



Does Fear Torment Your Life?

1 John 4:18: (NASB) *There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.*



Fear is a life dominator. When fear wells up within us we are often physically paralyzed, speechless or at a loss for cogent thought. When fear strikes, we run, we hide or we cower before it as our new and merciless master. When we see fear in others we can easily be drawn into its overwhelming grip and become hapless and helpless in our ability to see clearly and find our way. Because fear is such a powerful dominating emotion it has always been a preferred tool of Satan. What better way to gain control of the masses of humanity than to instill fear. While fear

can occasionally save us, fear is most often a pathway to dysfunction, a weapon of despair and a tool of defeat. So, what do we do to conquer fear? How can we learn to feel fear but not be afraid? Sometimes fear is appropriate and sometimes it needs to be put aside.

Introduction, *Find Your Courage, Motivational Video*

- You can either live your dreams or live your fears and I think the majority of people actually are not living their dreams but are living their fears. So, I want to ask you a question, what are your fears? What are you afraid of? What are you scared of? Because we all have fears, don't we? We all have something that's blocking us, that's holding us back. And as we begin to look at life, what we realize is that the reason that most people are not living out their true potential and not doing all of the things that they would really like to do is because of fear.*

Most people do not live their potential because something is in the way and they are afraid to confront it and they live at a minimal level, which is a waste of a great life.

What kind of things might we be afraid of?

Thomas Edison is an example of *not* being afraid of failure. He failed over 3000 times before he invented the light bulb. Failure was a way to learn.



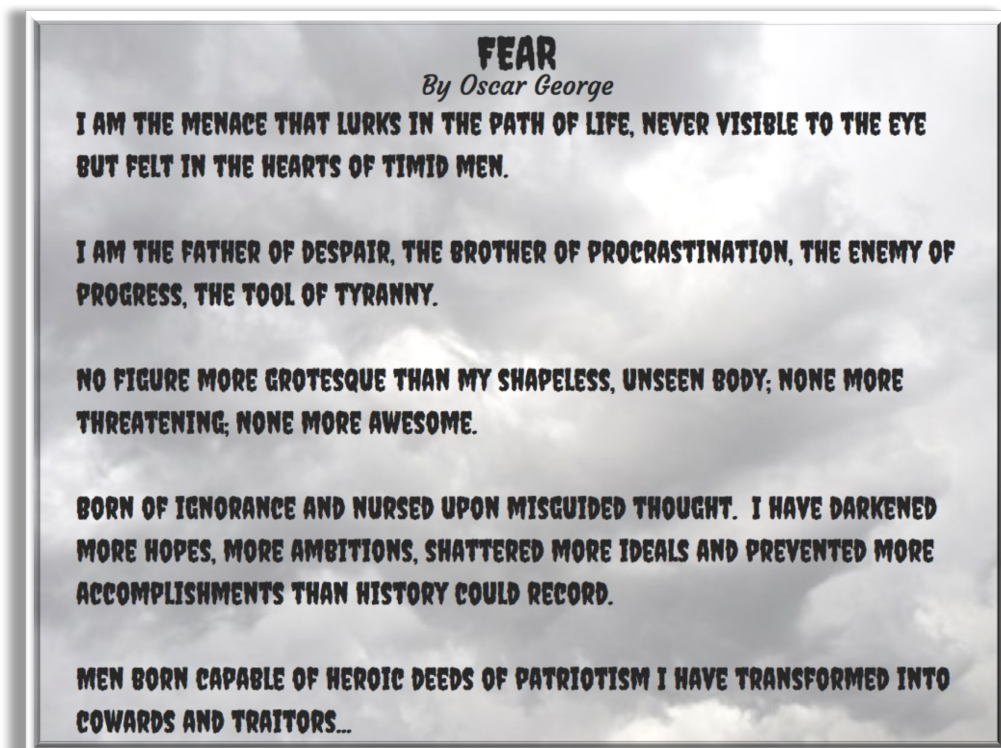


We also may fear:



Sometimes we are afraid of opportunity because with opportunity, comes responsibility. We can be afraid of relationships because of the potential heartbreak. Happiness can require us to change. With all these there comes a level of responsibility. Having a paralyzing fear of any of these things will stifle our life and growth as a Christian!

Fear
Essay by Oscar George
(Speaking
as the voice of fear.)





Introduction, *Our Deepest Fear, Coach Carter, Movie (2005)*

(Coach Carter is a basketball coach in an inner-city school. The players on his team are great athletes but not very good students. He is teaching them that to be a good man, you need to be a good student.)

- *What is your deepest fear, young man?*
- *Why you keep saying that, what's your deepest fear? What that mean?*
- *Sir, they can cut the chain off the door but they can't make us play. We decided we're gonna finish what you started sir.*

The school administration did not like that the coach put a chain across the gymnasium door because his guys were not studying, so they fired him. When he is getting ready to leave, he walks into the gymnasium and all his players are sitting at desks in the middle of the floor studying. They stated, "We will not play until we do our work because that is what you taught us." What does that have to do with fear?

Fear in perspective: Fear can obviously be harmful but it can also be helpful!

Fear: Strong's #5399 phobeo (fob-eh'-o); to frighten, to be alarmed; to be in awe of, i.e. revere

Strong's #5401 phobos (fob'-os); alarm or fright

God does not give us a spirit of fear:

2 Timothy 1:6-8: (ASV) ⁶For which cause I put thee in remembrance that thou stir up the gift of God, which is in thee through the laying on of my hands. ⁷For God gave us not a spirit of **fearfulness <5401>**; but of power and love and discipline. ⁸Be not ashamed therefore of the testimony of our Lord, nor of me his prisoner: but suffer hardship with the gospel according to the power of God;

But God expects us to fear Him:

2 Corinthians 7:1: (ASV) Having therefore these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the **fear <5401>** of God.

