**Perception and Performance 4B Barak Fear** © 02/18 WF Cobb Trustworthiness ***DailyTruthbase.blogspot***

#### For God has not given us a spirit of fear, but of power and of love and of a sound mind. - 2Tim 1:7 (Hebrews 11:32 Judges 4-5)

### I. CAUSES OF FEAR (of someone or something other than our God and Savior Jesus Christ)

A. We fear when there is the expectation of harm due to some threat to our power (security/significance “ego/ worth-value}) pleasure or possessions. Physical fears/harm to our person or possessions; Monsters under the bed; Failure, inadequacy, speaking in public, someone is going to think less of us; Looking foolish; Pride - caring more about what others think of us than what God desires or how to benefit others; Afraid of past (regret/retribution due to misplaced and unconfessed guilt), future, each other, ourselves.

B. We fear when our focus gets off God’s character and promises, in violation of the Scripture (= sin *Rm 14:23; Js 4:17*), and on the real or potential harm from real or imagined problems. It is a lack of the confidence, courage, and peace the Holy Sprit gives to those who abide.

Fear reveals a lack of faith in God’s character (His goodness, power or trustworthiness) or our own (we don’t view ourselves as blessable). Related in part to our self-image. If we are taking the steps to please God and focus more on Him than others we won’t care so much what others think. If we’re not building worth and value from obedience and doing what pleases God, we get insecure. Inside we know we are failing to be people of worth and value, so we fear exposure and rejection, and sometimes act out to get attention.

Bad habit downward spiral: we are fearful, and others smell our fear and chase us like a dog, e.g., how we relate to new situations.

C. Fear can be learned/modeled; conditioned (we expect and avoid negative results even after we’re generating different causes); out of ignorance or imagination; consequential (unrighteousness – breaking fellowship with God); or demonically influenced (panic attacks, distortion of reality [lies from the pit], lack of moral courage/confidence [“oh I’m such a sinner”] are all sometimes due to strongholds)

### II. CONSEQUENCES OF FEAR

Fear devours our ability to derive pleasure from life; and eats away at our heart (literally) and health; reduces our capacity to live, function, achieve, be significant, relate to and love others, minister to their needs; renders us incapable of loving, serving and glorifying God, in short, from fulfilling the purposes for which we were created. What a waste of life. What a loss of blessing.

### III. CURING FEAR Fear is not to be part of the life of a God-pleasing disciple who walks with God – Mk 4:40; Mt 6

**A. Naming** and giving voice to our fear is the first step toward eliminating it. *(There’s a monster under the bed who will eat me*

“I don’t…because I fear…will happen and that will effect me negatively by…

**B. Turn on the light** to see if the fear is valid. The vast majority of our fears are of things that won’t happen or we can’t do anything about (past, or things outside our control), which we can actually bring on ourselves (or at least get negative consequences) by fearing

1. If not valid fear, learn from why you were fearing *(There is not a monster…)*

2. If a valid fear, learn how to be adequate by exercising faith in what God has said *(…there is a mouse, who will eat me!!)*

Envision consequences; Ask if God and His promises are greater than the consequences **Phil 4:6-9 (peace of God- God of peace)**

**C. Develop Faith** by looking at the situation in light of God’s promises and prerequisites *(God is bigger than the boogeymouse)*

**D. Turn Fear into Faith** by taking dependent action on the promises *(Get a broom, pray, shout and swat in the name of the Lord)*

Resolve to trust the facts (as perceived by a renewed mind) rather than your fears. Refuse the temptation to sin by not depending on God. *Egypt*

Any one verse on it’s own, properly understood is sufficient to be trusted and cause change. However, a multitude of verses on the same topic sometimes helps counteract a multitude of thoughts in the wrong direction

**1. Cultivate and sustain an awareness of the presence of God** Ps 23:4 Yea, though I walk thru 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. ***APP: Why are rod and staff a comfort?***

Gen 26:24 the LORD appeared to him and said, "I am the God of your father Abraham; do not fear, for I am with you.

Is 41:10 Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My victorious right hand.' ***APP: How does someone cultivate/practice an awareness of the presence of God***

Dt 31:8 LORD, He is the one who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.

