

# FEAR

## UNHEALTHY FEAR

**Fear-** A feeling of agitation and anxiety caused by the presence or imminence of danger  
*Fear is False Evidence Appearing Real*

**Fear causes problems to seem greater than they really are**

With exaggerated fears of the problems we face, we think the problems are overwhelming

**Fear that prevents us from enjoying the blessings we have and interacting with others:**

One who fears cannot be at peace and know true joy.

**Fear that hinders our ability to be of service to God**

Fear of people, fear of failure, often hinder Christians in their service; e.g., personal evangelism

**Fear that motivates us to disobey God**

Certain fears often prompt us to do things which are displeasing to God. For example, Fear of failure and fear of rejection. Such fears have often led young people to cheat, get in with the wrong crowd, give in to improper sexual advances.

## HEALTHY FEAR

**Not all fear is harmful, however; there is to be a place in the heart of the Christian for the right kind of fear...**

**Fear-** extreme reverence or awe, as toward a supreme power.

The "fear of the Lord" is the beginning of knowledge, will cause one to hate evil, will prolong life, provides strong confidence and is a fountain of life, prompts one to depart from evil, leads to a satisfying life, is the way to riches, honor, and life.

\*When we properly understand Whom to fear, and how faith in Jesus dispels the wrong kind of fear, then we can overcome any fear or phobia that would rob us of the peace Jesus offers.

***The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid? Ps. 27:1***

The wise man in the storm prays to God, not for safety from danger, but for deliverance from fear. It is the storm within which endangers him, not the storm without. Ralph Waldo Emerson (1803-1882)

Fear imprisons, faith liberates; fear paralyzes, faith empowers;

Fear disheartens, faith encourages; fear sickens, faith heals;

Fear makes useless, faith makes serviceable and, most of all; Fear puts hopelessness at the heart of life, while faith rejoices in it's God."