And we are also expected to fear wrongdoing:

1 Timothy 5:19-21: (NASB) ¹⁹Do not receive an accusation against an elder except on the basis of two or three witnesses. ²⁰Those who continue in sin, rebuke in the presence of all, so that the rest also will be **fearful <5401>** of sinning. ²¹I solemnly charge you in the presence of God and of Christ Jesus and of his chosen angels, to maintain these principles without bias, doing nothing in a spirit of partiality.

There must be proper action and activity within your Bible class arrangement when there is wrongdoing. Make an example of those who sin so that others will be afraid of sinning.

And we are expected to be fearful when dealing with the sins of others:

Jude 1:21-23: (NASB) ²¹keep yourselves in the love of God, waiting anxiously for the mercy of our Lord Jesus Christ to eternal life. ²²And have mercy on some, who are doubting; ²³save others, snatching them out of the fire; and on some have mercy with **fear <5401>**, hating even the garment polluted by the flesh.

Even when you are dealing with those who have done wrong, you need to be afraid because getting involved could draw you in.



Fear is natural - what kinds of things might we all naturally fear?



Fear response is autonomic, *How Fear is Wired in Our Brains, DNews Plus*

So, let's tackle this first, why is fear valuable? What happens in our brains when we get scared? What is fear? It seems like a pretty obvious question but fear is a chain reaction that starts at the outside of a stressful situation and it ends with the release of chemicals that can cause all sorts of things to happen in your body. Things like a racing heart, fast breathing, energized muscles that are just ready to act if need be, there's a lot going on in the brain actually when you experience fear and the fear response is basically 100 percent autonomic - it just happens. No one chooses to be scared at a certain point in time. It just happens to us even though it is us doing it.

There are some things we *should* be afraid of.

Fear can be a natural reaction to angels:

Luke 2:8-11: (NASB) ⁸In the same region there were some shepherds staying out in the fields and keeping watch over their flock by night. ⁹And an angel of the Lord suddenly stood before them, and the glory of the Lord shone around them; and they were terribly **frightened <5401>**. (It was so out of the ordinary and magnificent.) ¹⁰But the angel said to them, Do not be **afraid <5399>**; for behold, I bring you good news of great joy which will be for all the people; ¹¹for today in the city of David there has been born for you a Savior, who is Christ the Lord.

Most often, the result of an angel's assurance is the subsiding of fear.

Fear can be a natural reaction to miracles that defy logic:

Mark 4:35-41: (NASB) ³⁵On that day, when evening came, he said to them, Let us go over to the other side. ³⁶Leaving the crowd, they took him along with them in the boat, just as he was; and other boats were with him. ³⁷And there arose a fierce gale of wind, and the waves were breaking over the boat so much that the boat was already filling up. ³⁸Jesus himself was in the stern, asleep on the cushion; and they woke him and said to him, Teacher, do you not care that we are perishing? (They were used to being on the water since that was their profession, so the storm must have been fierce for them to be afraid.) ³⁹And he got up and rebuked the wind and said to the sea, Hush, be still. And the wind died down and it became perfectly calm. ⁴⁰And he said to them, Why are you afraid? Do you still have no faith? ⁴¹They became very much afraid and said to one another, Who then is this, that even the wind and the sea obey him?

The instant calming of the sea was unnatural. Who then is this, that even the wind and the sea obey him? For those who were around Jesus, the further reaction after fear was a lingering awe.



Five parts of the brain, *How Fear is Wired in Our Brains, DNews Plus*

- *There are dozens of areas in the brain involved in fear processing and fear response. But the five main parts of the brain that organize or process your fear response are these: the thalamus which decides where to send incoming sensory data from your eyes, your ears, your mouth, and your skin, and so on and so forth. The sensory cortex, which interprets the data sent from the thalamus. The hippocampus, which stores and retrieves conscience memories, and basically means that it's trying to process the stimuli that you're getting, so a spider, a rabid dog or something would be processed by the hippocampus to establish context for that fear. And then the amygdala decodes the emotions you are experiencing and determines whether or not the stimuli is possibly a threat or something else. It's also in charge of storing your fear memories or your imprints of fear. And finally, the hypothalamus which then*



triggers our fight-or-flight response, whether or not we're going to act and attack something or we are going to get the heck out of there and run away.

BECAUSE OF ME THE SWORD OF VICTORY HAS BEEN SNATCHED FROM THE HANDS OF WARRIORS AND TURNED UPON THEM IN DISASTER; COMMERCIAL ENTERPRISES HAVE FAILED UPON THE VERY THRESHOLD OF SUCCESS; AND THOUSANDS UPON THOUSANDS OF BLESSINGS TO HUMANITY HAVE BEEN BORN ONLY TO PERISH WITH THEIR MISSIONS UNFULFILLED...