Jn 14:27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

**Seek the Lord** Ps 34:4 I sought the LORD, and He heard me, and delivered me from all my fears. 7 The angel of the LORD encamps all around those who fear Him, and delivers them. ***APP: How do you seek God? How do you fear Him?***

**Know the Lord** Ps 46:1 God is our refuge and strength, a very present help in trouble. 2 Therefore we will not fear, even tho the earth be removed, and tho the mountains be carried into the midst of the sea; ***APP: Is your knowledge of God Biblical or Cultural?***

**Remember the Lord** Isa 26: 3 You will keep him in perfect peace, Whose mind is stayed on You, because he trusts in You. 4 Trust in the LORD forever, for in YAH, the LORD, is everlasting strength. ***APP: How do you trust in God?***

**2. Obey the Commands** Isa 48:22 There is no peace, says the LORD, for the wicked. *(see Ps 50 wicked are those who say but don;t do)*

Josh 1:5-9 Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."

**Linked with obedience** 1Chr 22:13 Then you will prosper, if you take care to fulfill the statutes and judgments with which the LORD charged Moses concerning Israel. Be strong and of good courage; do not fear nor be dismayed.

**Pursue righteousness** Is 54:14 In righteousness you shall be established; You shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you. Pr 10:24 The fear of the wicked will come upon him, and the *desire* of the righteous *(right in God's sight)* will be granted.

**Law in heart** Is 51:7 you who know righteousness, in whose heart is My law: Do not fear the reproach of men, nor be afraid of their insults.

**Contentment and right values** Heb 13:5 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." 6 So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?"

1Jn 4:18 There is no fear in love; but perfect love casts out fear, because fear involves judgment. But he who fears has not been made perfect in love.

**Fear is a curse for disobedience** Dt 28:66 Your life shall hang in doubt before you; you shall fear day and night, and have no assurance of life.

Ps 78:33 Therefore their days He consumed in futility, and their years in fear. Jer 49:5 I will bring fear upon you," Says the Lord

**3. Focus on God and His promises not your problems** (Remember Caleb??) Num 14:9 "Only do not rebel against the LORD, nor fear the people…the LORD is with us. Do not fear them."

Dt 1:21 `Look, the LORD your God has set the land before you; go up and possess it, as the LORD God of your fathers has spoken to you; do not fear or be discouraged.'

**God fights our battle when we’re rightly related to Him** Dt 3:22 You must not fear them, for the LORD your God Himself fights for you.

2Chr 20:17 You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the LORD, who is with you, O Judah and Jerusalem!' Do not fear or be dismayed; tomorrow go out against them, for the LORD is with you."

**God of Second Chances** 1Sam 12:20…Do not fear. You have done all this wickedness; yet do not turn aside from following the LORD, but serve the LORD with all your heart.

**The present is not the future** Is 54:4 "Do not fear, for you will not be ashamed; Neither be disgraced, for you will not be put to shame; For you will forget the shame of your youth, And will not remember the reproach of your widowhood anymore.

**Trust and hope in God** Jer 17:7 "Blessed is the man who trusts in the LORD, And whose hope is the LORD. 8 For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.

**4. See from God’s perspective** 2Kg 6:16 Do not fear, for those who are with us are more than those who are with them.

1Chr 28:20 to Solomon, "Be strong and of good courage, and do it; do not fear nor be dismayed, for the LORD God--my God--will be with you. He will not leave you nor forsake you, until you have finished all the work for the service of the house of the LORD.

Ps 27:1 The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid? 3 Though an army may encamp against me, My heart shall not fear; Though war should rise against me, In this I will be confident.

Ps 49:5 Why should I fear in the days of evil, When the iniquity at my heels surrounds me?

Ps 56:4 In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?

Pray Ps 64:1 Hear my voice, O God, in my meditation; Preserve my life from fear of the enemy.

**Fear is often a lack of trust** Ps 115:11 You who fear the LORD, trust in the LORD; He is their help and their shield.

Ps 118:6 The LORD is on my side; I will not fear. What can man do to me?

Pr 1:33 But whoever listens to me will dwell safely, And will be secure, without fear of evil."

Guard yourself Is 7:4 Take heed, and be quiet; do not fear or be fainthearted for these two stubs…for the fierce anger of Rezin…

**Awareness of God’s plan** Is 43:1 But now, thus says the LORD, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine.

**Awareness of God’s character** Isaiah 44:8 Do not fear, nor be afraid; Have I not told you from that time, and declared it? You are My witnesses. Is there a God besides Me? Indeed there is no other Rock; I know not one.'"

