

## **Biblical Summary – Fear (Phobia)**

- ❖ Recognize that fear is a good safety emotion.
  - It keeps you from falling off cliffs and alerts you to other dangers, even in human relationships.
  - In addition, fear (reverence) for God is a biblical principle where we are admonish to practice holy living (Deuteronomy 5:29; 2 Corinthians 7:1)
- ❖ Fear is an emotion that can be perverted.
  - It can be perverted by fearing what God forbids and by failing to follow God's command out of fear.
  - This is when fear is sinful because the focus is on pleasing self instead of pleasing God (impending death, unexpected bills, loss of income, crippling injury or prolong illness, planning to sin or hiding past sins, lack of prayer).
  - We have to live to please God no matter the circumstances by trusting and obeying Him when we become tempted to fear (Psalm 31:1-5)
- ❖ Here is how fear works.
  - A fear (panic) experience is highly unpleasant so that one who has had it *fears* having it again (thereby unwittingly producing it).
    - Phobias attach fear experiences to bridges, elevators, or wherever they were experienced, so that merely thinking of crossing a bridge, etc., turns into *fear* of crossing it for *fear* of another *fear* experience.
    - All of which means that the fear of fear is the beginning of fear.

## Top Ten Problem Solving Series

by Pastor Antonio M. Alfred

- Fear immobilizes the body and hinders our spiritual growth (Genesis 3:9-10)
- ❖ Only the power of love can overcome fear.
  - For example, a mother, afraid of mice, will stand between a tiger and her child out of love.
    - Similarly, a fearful person can do God's will out of love for Him.
    - Love is keeping God's commandments; thus the keeping of God's commandments is the route to the elimination of fear.
  - In order to deal with fear God's way, we must confess our focus on self to the Lord and do His will no matter how we feel (1 John 4:18)
- ❖ You can overcome fear.
  - God has not given us a spirit of fear but of power and love and discipline (2 Timothy 1:7).
  - Do not try to stop the fear experience from occurring because any focus on the fear tends to produce more.
  - Focus all your concern upon doing the loving thing for God/neighbor that you have been neglecting out of fear.
  - This is the biblical alternative is to follow the Bible and be filled with the Holy Spirit and do God's will in love--there is no time or place for fear.
- ❖ You must be willing to say, "Let the fear experience occur if it will" but I will do the Lord's will not matter how I feel.



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- Leave the possible outcome to God's sovereign hand and simple plan and execute what God wants you to do".
  
- ❖ Remember
  - The fear of God (which means loving and respectful obedience toward Him) is the one fear that eliminates all others.