Fear can be a natural reaction to those who would be a powerful enemy:

1 Samuel 17:1-11: (NASB) ¹Now the Philistines gathered their armies for battle... ⁴Then a champion came out from the armies of the Philistines named Goliath, from Gath, whose height was six cubits and a span. ⁵He had a bronze helmet on his head, and he was clothed with scale-armor which weighed five thousand shekels of bronze. ⁶He also had bronze greaves on his legs and a bronze javelin slung between his shoulders. ⁷The shaft of his spear was like a weaver's beam, and the head of his spear weighed six hundred shekels of iron; his shield-carrier also walked before him. ⁸He stood and shouted to the ranks of Israel and said to them, Why do you come out to draw up in battle array? Am I not the Philistine and you servants of Saul? Choose a man for yourselves and let him come down to me. ⁹If he is able to fight with me and kill me, then we will become your servants; but if I prevail against him and kill him, then you shall become our servants and serve us. ¹⁰Again the Philistine said, I defy the ranks of Israel this day; give me a man that we may fight together. ¹¹When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

There was justifiable fear of Goliath. David had the faith to stand up against Goliath.

Powerful enemies can come in different shapes and sizes and with different objectives. They are not always physical, but can be psychological:

John 19:38: (NASB) After these things Joseph of Arimathea, being a disciple of Jesus, but a secret one for **fear <5401>** of the Jews, asked Pilate that he might take away the body of Jesus; and Pilate granted permission. So, he came and took away his body.

Joseph of Arimathea was secretly a follower of Jesus because he was afraid of the Jews. He was afraid of the Jews and their power, politics, position and their corrupt leadership.

How do we know when we should follow fear or act in spite of it?



Box and bury your fears, Find Your Courage, Motivational Video

- Some people call fear false evidence or expectations appearing real. Decide that you're going to box and bury your fears. Decide that you're going to begin to live life on a new level. Seeking out new horizons. That you're going to find more love and more joy in more ways to give more to life. God said something, I love this, He says, "Everything a man does for himself - guess what? He takes it with him. Everything he does for others he





leaves behind." So, when you begin to say what is it that I want to leave? What contribution that I want to begin to make? What difference do I want to make in life? What is it that I want to do with the rest of the life that I have left? What chances I need to take, what risk do I need to begin to embrace? What fears do I need to step on? What areas of my life am I dead right now? What dreams? You can either live your dreams or live your fears.

LIKE THE CHANGING CHAMELEON, I ASSUME A MULTIPLICITY OF DISGUISES. I MASQUERADE AS CAUTION. I AM SOMETIMES KNOWN AS CONSERVATISM. BUT WHATEVER THE APPELLATION, I AM STILL FEAR, THE OBSTACLE TO ACHIEVEMENT...

The following scriptural example shows a great achievement waiting to be accomplished but fear got in the way. The context is after the Ten Plagues took place and Israel was released from slavery in Egypt. They crossed the Red Sea that God parted for them and they were brought to the promised land of Canaan. Spies were sent into the land to survey the situation.



Fear can be a natural reaction when a challenge seems overwhelming to us:

Numbers 13:25-32: (NASB) ²⁵When they returned from spying out the land, at the end of forty days, ²⁶they proceeded to come to Moses and Aaron and to all the congregation of the sons of Israel...and showed them the fruit of the land. ²⁷Thus they told him, and said, We went in to the land where you sent us; and it certainly does flow with milk and honey, and this is its fruit.

Fear can appear to be pure logic - the spies begin by verifying the positive reports. The facts were the land was plenteous, fertile and everything they thought it would be.

²⁸*Nevertheless, the people who live in the land are strong, and the cities are fortified and very large; and moreover, we saw the descendants of Anak there. ²⁹Amalek is living in the land of the Negev and the Hittites and the Jebusites and the Amorites are living in the hill country, and the Canaanites are living by the sea and by the side of the Jordan.*

The spies lower the boom and suggest that as good as the initial report was, the challenge that it's packaged with is immense! This is all factual - no fake news here! The facts will lead them to a conclusion. Ten of the spies had this fearful perspective. Two of the spies (Joshua and Caleb) had a different perspective.

³⁰*Then Caleb quieted the people before Moses and said, We should by all means go up and take possession of it, for we will surely overcome it.*

Caleb adds the one fact that is not seen on the surface - God had delivered them from Egypt and had promised them this land. He led them there and therefore they needed to act! Then the other ten spies react.

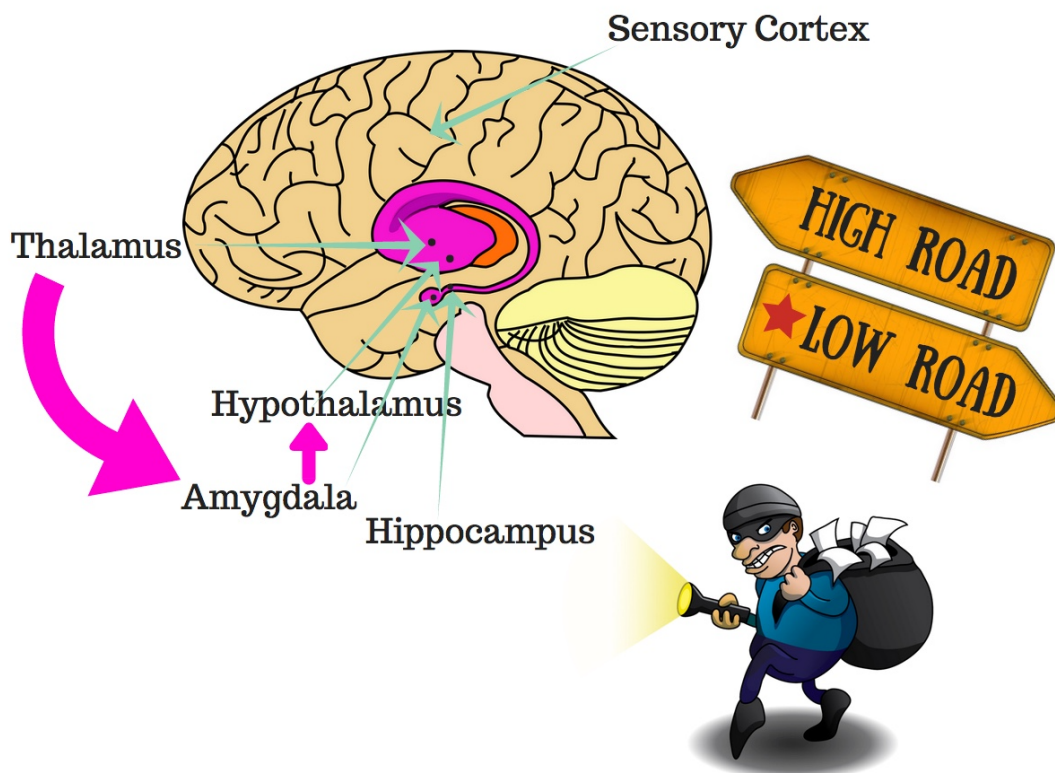
³¹*But the men who had gone up with him said, We are not able to go up against the people, for they are too strong for us. ³²So they gave out to the sons of Israel a bad report...saying, The land through which we have gone, in spying it out, is a land that devours its inhabitants; and all the people whom we saw in it are men of great size. (The spies stated this as a fact because they were driven by fear.)*