**5. Fear God** Pr 14:26 In the fear of the LORD there is strong confidence, and His children will have a place of refuge.

**Have something greater to fear** like God or bad consequences 1Sam 11:7 So he took a yoke of oxen and cut them in pieces…And the fear of the LORD fell on the people, and they came out with one consent.

**Choice: fear One God or many gods** 2Kg 17:3…you shall not fear other gods, nor bow down to them nor serve them nor sacrifice to them

**Set apart God** Is 8:13 The LORD of hosts, Him you shall hallow; Let Him be your fear, and let Him be your dread.

Pr 19:23 The fear of the LORD leads to life, and he who has it will abide in satisfaction; He will not be visited with evil.

Pr 29:25 The fear of man brings a snare, But whoever trusts in the LORD shall be safe.

Mt 10:26 "Therefore do not fear them. For there is nothing covered that will not be revealed, and hidden that will not be known. 28 And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

**Avoid contagion** Dt 20:8…who is fearful and fainthearted? Let him go and return to his house, lest the heart of his brethren faint like his heart.'

**Encouraging words** Is 35:4 Say to those who are fearful-hearted, "Be strong, do not fear! Behold, your God will come with vengeance, With the recompense of God; He will come and save you."

**Trust God’s shepherds** Jer 23:4 "I will set up shepherds over them who will feed them; and they shall fear no more, nor be dismayed, nor shall they be lacking," says the LORD.

**Trust God** Lk 12:7 the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.

**Trust to the end** Rev 2:10 Do not fear any of those things which you are about to suffer. Indeed, the devil is about to throw some of you into prison, that you may be tested, and you will have tribulation ten days. Be faithful until death, and I will give you the crown of life.

**Questions for Reflection/Discussion/Response:**

1. What and when are we most tempted to fear? What are some of the underlying causes of our specific fears? Is fear/anxiety sin?

2. What can we learn about ourselves and God from examining our fears? Why would we be tempted to repress rather than reprove them?

3. What is our natural response to scary things? What does that response get us? How can we develop a supernatural response?

4. What have you found helpful in dealing with fear and anxiety? How are peace and confidence related to abiding in Christ?

5. What steps will you take this week to expose and eliminate fear? Who will you ask to hold you accountable? What price victory?

Fear is today's No.1 killer! Believe it or not, fear causes more sickness and more mental illness and more premature deaths than anything else on Earth! Doctors have discovered that heart muscle is actually destroyed when people are subject to great fear. Dr. Marilyn Cebelin, writing in the General Practitioner's newspaper, "Pulse," says the hormone, adrenalin, literally destroys heart muscles when people are subjected to intense stress and fear.

Canadian medical circles also report that worry increases chances of infectious disease, in that it weakens the body's ability to fight off germs. A recent study of cases of streptococcal infection, according to Dr. Robert Haggerty, revealed that one out of four cases of such infections occurred after prolonged trauma and anxiety. Heart trouble, high blood pressure, arthritis and stomach ulcers are all basically caused by worry, tension, stress and fear!

Jesus said that in the Last Days "men's hearts would be failing them for fear."--Luke 21:26. Doctors say that there's more heart failure today than ever in the World's history because there's more fear. In 1982, heart attacks caused 554,900 deaths in the U.S. alone, while hypertensive diseases caused 31,500 deaths!

People today are afraid! They're afraid of the future, they're afraid of what's going to happen in the World, they're afraid of each other, they're afraid of social pressures, afraid of failing in school or work, afraid of being unemployed.--Afraid that they won't have enough money for their families. They worry about so many things!

Much of this type of fear, believe it or not, stems from selfishness, from being overly concerned about one's self, one's self-preservation, self-image, what the future holds for one's self. The Apostle John wrote, "Perfect love casts out fear, for fear has torment."--1John 4:18. When that "perfect love" that comes from Jesus fills our lives, it crowds out this type of selfish worry and fear, and when our hearts are filled with love for others, then we don't think and worry about ourselves so much.

There are many different types of worries and fears, and two of the most common concern the past and the future: Regret over the past and fear of the future.

