



Scared and Stressed Out
(What Have You Been Afraid to Change?)
1 Samuel 8:1–22 (NIV)

Date: November 6, 2022

Introductory Text: 2 Timothy 1:6–7 (NIV):

- 7 For the Spirit God gave us does not make us **timid** (or fearful), but gives us **power, love** and self-discipline.

Note: What God has given you and what God has not given you

A. He has not given us a fearful attitude

B. He has given us power (ability), love, and sound thinking

Four Things You Should Never Be Scared of Doing

- 1. Scared to Change** (What have you been afraid to change?)
- 2. Scared to Confront** (What have you been afraid to confront in your life?)
- 3. Scared to Try** (What have you been afraid to try?)
- 4. Scared to Confess or Repent** (What have you been afraid to admit?)

Big Question: What have you been afraid to change?

I. Israel's Greatest First Fear

- 1 Samuel 8:1–5 (NIV): When Samuel grew old, he appointed his sons as Israel's leaders. 2 The name of his firstborn was Joel and the name of his second was Abijah, and they served at Beersheba. **3 But his sons did not follow his ways. They turned aside after dishonest gain and accepted bribes and perverted justice.** 4 So all the elders of Israel gathered together and came to Samuel at Ramah. 5 They said to him, "You are old, and your sons do not follow your ways; now **appoint a king to lead us, such as all the other nations have.**"

II. Four Lessons the Fear of Israel Teaches Us

1. People can be wrong
2. People can become power hungry
3. People can go in the wrong direction for years
4. People can fear separating from the pack ("as all the other nations have")

III. God's Response to Israel's Fear

- 6 But when they said, "Give us a king to lead us," this displeased Samuel; so he prayed to the Lord. 7 And the Lord told him: "**Listen to all that the people are saying to you;** it is not you they have rejected, but they have rejected me as their king. 8 As they have done **from the day I brought them**

up out of Egypt until this day, forsaking me and serving other gods, so they are doing to you. **9 Now listen to them**; but warn them solemnly and let them know what the king who will reign over them will claim as his rights.”

1. He admonished Samuel to **listen** twice (v7,9)
2. He acknowledged their **metacognition** issues (Their thinking process was incorrect) v7
3. He acknowledged **how long** they have been thinking wrong (“Since they left Egypt) ...v8
4. He acknowledged they had **backslidden** long ago (“forsaking me and serving other gods.”)
5. He warned them about the long-term **consequences** of their decision

Note: Basically, when you choose wrong leadership, you lose your freedom

- 10 Samuel told all the words of the Lord to the people who were asking him for a king. 11 He said, “This is what **the king who will reign over you will claim as his rights**: He will take your sons and make them serve with his chariots and horses, and they will run in front of his chariots. 12 Some he will assign to be commanders of thousands and commanders of fifties, and others to plow his ground and reap his harvest, and still others to make weapons of war and equipment for his chariots. 13 He will take your daughters to be perfumers and cooks and bakers. 14 He will take the best of your fields and vineyards and olive groves and give them to his attendants. 15 He will take a tenth of your grain and of your vintage and give it to his officials and attendants. 16 Your male and female servants and the best of your cattle and donkeys he will take for his own use. 17 He will take a tenth of your flocks, and you yourselves will become his slaves. 18 When that day comes, you will cry out for relief from the king you have chosen, but the Lord will not answer you in that day.”

Note: The people preferred slavery over freedom

- 19 But the people refused to listen to Samuel. **“No!” they said. “We want a king over us. 20 Then we will be like all the other nations, with a king to lead us and to go out before us and fight our battles.”**
- 21 When Samuel heard all that the people said, he repeated it before the Lord. **22 The Lord answered, “Listen to them and give them a king.”** Then Samuel said to the Israelites, “Everyone go back to your own town.

Note: They wanted to delegate the responsibility of their security to a king.

Bonus Thoughts:

Resource: Tribes by Seth Godin

The Impact Fear Can Have on Your Life (Thoughts by Seth Godin on Fear)

1. We Fear Making a Bad Decision

- A lot of us would like to believe that there is a **Bureau of Idea Approval**, or the BIA if you like acronyms. ***The BIA sits in judgment of ideas and blesses the best ones***. Go ahead and hone your remarkable concept, submit it to the BIA, and let them do the rest. (Page 42)



2. We Often Don't Speak to Our Fears

- I believe you can **talk over the fear**, laying out a game plan that makes the fear obsolete. (Page 42)

3. We Ignore the True Motives for Our Fears

- What people are afraid of isn't failure; it's blame and criticism. We choose not to be remarkable because we're worried about criticism. We hesitate to create innovative movies, launch new human resource initiatives, design a menu that makes diners take notice, or give an audacious sermon because we're worried, deep down, that someone will hate it and call us on it. **This may inspire some to say, "That's the stupidest thing I've ever heard!" "What a waste of money." "Who's responsible for this?"** (Page 46)

Note: Fear of criticism is a powerful deterrent because the criticism does not actually have to occur for the fear to set in. (Page 46)

Note: Religious fear often makes it incredibly hard to change (page 80)

Note: Religion Defined

- Faith, as we've seen, is the cornerstone that keeps our organizations together. Faith is the cornerstone of humanity; we can't live without it. But religion is very different from faith. ***Religion is just a set of invented protocols, rules to live by (for now).*** (Page 80)

Next Time: What have you been afraid to confront?

Read Ahead: Matthew 6:25