The potential exaggeration of the spies kicks in as they describe an "impossible" situation. Fear creates exaggeration. Exaggeration takes away all hope.

Low road pathway, How Fear is Wired in Our Brains, DNews Plus

- *There are actually paths that the fear takes as well, we call them the low road and the high road. The low road is sort of like a scared kid, reacting without a lot of thinking. Whereas the high road is the responsible adult, thinking things through before making a plan, and acting then. Both the high and low road are working at the same time to process any kind of stimuli and determine whether or not it's scary and what to do about it. Let's break this down. Say you hear a loud crash downstairs in your kitchen or something as you're laying in bed. The low road process is it would assume that there is someone in the house and they're trying to get you and you need to get out of there. As soon as you hear the sound or you see motion, your brain sends that sensory data into the thalamus. The thalamus doesn't know whether or not the signals it's receiving are danger yet. But since danger is a possibility, it sends the data right onto the amygdala, the fear center. And the amygdala receives the neural impulses that allow you to take action and protect yourself by telling the lizard brain hypothalamus to go "fight or flight, let's do this."*



The low road - the shorter path: It is EASY to grab hold of that which we fear and IGNORE the solution! If we ignore the solution, we then succumb to the power and grip of fear.



MINE IS THE THUNDERING VOICE THAT CRASHES INTO THE EAR OF HIM WHO WOULD ATTEMPT. AND THE DEAFENING ROAR OF GROUNDLESS "IT CAN'T BE DONE," STARTLES HIM INTO THE TERRIFIED ABANDONMENT OF A WORTHY PURPOSE...

Numbers 14:1-9: (NASB) ¹Then all the congregation lifted up their voices and cried, and the people wept that night. ²All the sons of Israel grumbled against Moses and Aaron; and the whole congregation said to them, Would that we had died in the land of Egypt! Or would that we had died in this wilderness! ³Why is the LORD bringing us into this land, to fall by the sword? Our wives and our little ones will become plunder; would it not be better for us to return to Egypt? ⁴So they said to one another, Let us appoint a leader and return to Egypt.

The power of fear made the slavery and bondage they were under in Egypt look more enticing. Fear certainly does “involve punishment” as it is highly contagious and therefore highly destructive!



A CQ App user from Montana says: I love this quote which is all about faith's perspective in the face of fear. "Unbelief never gets beyond the difficulties, the cities, the walls, the giants. It is always preferring them, dwelling on them, pitting them against its own resources. Faith, on the other hand, though it never minimizes the difficulties, looks them steadily in the face, turns from them and looks into the face of God, and counts on Him. This is what the people failed to do, and for this they lost Canaan." — F. B. Meyer.



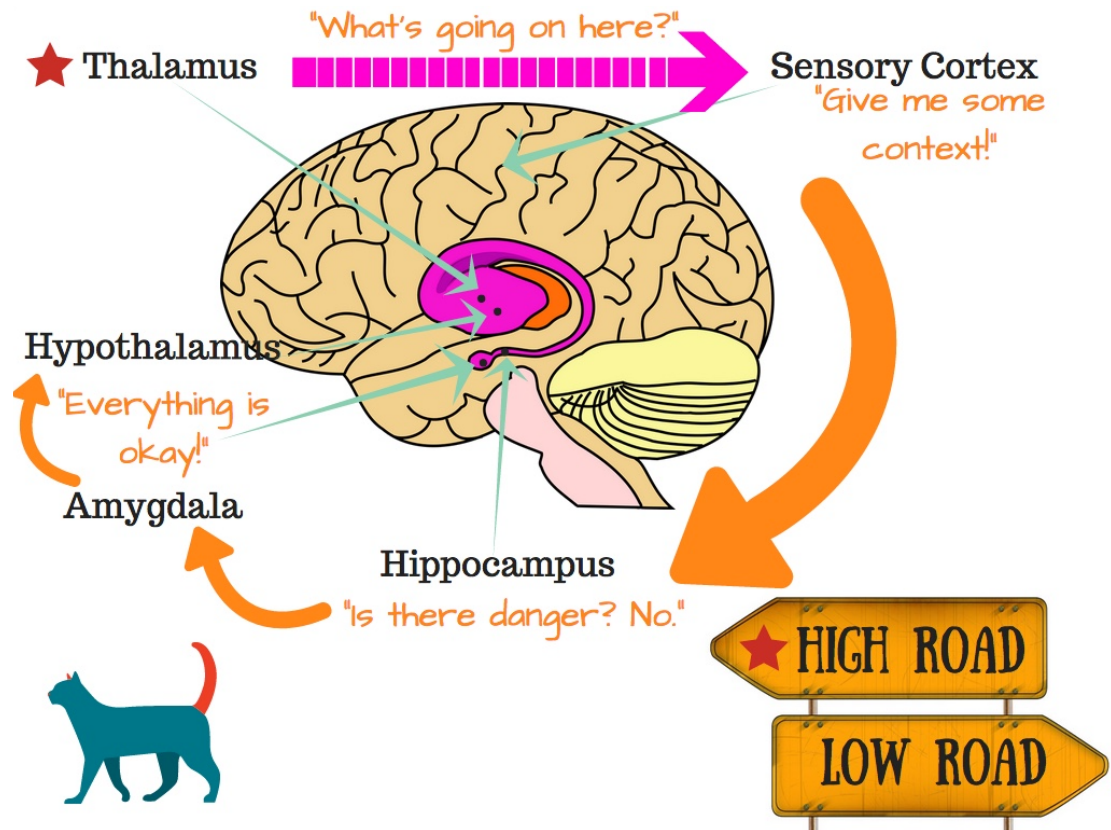
High road pathway, *How Fear is Wired in Our Brains*, DNews Plus