A lesson on how to keep such fears from affecting us can be learned from modern ocean liners: They are constructed so that the captain can press a button and lower steel doors that separate one watertight bulkhead (compartment) from another, so if the hull is pierced in a disaster it can be sealed off and the ship can stay afloat. So it should be in the "ship" of our own lives; we have to learn how to make doors come down and shut out our worries about yesterday with its mistakes and failures, and also lower another door that shuts out our needless fears of the future, so we can live for just this day alone.--Otherwise our worries may cause us to go under!

Jesus said, "Do not worry about tomorrow. Each day has enough trouble of its own."--Matthew 6:34. But too many people are like a man in the insane asylum whose chief trouble was his fear that he wouldn't get his next meal. As soon as one meal was finished, he immediately began to worry about the next, and most of his time and strength were spent worrying!--How ridiculous! It just doesn't make sense to worry about the future. Why open an umbrella when it's not raining anywhere near you? Besides, have you noticed that it's the things that never happen that seem to worry us the most? Like the famous writer, Mark Twain, said towards the end of his life, "I'm an old man, and I've had many troubles--most of which never happened!"

I read recently about a businessman who drew up what he called a "Worry Chart", in which he kept a record of his fears. He discovered that 40% of them were about things that, in all probability, would never happen; 30% concerned past decisions that he could not now unmake; 12% dealt with other people's criticism of him; and 10% were worries about his health. He concluded that there were valid reasons for only 8% of his worries!

Of course, as Christians we don't have to fear or worry about anything, because we know that "All things work together for good to them that love the Lord!"--Romans 8:28. The famous evangelist, Dwight L. Moody, used to say, "You can travel first or second class to Heaven! Second class is, 'What time I am afraid, I will trust.'--Psalm 56:3. And first class is, 'I will trust, and not be afraid.'--Isaiah 12:2. So why not buy a first class ticket?"

That's one of the greatest of all liberations for a Christian, to be free from fear!--Every type of fear: Fear of the unknown, fear of the dark, fear of enemies, fear of failure and fear of death. We have complete freedom from fear in Jesus! If you trust God, then you have faith and not fear. You know your Heavenly Father loves you and is going to take care of you and yours--your family, your future, your job, your wife, your children, your everything, if you do your best to love, obey and follow Him!

It's faith in Jesus that keeps us from fear. Faith in God is the best cure for fear in the World! "The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? God has not given us a spirit of fear, but of power and of love and of a sound mind! For perfect love casts out all fear!"--Psalm 27:1; 2Timothy 1:7; 1John 4:18.

Faith and fear cannot totally occupy your mind and heart at the same time.--It's just impossible! It's like the natural law of physics that states, "Two bodies cannot occupy the same place at the same time."--And the same holds true in the spiritual. Faith is the opposite of fear, and when you have faith, you cannot fear!

Turning on the faith in your heart is like turning on the light in a room! If you go into a room and it's dark, how do you get rid of the darkness? Do you try to shoo the darkness out? Do you go in with your fists and fight it? No, when you don't want darkness in the room you just turn on the light, right? You just let the light in!--And the darkness turns tail and runs! "Chase away the shades of night, by letting in God's love and light!"

And that's how you get rid of fear!--By turning on faith! And how do you get faith?--From reading the Word of God in your Bible and Daily Food! The Bible says, "Faith comes by hearing the Word of God!"--Romans 10:17. Faith comes and grows as you faithfully read and hear God's Word! It's the Word that will strengthen you and give you more faith. So the more you read the Word, the more faith you will have and the less fear you will have!

On the other hand, believe it or not, some kinds of fear are healthy! It's good to fear--or at least have a healthy respect for--fire, electricity, lightning and anything that can cause accidents and do us or others damage and harm. God has placed within us beneficial automatic reactions, protective instincts, that make us react quickly and instinctively to danger!

The most healthy fear of all is to fear God! The Bible says, "The fear of God is the beginning of wisdom."--Proverbs 9:10. A part of our love for God should be a healthy respect and fear of Him, like a child respects his father, especially if he's been naughty and done wrong and knows that he deserves a spanking! Fearing God is a form of worshipping God. It's giving Him the reverence and respect that He deserves.

However, in like manner, fearing the Devil is another example of the wrong kind of destructive fear that tears you down and brings you under stress and spiritual bondage. To fear the Devil and his powers is really worshipping the Devil!--So don’t do it!--Not for a fraction of a second! "Thou shalt worship the Lord thy God and Him only shalt thou fear!"--Matthew 4:10. "This," the wise King Solomon said, "is the whole duty of Man, to fear God"--only God--"and keep His commandments"!--Ecclesiastes 12:13. If you pin your faith in God, and fear God, all other fears will disappear!

