

Conquering our Fears

We live in a world that is drowning in fear. It is easy to feel bombarded and overwhelmed. Often we may feel helpless and discouraged. These are natural responses to living in a broken, sinful world.

But the Bible encourages us not to hide in fear and in our emotions but to move from fear to faith.

1. Psalm 37:1 says: “Do not be upset by evildoers” (Complete Jewish Bible) or “Do not fret.” (NIV) “Fret” = “Charah” in Hebrew, which means: to burn, to be kindled; to glow with anger; to become angry, etc. Being upset and losing our peace and joy is not the way to live.
2. Jesus said: “Do not be afraid.” (Luke 12:4-5) To experience the joys of a faith-filled life, we must remove the fears from our hearts that hinder our ability to love God and those around us wholeheartedly and to live confidently.

Am I a Fearful Person?

- Do I wake up in the morning with fears about the day ahead?
- Do I worry about what people are thinking about me?
- Do I avoid getting close to people for fear of getting hurt?
- Do I take medications to control (suppress) anxiety?
- Do I avoid connecting emotionally with my wife or children because of fear of failing them?
- Am I hesitant to be honest with people for fear of rejection?

What do I fear?

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| • Fear of poor health | • Fear of losing my job |
| • Fear of dying | • Fear of loneliness |
| • Fear of failure | • Fear of the future |
| • Fear of wrong decisions | • Fear of rejection |
| • Fear of poverty | • Fear of embarrassment |
| • Fear of not looking good enough | • Fear of losing my home |
| • Fear of marital infidelity | • Fear of being robbed |
| • Fear of | • Fear of |

Faith is the antidote to fear (Psalm 27:1-2). Fearful and faith-filled people alike may face difficult circumstances, but faith-filled people respond by depending on God.

Let's listen to Jesus: “I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear him. Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.” (Luke 12:4-7)

“Cast all your anxiety on Him because He cares for you.” (1 Peter 5:7)

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