- The high road is a little bit longer process and that considers all of the different options, not just that worst-case scenario, that more instinctual response. The sensory data from the crash down in the kitchen is sent to the thalamus, just like on the low road. But instead of immediately sending that information to the amygdala and finding out if it's something to be afraid of, the thalamus is all like, "Look sensory cortex, what's going on here, what's up, let's get some meaning." The sensory cortex determines that there is more than one plausible interpretation of that sensory data and then passes it along to the hippocampus and says, "Hey man, give me some context here, what's going on?" The hippocampus is all like, "Okay, I've heard that noise before - I think, maybe there was a pan or something that I left on the edge of the counter, maybe that noise was dangerous before, maybe not." They compare that to other noises that you've heard and other stimuli. They might come into hippocampus during this process, things like noises outside. Did I leave a window open earlier? Do I own a cat that might have knocked something down? The hippocampus takes all of this information into account and determines whether or not there is danger. And if it determines the wind you know knocked something over, that sends that message to the amygdala and the amygdala is all like, "Okay hypothalamus don't worry about it, fight-or-flight go back to sleep."*

One way to deal with fear is to have everything in context.



The high road: WE MUST ALWAYS BE LOOKING TO SEE THE BIG PICTURE



⁵Then Moses and Aaron fell on their faces in the presence of all the assembly of the congregation of the sons of Israel. ⁶Joshua...and Caleb...of those who had spied out the land, tore their clothes; ⁷and they spoke to all the congregation of the sons of Israel, saying, The land which we passed through to spy out is an exceedingly good land. ⁸If the LORD is pleased with us, then He will bring us into this land and give it to us—a land which flows with milk and honey. ⁹Only do not rebel against the LORD; and do not fear the people of the land, for they will be our prey. Their protection has been removed from them, and the LORD is with us; do not fear them. (The logical way to deal with fear is to rely on God.)

God does not give us a spirit of fear but God expects us to fear Him and we are also expected to fear wrongdoing and we are expected to be fearful when dealing with the sins of others. Fear can be a natural reaction to many things - the question is, what do we do with fear once we have it?



How can we learn not to become a victim of fear?



No big dreams in a small life, Find Your Courage, Motivational Video

- As you look toward the future, if you decided, "I'm not going to allow my fears to stop me," what would your life be like? What would your future be like? If you decided to want that which you desire so strongly, that it prepares you past your fears. That you experience the fear and one book says, "Feel the fear and do it anyway." Take ownership for your life. Nobody can live your dream for you but you. Stop coming up with excuses. Don't give yourself permission to continue to live a small life. You can't fit a big dream into a small life.

In terms of Christianity, you cannot fit successful and sacrificial Christianity into a life that does not face fear.



**I KNOW NO MASTER BUT ONE. HIS NAME IS UNDERSTANDING. I DARE NOT TO BEHOLD HIS COUNTENANCE. I QUAIL BEFORE HIS GAZE. WHEN HE SPEAKS I TREMBLE IN THE WEAKNESS OF MY OWN TERROR, FOR AFTER ALL, I AM ONLY A CREATION OF MAN'S IMAGINATION. OF MYSELF I HAVE NO POWER BUT THAT WHICH THE HUMAN MIND THRUSTS UPON ME, AND I VANISH COMPLETELY WHEN THE LIGHT OF UNDERSTANDING REVEALS THE FACTS AS THEY REALLY EXIST, FOR -
I AM NOTHING.**

The antidote for fear is understanding. The master for fear is understanding. As we continue to look at fear, we will spend the rest of the time learning how to tame and destroy it.

1 Corinthians 13:13: (NASB) *But now faith, hope, love, abide these three; but the greatest of these is love.*

These three abide or remain. It is with these three core values of Christianity that fear can be managed and in some cases destroyed!

Faith  *The Faith Remedy for Fear:
Faith gives you tools to fight fear.*

John 16:32-33: (NASB) ³²*Behold, an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave me alone; and yet I am not alone, because the Father is with me.* ³³*These things I have spoken to you, so that in me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.*

Jesus is warning his disciples that they would soon be scattered, afraid and panicked.

