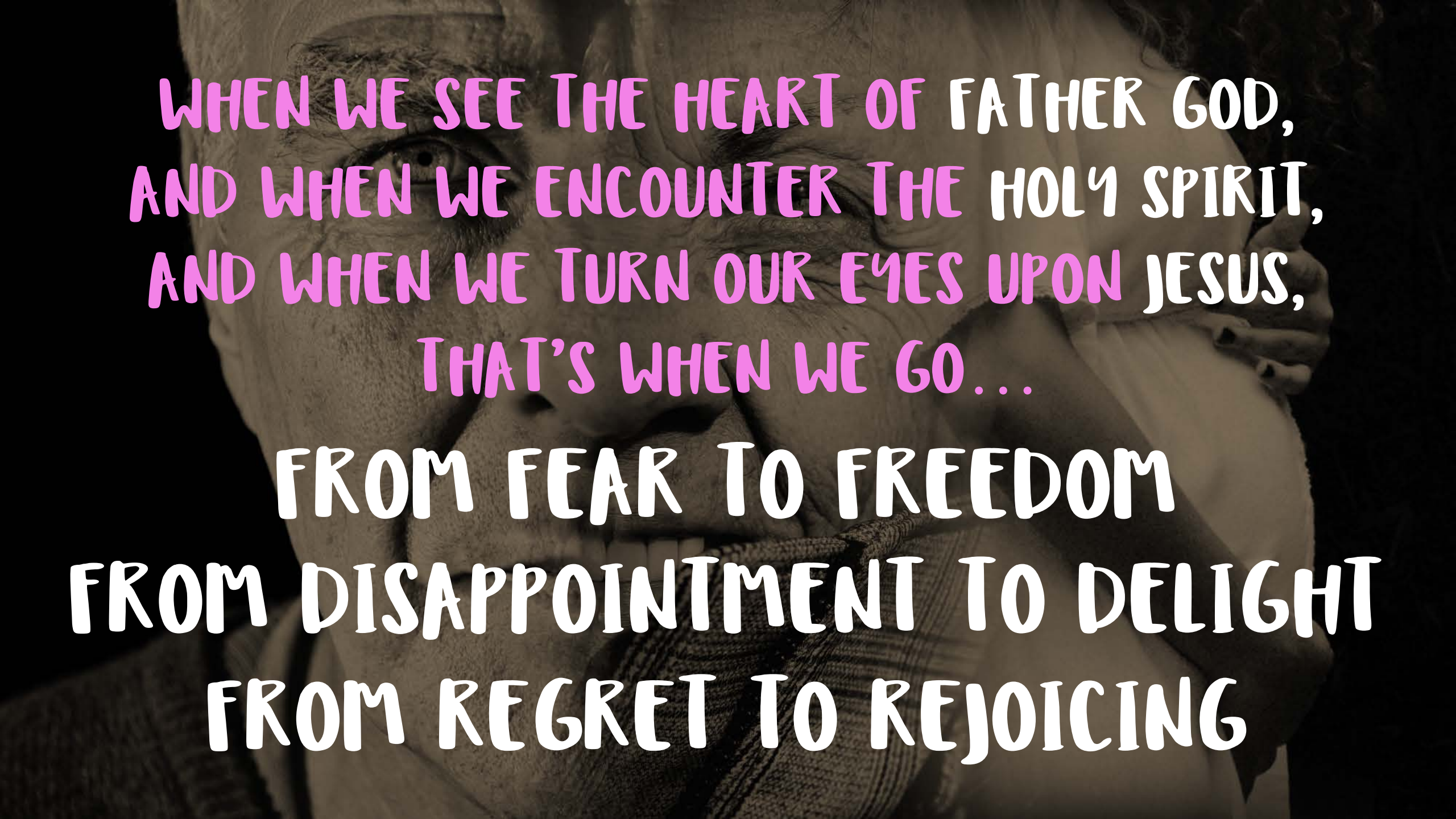
MARY

REVELATION THAT IT'S ALL ABOUT JESUS!

⁷⁶ “And you, my child, will be called a prophet of the Most High; for you will go on before the Lord to prepare the way for him, to give his people the **knowledge of salvation through the forgiveness of their sins.**”

⁴¹ “Blessed are you among women, and blessed is the child you will bear! ⁴³ But why am I so favoured, that **the mother of my Lord** should come to me?”

³⁵ “So the holy one to be born will be called the **Son of God.**”



WHEN WE SEE THE HEART OF FATHER GOD,
AND WHEN WE ENCOUNTER THE HOLY SPIRIT,
AND WHEN WE TURN OUR EYES UPON JESUS,
THAT'S WHEN WE GO...

FROM FEAR TO FREEDOM
FROM DISAPPOINTMENT TO DELIGHT
FROM REGRET TO REJOICING

FROM FEAR TO FREEDOM

1 JOHN 4:16 & 18

FATHER

God is love. Whoever lives in love lives in God, and God in them ... There is no fear in love. But perfect love drives out fear.

