

Fear & Faith

Most common Fears:

1. Heights
2. Bugs/snakes/spiders
3. Closed/Open Spaces
4. Dark
5. Judgment/Rejection

Unique Fears:

1. Arachibutyphobia: Fear of Peanut Butter sticking to the roof of your mouth
2. Nomophobia: Fear of being without your cell phone
3. Xanthophobia: Fear of the color yellow
- 4. Hippopotomonstrosesquippedaliophobia:** Fear of long words
5. Phobophobia: Fear of phobias.

What is Fear & What does it do to your body?

Definition: A natural and powerful human emotion that alerts us to the presence of danger or threat of harm, whether physical or psychological. Sometimes fear stems from real threats, but it can also be imagined.

Fear's Physiological Effects:

- Fear starts in your mind, can cause reasoning and judgement to become cloudy. However, if the fear is staged it releases dopamine into your brain, eliciting pleasure.
- Stress hormones like cortisol and adrenaline are released. Your blood pressure and heart rate increase, you breath faster, and blood flows from your heart to your limbs ready to "Fight or Flight. (Can you keep you safe)
- Chronic Fear: Fear overwhelms the person and their physical health can be greatly affected with migraines, fibromyalgia and asthma to name a few.



Take a few minutes: How have you let fear control you this year? What fears have controlled you? What do you worry about daily or weekly? How has this effected your time, your relationships, your faith?

How do we understand fear in the Bible? (Not exhaustive)

1. The Fear of God means an awe or reverence for who He is and who you and I are not!

- ❖ Moses and the Burning Bush: Exodus 3: 6, Moses hid his face, because he was afraid to look at God.
- ❖ Isaiah 6: God's presence fills the temple and Isaiah responds with I'm ruined being in a perfect God's presence.
- ❖ Revelation 1: 17-19: When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last. 18 I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.

2. Fear of God provides wisdom and keeps us from sin.

- Proverbs 9:10: The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding.
- Proverbs 14:26-27: In the fear of the Lord, there is strong confidence, and his children will have refuge. The fear of the Lord is a fountain of life, that one may avoid the snares of death.
- Psalm 112:1: How blessed is the man who fears the Lord, who greatly delights in his commands.
- Proverbs 1:7: The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.

3. We are commanded not to fear but have faith in God. Trusting Him and His Saving Grace.

- Matthew 6:25-34. Jesus tells his followers don't fear I will provide for you, seek me.
- Psalm 118:6-7: The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; He is my helper.
- Psalm 27:1: 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.
- Philippians 4:6-7: Do be anxious, but in everything pray and God's peace will guard you.

Psalm 46: God is our Refuge (2 Kings 19:15-19; 32-35)

 **Make Observations: Circle or underline any words that repeat or stand out .**

1. God is our refuge and strength, an ever-present help in trouble.

² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.^[d] There is a river whose streams make glad the city of God, the holy place where the Most High dwells. ⁵ God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

⁷ The LORD Almighty is with us; the God of Jacob is our fortress.

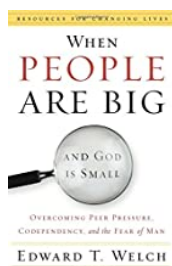
⁸ Come and see what the LORD has done, the desolations he has brought on the earth. ⁹ He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields^[d] with fire. He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."¹¹ The LORD Almighty is with us; the God of Jacob is our fortress.

What observations did you make? What do you notice?

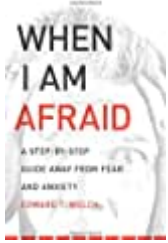
What should I do when I'm afraid?

1. **Give it to God.** Seek him, call out to him in prayer. Be honest and pray His Word back to Him. Tell him you're afraid, I don't feel like you are near or feel like you're protecting me, but I know you're Word says, you will never leave me and not forsake me. Your Word says, do not fear for I am with you, do not anxiously look about for I am your God.....
2. **Read God's Word:** Read those Promises of His comfort and presence.
3. **Listen to Music:** Music that will bring life to your soul, that will encourage you in your faith, and or calming music.
4. **Journal:** Write out your fear. Write out why you are afraid, what you are feeling. Journals are a good reference to remember what you went through, what your experienced to learn from.
5. **Talk:** Tell your spouse, a trusted friend, brother or sister in Christ. Fears ruminating in your head left alone creates more fears. Speak it out.
6. **Exercise:** Since your body is producing adrenaline, physical exercise can help tire the body and mind and use up the extra energy and calm you down.
7. **Monitor what you intake:** Does social media or news cause fear? Are you giving yourself over to spend hours reading or listening to these sources? What are you filling your mind with?

Additional Resources:



Ed Welch: When People are Big and God is Small.



Ed Welch: When I am Afraid: A step by step Guide Away from Fear & Anxiety.

Music:



Shane & Shane: Singing the Psalms.

CCEF: Christian Counseling & Educational Foundation: <https://www.ccef.org/>

Counselors:

Ed Welch

David Powlison

Mike Emlet