*Faith brings peace!
Put your faith in something that has a track record -
Jesus overcame!*

When we are afraid, we rely on our experience (which is not always very good) to dictate our future. Jesus is telling his disciples, "Do not think about how you feel, focus on what I have done. Faith will bring you peace." Jesus is putting things in context, just as "the high road" sound-byte suggested earlier.



Fear and excitement, *Fear Explained* by Hans Wilhelm

- *Did you know that the emotional fear, or the body sensation of fear, which I mentioned earlier, is identical to the one we have when we are excited? It is only after we have filtered it through our mind, the body sensation will either become an "Oh no" experience or "Oh yes" experience. With either respond with positive or with negative. It's the same energy. A typical example is a ride on a rollercoaster.*



Faith brings legitimate trust and trust can help even justifiable fear to subside.

Matthew 1:20: (KJV) But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, **fear <5399>** not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost (Spirit).

Because Joseph had trust that the angel was sent from God, he did what most men would not have done in those days.

Faith brings answers to the overwhelming and fear-ridden events of life.

Matthew 28:1-6: (NASB) ¹Now after the Sabbath, as it began to dawn toward the first day of the week, Mary Magdalene and the other Mary came to look at the grave. ²And behold, a severe earthquake had occurred, for an angel of the Lord descended from heaven and came and rolled away the stone and sat upon it. ³And his appearance was like lightning, and his clothing as white as snow. ⁴The guards shook for **fear <5401>** of him and became like dead men. ⁵The angel said to the women, Do not be **afraid <5399>**; for I know that you are looking for Jesus who has been crucified. ⁶He is not here, for he has risen, just as he said. Come, see the place where he was lying.

 **Fear is excitement without breath, Fear Explained by Hans Wilhelm**

- Dr. Fitz Perls says, "Fear is the excitement without breath." And when you remember to breathe with it, it turns to excitement within seconds. Remember the breathing we did earlier and the focusing exercise? We breathe into it and it becomes excitement and now we can change our attitude towards fear. We can begin calling our fears adventures. We will enjoy the exciting stirring sensation.

Faith brings courage to act in the very face of fear.

Remember Ananias' instructions regarding Saul?

Acts 9:13-18: (NASB) ¹³But Ananias answered, Lord, I have heard from many about this man, how much harm he did to your saints at Jerusalem; ¹⁴and here he has authority from the chief priests to bind all who call on your name. ¹⁵But the Lord said to him, Go, for he is a chosen instrument of mine, to bear my name before the Gentiles and kings and the sons of Israel; ¹⁶for I will show him how much he must suffer for my name's sake. ¹⁷So Ananias departed and entered the house, and after laying his hands on him said, Brother Saul, the Lord Jesus, who appeared to you on the road by which you were coming, has sent me so that you may regain your sight and be filled with the Holy Spirit. ¹⁸And immediately there fell from his eyes something like scales, and he regained his sight, and he got up and was baptized.

Ananias had courage and acted in the face of fear.



In all these cases, faith brings us to a bridge over the rushing waters of fear so the will of God can be done by those chosen to face their fears and act!

**Fear is present and hope is future -
how can hope possibly help us to overcome fear?**

 **Use fear for growth, *Fear Explained* by Hans Wilhelm**

- *Life begins at the end of our comfort zones. Life is constant changing, resisting these changes gives us fears. The best thing to overcome fear is doing what we fear and it is much easier when we do it with a sense of adventure. Somebody once said the letters for FEAR stand for "Feeling Excited And Ready." So, instead of fighting fear, we can actually use it for our growth and our benefit.*



Faith brings us peace, trust, answers and courage to fuel our fight against fear. Hope supplies us in a different way. *Hope gives us the opportunity to replace the fear* in our lives with several things that are lasting, righteous and godly.

Romans 8:14-25: (NASB) ¹⁴*For all who are being led by the Spirit of God, these are sons of God. ¹⁵For you have not received a spirit of slavery leading to **fear** <5401> again, but you have received a spirit of adoption as sons by which we cry out, Abba! Father!*

What a dramatic contrast - from being a slave to fear, to being an adopted son of the Most High! Fear can enslave us and dominate our reaction. We need to grow from reacting to the fear to responding to the fear.

¹⁶*The Spirit himself testifies with our spirit that we are children of God, ¹⁷and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with him so that we may also be glorified with him.*

Hope is here implied though not mentioned. Hope's remedy for fear can be summed up as a replacement value. Fear lives with slavery but it should NOT live with adoption!

Hope replaces fear's slavery with inclusion!

Hope replaces fear with something bigger. Instead of being a slave to fear, we have the hope and belief of inclusion in the family of God.

¹⁸*For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us. ¹⁹For the anxious longing of the creation waits eagerly for the revealing of the sons of God. ²⁰For the creation was subjected to futility, not willingly, but because of Him who subjected it, in hope ²¹that the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God.*

This set of Scriptures is talking about two different groups: those that are called out to follow Jesus and the rest of humanity. The world is looking for something to believe in and have hope in.



All of humanity is afraid as they are aboard the sinking ship of sin and death and they do not know how to get off. The hope of Jesus provided an alternate vessel from the world to find freedom! The world doesn't realize that Jesus is the lifeboat. Those of us who have been blessed with the opportunity to understand God's glorious plan for all mankind through the Scriptures have a hope that the world will be set free from sin and death just like we are set free. This is the best hope we could ever have.

Hope replaces fear's corruption with freedom!

Freedom under God to live in a world in the next age that God sanctions and blesses.

We need to let hope take root in our hearts because hope will replace fear.