PHIL 4:6-7

SON

Do not be anxious about anything ... the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

2 TIM 1:7

SPIRIT

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

STARING DOWN FEAR



2 TIM 1:7

SPIRIT

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

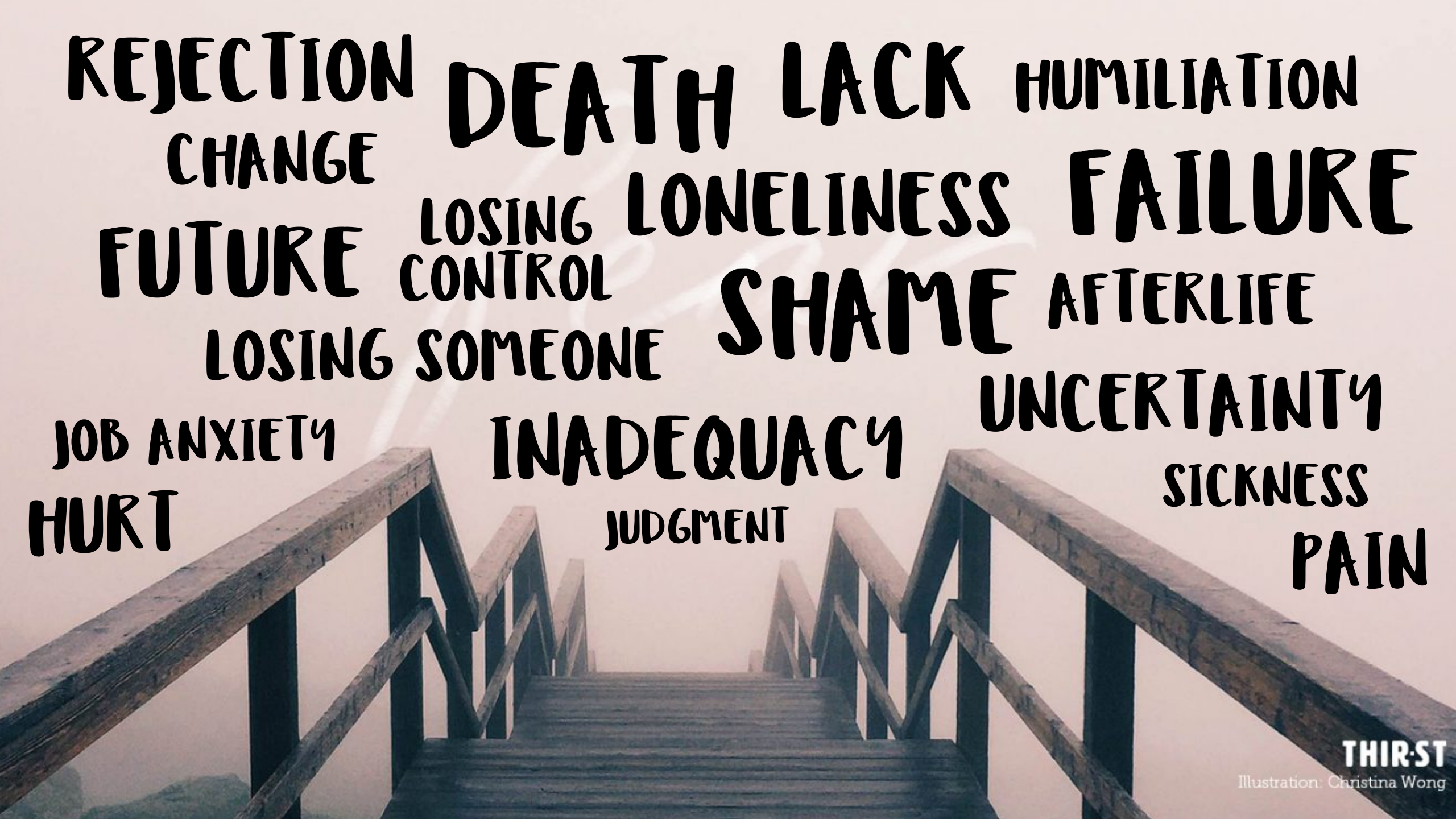
STARING DOWN FEAR



“I allowed my fears and negative thoughts to take over my mind and it became a way of life – I was so used to living in my fears and strongholds that I never envisioned myself living without them.

“I declared with this photo of myself ‘walking on water’ that I would not doubt, but continue to take each step with faith in God, who watches out for me and loves me.

“I was convicted to build my life on faith in God, not on my fears.”



REJECTION DEATH LACK HUMILIATION
CHANGE
FUTURE LOSING LONELINESS FAILURE
CONTROL
LOSING SOMEONE SHAME AFTERLIFE
JOB ANXIETY
INADEQUACY UNCERTAINTY
HURT JUDGMENT SICKNESS
PAIN

THIRST

Illustration: Christina Wong

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



THIRST

Illustration: Christina Wong