Of course, we must recognize that the Enemy, the Devil, does have certain power. In fact, almost the Devil's total power is in fear. He'll often say "Boo!", and say all kinds of terrible things to try to frighten you! But you don't have to listen to him. Jesus called him, "A liar from the beginning."--John 8:44. The Devil is a liar and is usually bluffing and hardly ever able to accomplish his threats!--Especially to a child of God who is protected by the Lord's Holy Spirit and Angels!

The Devil reminds me of an ugly little Pekinese dog that I encountered while shopping the other day. For no reason he started barking and yapping at me like crazy. Its owner, an old lady, picked him up and actually said, "Oh, don't worry! He's just a little Devil!" And that struck me as a good lesson on what the Devil is like!--He makes such a big noise, when actually he's so little and powerless compared to the Lord!

So you don't ever have to worry or fear Satan's power, because God is much bigger than any devil!--Or even Satan himself! The power of the Lord is much, much greater! "Greater is He that is in you (Jesus), than he that is in the World (the Devil)."--1John 4:4. In other words, God is saying, "My power in you is much greater than the Devil's power in the World's children!--Much greater!" In fact, all the devils of Hell, including Satan himself, are subject to your power, because you have the power of Christ! Jesus said, "All power is given unto Me in Heaven and in Earth!"--Matthew 28:18. You’re not stronger than the Devil, but Jesus is!-And you have Jesus and His power, and the Devil and his demons have to do what you tell them to when you command them to do it in Jesus' name!

If you feel the Devil is attacking you with fears, worries, anxiety etc., you can pray in the Name of Jesus and resist and overcome him!--Jesus said, "Behold, I give you power over all the power of the Enemy, and nothing shall by any means hurt you."-Luke 10:19. This power is yours if you believe His Word, claim His promises and pray in the Name of Jesus! In fact, if you are filled with faith and His Holy Spirit, you have the authority to resist the Devil directly, just like Jesus and His early disciples did.

I'll never forget when I was a kid about 12 years old, delivering newspapers, and I had to go into a certain yard to get to a house in the rear. Suddenly, out from the back yard came this huge Great Dane dog, barking and growling furiously, coming at me full speed, leaping and bounding! I thought, "Oh, no!--I'm a goner! This is it!" But I knew I didn't dare turn my back on him to run or he would bite me for sure. Yet, on the other hand, he was too big for me to face, and I was invading his territory! He was just too big for me!

I thank God that I remembered to cry out to the Lord, and I did something that I'd never done before, but which I've since done to the Devil many times when he's tried to attack and frighten and scare me!--I suddenly jutted my hand out toward him and I yelled, "I rebuke you in Jesus' name!"--And, boy, did he put on the brakes! He skidded to a stop and looked absolutely startled!--And turned tail and ran away!

The Devil is just like that dog, a coward!--And if you face him down and resist him in Jesus' name, he'll run! You don't get the victory over the Enemy by running from him! You get the victory by standing your ground and making him run!

Some fears are imaginary, and others, like that big dog, really exist. But whether real or imaginary, you have power over your fears to rebuke and get rid of them in Jesus' Name! You have to fight fear and fight the Devil! You have to face your fears, recognize they're there, decide between the real fears and the unreal ones, the truth and the lie, and then go to the attack to dispel the vaporous fiction of the fairy tale and to drive away the genuine reality of real threat!

Praising the Lord and quoting God's Word out loud is an excellent way to attack your fears! Memorize faith-building Scriptures like Psalm 23, "The Lord is my shepherd...I will fear no evil." Put all other thoughts out of your mind and just think about Jesus and His Love and His power. "Thou wilt keep him in perfect peace whose mind is stayed on Thee."--Isaiah 26:3.

There are also some fears that you may need help in fighting. Some people have deep-rooted fears that are actual phobias.--For instance, some people almost panic when they're shut up in a closed place. Others fear to go outside. Others fear heights, tunnels, the dark, snakes etc.--If you feel terrified by some extreme fear that you don't feel strong enough to overcome just between you and the Lord, then it helps greatly to have someone else pray with to be delivered from that fear! The Bible says, "One can chase a thousand, but two can put ten thousand to flight!"--Deuteronomy 32:30. "If any two of you shall agree on Earth as touching anything that they shall ask, it shall be done for them of My Father which is in Heaven!"--Matthew 18:19.