²²For we know that the whole creation groans and suffers the pains of childbirth together until now. ²³And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body. (The groaning creation are the after fruits.) ²⁴For in hope we have been saved, but hope that is seen is not hope; for who hopes for what he already sees? ²⁵But if we hope for what we do not see, with perseverance we wait eagerly for it.

Fear is anticipating a negative consequence, action or response. Hope has anticipation as well.

Our present-day experiences are filled with the harshness of pain and death and these experiences bring recurring fear to our lives. The hope delivered by Jesus' sacrifice changed that, though the world doesn't know it!

Jesus gave us that hope when he teaches us to pray, *Thy kingdom come, thy will be done, on earth as it is in heaven.*

Hope replaces fear's suffering with new life!

 Love expands and fear contracts, *Fear Explained by Hans Wilhelm*

- The next step is to shower that fear with all the love that we are capable of. For another few minutes, we give it all the love that we have. In our minds, we drench it with love, we soak it. Also, very important, we love ourselves for having that emotion of fear. Remember love is an expanding emotion and it can cancel out the contracting emotion of fear.

Hope can only replace fear if we are willing to look for it, grab hold of it and apply it!

Ephesians 1:18-19: (NASB) ¹⁸I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, ¹⁹and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might.



Hope replaces fear with excitement because hope begins to draw us forward to something bigger, better and stronger than we were able to see when we are sitting in that place called fear.

**Faith brings us weapons to combat fear
and hope replaces fear, so what does love do?**

 **Short-circuiting, How Fear is Wired in Our Brains, DNews Plus**

- This all happens instantly, as you might have been able to guess, and again, the paths are being done simultaneously. But sometimes in a time of crisis our brains don't follow their own rules. They don't think through this whole path. When it's under severe threat, the brain can completely change the way it processes information and it can skip over some of these steps. According to Eric Hollander, Professor of Psychiatry at Montefiore Albert Einstein School of Medicine of New York, the normal long pathways, through the orbital frontal cortex, where people evaluate situations in a logical and conscious fashion and consider the risks and benefits of different behaviors, can get short-circuited. Which is why we have a few seconds of terror and that visceral response before we're able to calm down and assess what's going on. That's what happens with fear in the brain. It's a pretty complicated process and it happens really fast.*

Wrapping up the destruction of fears' influence in our lives:

1 Peter 3:13-15: (NASB) ¹³Who is there to harm you if you prove zealous for what is good?

What is there that you should be afraid of?

¹⁴But even if you should suffer for the sake of righteousness, you are blessed. And do not **fear** **<5401>** their intimidation, and do not be troubled,

Pain and suffering bring blessing. See through your fear to see the blessing!

¹⁵but sanctify (be set aside for holy service) Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;

Because you replace fear with hope, you can now begin to set up your "go to inspiration" in your heart, and are equipped to defeat fear!"

If you set Jesus apart in your heart, you are removing him from all the tangled webs of fear and anxiety.



*The Love Remedy for Fear:
Simply stated, love evicts fear!*

1 John 4:7-21: (NASB) ⁷Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God. ⁸The one who does not love does not know God, for God is love. ⁹By this the love of God was manifested in us, that God has sent His only begotten Son into the world so that we might live through him. ¹⁰In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

*God's love evicts fear, for where His love dwells there is no
longer any space for fear to live!*



We need to let God's love take over our heart so fear can be evicted.

¹¹Beloved, if God so loved us, we also ought to love one another. ¹²No one has seen God at any time; if we love one another, God abides in us, and His love is perfected in us... ¹⁵Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.

Receive God's love in our heart and then pass it on to others.

Our mutual Christian love gives us the power to evict fear because it is based on God's own love.

¹⁸There is no **fear <5401>** in love; but perfect love casts out **fear <5401>**, because fear involves punishment, and the one who **fears <5401>** is not perfected in love. ¹⁹We love, because He first loved us.

Jesus embodied the perfect love that removes all of fear's punishments that came to us through sin.

²⁰If someone says, I love God, and hates his brother, he is a liar; for the one who does not love his brother whom he has seen, cannot love God whom he has not seen. ²¹And this commandment we have from Him, that the one who loves God should love his brother also.

We must thoroughly dwell in God's love for all, lest we allow fear to again find us!

 **Our deepest fear, Coach Carter, Movie (2005)**

- Our deepest fears are not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. Your playing small does not serve the world. There is nothing enlightening about shrinking so that other people won't feel insecure around you. We were all meant to shine as children. It's not just in some of us, it's in everyone and as we let our own light shine we unconsciously give other people the permission to do the same as we are liberated from our own fear. Our presence automatically liberates others. Sir, I just want to say thank you. You saved my life.
- Thank you, sirs. All of you.

Our deepest fear is not in what we cannot be, but what we can be. As Christians, we can sometimes be afraid of the power of God working in us and through us and shrink back because of the vulnerability and the responsibility. If we allow God's love to grow and develop in us, we can pass that blessing onto others. We have such peace if we do not let fear overwhelm us.

Finally, a text that puts all the remedies for fear together:

Jude 1:20-25: (NASB) ²⁰But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, ²¹keep yourselves in the love of God, waiting anxiously for the mercy of our Lord Jesus Christ to eternal life. ²²And have mercy on some, who are doubting; ²³save others, snatching them out of the fire; and on some have mercy with **fear <5401>**,



hating even the garment polluted by the flesh. ²⁴Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy, ²⁵to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority, before all time and now and forever. Amen.