Often, deep-rooted irrational fears are caused by bad spirits, demons, and--as mentioned before--these spirits of fear can be commanded to depart in the Name of Jesus!-And they have to obey! "Submit yourselves to God, resist the Devil and he will flee from you!"--James 4:7.

So don't be afraid of the Devil, he’s afraid of you! "The Devil flees each time he sees the weakest saint upon his knees!" There's nothing to be afraid of when it comes to the Devil!--He was defeated 2,000 years ago!--When Jesus Christ, the Son of God, won the victory for our souls on the Cross of Calvary!

"And though this World with devils filled,  
Should threaten to undo us!  
We will not fear, for God hath willed,  
His Truth to triumph through us!

The Prince of Darkness grim,  
We tremble not for him!  
For lo, his doom is sure,  
One little Word shall fell Him!"--Jesus!

You have power over the Devil and all fears through Jesus and His Word!--Pray and believe and be freed from fear today!--In Jesus' name! Amen?

<http://thefamily.org/word/treasures/index2.php3?refid=35>

Ann Landers, well-known newspaper counselor, receives an average of 10,000 letters a month. Almost all of them are from people burdened with life's problems. She was asked if there was one problem that people seemed to struggle with more than any other. Her reply? Fear!

Yes, fear is a common problem from which none of us is immune. According to a well-known doctor, 90 percent of the chronic patients who see today's physicians have one common symptom – fear.

A recent issues of The Christian Businessman reported the results of a survey that revealed the following major concerns of small business owners; a fear of poverty, a fear of criticism, a fear of illness, a fear of rejection, a fear of growing old, a fear of being separated from loved ones, and a fear of death.

These fears are by no means confined to business people. They are common to us all to some degree, along with many other fears, such as a fear of failure, fear of losing one's job, and a fear of feeling inadequate – one of the most common fears of all.

Then there are innumerable phobias such as a fear of the dark, fear of high places, fear of closed-in places, fear of insects, and so on.

Fear is very much a part of life. It is a God-given emotion. We rightly fear driving through a red light or riding with a reckless or intoxicated driver. In right amounts, fear is a strong motivator, a self-protective survival factor.

Ninety percent of the things we fear never happen.

Fear becomes a problem when it is irrational or when we have too many fears. Fears can be listed under one of several categories; fears that are imagined, fears that are projected or displaced, fears that are leaned, and fears that are caused by a threat to our security – either physical or emotional.

Fears that are imagined. As somebody else has said, 90 percent of the things we fear never happen. A further 9 percent we often make happen ourselves. For instance, a person who has a deep fear of failure (conscious or unconscious) may get himself so anxious about failing, he will make himself fail.

Fears that are imagined need to be recognized for what they are – imaginary – then simply but firmly refused to be believed.

Fears that are projected or displaced. These fears have their roots in the past. One lady I know was badly burned in an accident some years ago. She now has an "unreasonable" fear of fire. Just the smell of smoke will trigger her unresolved memories and inner terror.

Or take a man who, when he was growing up, felt totally smothered by an over-controlling mother. Unless he faces and resolves his old fears, chances are he will now project them on to his wife and have an unreasonable fear of being controlled by her.

In fact, whenever we overreact, we can be almost certain that we are projecting or displacing an unresolved fear from the past onto a present situation.

<http://www.gospelcom.net/actsi/solutions/fear1.htm>

<http://www.med.umich.edu/anxiety/treatment/>

John Morris

His Word states, "But for the cowardly and unbelieving and abominable and murderers and immoral persons and sorcerers and idolaters and all liars, their part will be in the lake that burns with fire and brimstone, which is the second death." Revelation 21:8.

The word "cowardly" in that verse is one of the five uses of that word for big fear.

So let me ask you again ...

is fear a sin? Over 100 times the Bible repeats commands like "fear not" ...

"do not be afraid" ... and "do not fear".

Is fear a sin? Yes it is! I know that is a difficult statement for some people.

Where does the bad fear come from? It does not come from God.

That word for big fear is used in 2 Timothy 1:7 ...

"For God has not given us a spirit of timidity, but of power and love and discipline." That word for big fear is translated in this version as timidity.