Faith, hope and love are the Christian tools that are given to us to dismantle and destroy fear. Faith brings us the tools to fight against fear, hope replaces fear with excitement and something to look forward to, and God's love dwelling in our hearts evicts fear. *We can overcome fear by the grace of God!*

*So, does fear torment your life?
For Jonathan and Rick and Christian Questions...
Think about it...!*

*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*



Fear can be a natural reaction to any unknown experience:

Matthew 14:12-33: (YLT) ¹²And his disciples having come, took up the body, and buried it, and having come, they told Jesus, ¹³and Jesus having heard, withdrew thence in a boat to a desolate place by himself, and the multitudes having heard did follow him on land from the cities... (And Jesus fed the multitude...) ²²And immediately Jesus constrained his disciples to go into the boat, and to go before him to the other side, till he might let away the multitudes; ²³and having let away the multitudes, he went up to the mountain by himself to pray, and evening having come, he was there alone, ²⁴and the boat was now in the midst of the sea, distressed by the waves, for the wind was contrary. ²⁵And in the fourth watch of the night Jesus went away to them, walking upon the sea, ²⁶and the disciples having seen him walking upon the sea, were troubled saying, It is an apparition, and from the fear they cried out; ²⁷and immediately Jesus spake to them, saying, Be of good courage, I am he, be not afraid. ²⁸And Peter answering him said, Sir, if it is thou, bid me come to thee upon the waters; ²⁹and he said, Come; and having gone down from the boat, Peter walked upon the waters to come unto Jesus, ³⁰but seeing the wind vehement, he was afraid, and having begun to sink, he cried out, saying, Sir, save me. ³¹And immediately Jesus, having stretched forth the hand, laid hold of him, and saith to him, Little faith! for what didst thou waver? ³²and they having gone to the boat the wind lulled, ³³and those in the boat having come, did bow to him, saying, Truly God's Son art thou.

A Psalm that helps put fear in perspective:

Psalm 56:1-13: (NASB) ¹Be gracious to me, O God, for man has trampled upon me; Fighting all day long he oppresses me. ²My foes have trampled upon me all day long, for they are many who fight proudly against me. ³When I am afraid, I will put my trust in You. ⁴In God, whose word I praise, In God I have put my trust; I shall not be afraid. What can mere man do to me? ⁵All day long they distort my words; All their thoughts are against me for evil. ⁶They attack, they lurk, they watch my steps, as they have waited to take my life. ⁷Because of wickedness, cast them forth, in anger put down the peoples, O God! ⁸You have taken account of my wanderings; Put my tears in Your bottle. Are they not in Your book? ⁹Then my enemies will turn back in the day when I call; This I know, that God is for me. ¹⁰In God, whose word I praise, In the LORD, whose word I praise, ¹¹In God I have put my trust, I shall not be afraid. What can man do to me? ¹²Your vows are binding upon me, O God; I will render thank offerings to You. ¹³For You have delivered my soul from death, indeed my feet from stumbling, so that I may walk before God In the light of the living.



A few more "fear of the Jews" Scriptures:

John 7:13: (KJV) *Howbeit no man spake openly of him for **fear <5401>** of the Jews.*

John 20:19: (KJV) *Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for **fear <5401>** of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.*

A few more Scriptures that may help us cope with fear:

1 Peter 5:6-11: (NASB) *⁶Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, ⁷casting all your anxiety on Him, because He cares for you. ⁸Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. ⁹But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. ¹⁰After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you. ¹¹To Him be dominion forever and ever. Amen.*

Isaiah 41:9-13: (NASB) *⁹You whom I have taken from the ends of the earth, and called from its remotest parts and said to you, you are My servant, I have chosen you and not rejected you. ¹⁰Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely, I will help you, Surely, I will uphold you with My righteous right hand. ¹¹Behold, all those who are angered at you will be shamed and dishonored; Those who contend with you will be as nothing and will perish. ¹²You will seek those who quarrel with you, but will not find them, those who war with you will be as nothing and non-existent. ¹³For I am the LORD your God, who upholds your right hand, who says to you, Do not fear, I will help you.*

Psalms 91:1-16: (NASB) *¹He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty. ²I will say to the LORD, My refuge and my fortress, My God, in whom I trust! ³For it is He who delivers you from the snare of the trapper and from the deadly pestilence. ⁴He will cover you with His pinions, and under His wings you may seek refuge; His faithfulness is a shield and bulwark. ⁵You will not be afraid of the terror by night, or of the arrow that flies by day; ⁶Of the pestilence that stalks in darkness, Or of the destruction that lays waste at noon. ⁷A thousand may fall at your side and ten thousand at your right hand, but it shall not approach you. ⁸You will only look on with your eyes and see the recompense of the wicked. ⁹For you have made the LORD, my refuge, Even the Most High, your dwelling place. ¹⁰No evil will befall you, nor will any plague come near your tent. ¹¹For He will give His angels charge concerning you, to guard you in all your ways. ¹²They will bear you up in their hands, that you do not strike your foot against a stone. ¹³You will tread upon the lion and cobra, the young lion and the serpent you will trample down. ¹⁴Because he has loved Me, therefore I will deliver him; I will set him securely on high, because he has known My name. ¹⁵He will call upon Me, and I will answer*





him; I will be with him in trouble; I will rescue him and honor him. ¹⁶With a long life I will satisfy him and let him see My salvation.

The quote in the last sound-byte:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. — Marianne Williamson. From: A Return to Love: Reflections on the Principles of a Course in Miracles, the first best-selling book by the author.

The balance of the quote is from the movie:

"Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people don't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it's in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. Sir I just wanna say thank you...you saved my life."