

WHAT DO YOU

FEAR?















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What is fear?

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Is fear good or bad?

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How does fear impact our lives?

The Impact of Fear and Anxiety

University of Minnesota

Fear is a human emotion that is triggered by a perceived threat. It is a basic survival mechanism that signals our bodies to respond to danger with a fight or flight response. As such, it is an essential part of keeping us safe.

However, when people live in constant fear, whether from physical dangers in their environment or threats they perceive, they can become incapacitated i.e. incapable of or unfit for normal functioning.

Living under chronic fear has serious health consequences on our:

Physical health

Memory

Brain processing and reactivity

Mental health









Is it wrong to be afraid?



Why are you

so afraid?

Have you still

no faith?

Mark 4:40

“WHAT SORT OF MAN IS THIS,
THAT EVEN THE WINDS AND
SEA OBEY HIM?”



Matthew 8:23-27

And the apostles said to the Lord,
“Increase our faith.”

Luke 17: 5

Now faith is the substance of things hoped for, the evidence of things not seen.

Hebrews 11: 1

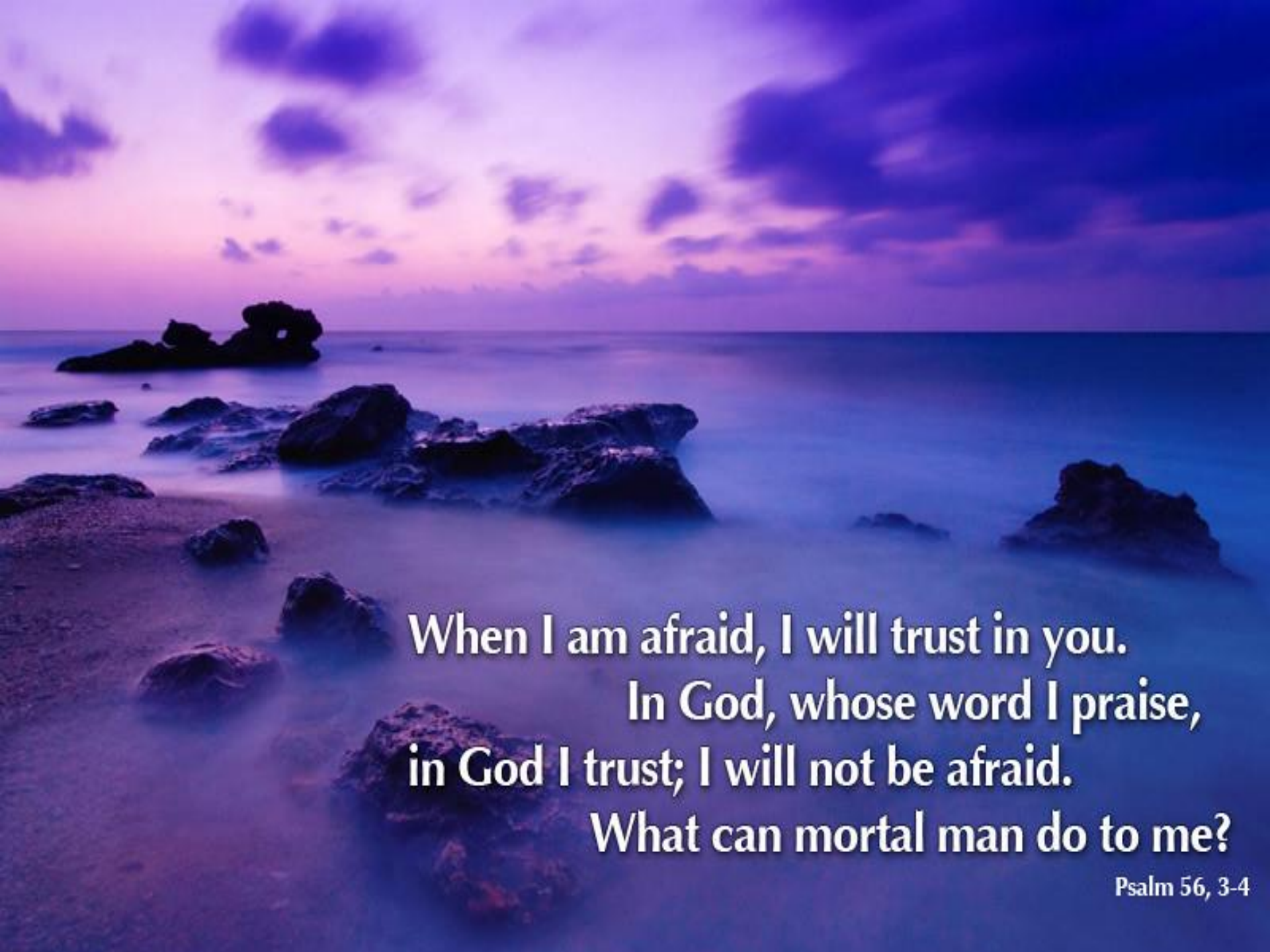
But without faith *it is impossible to please Him*, for he who comes to God must believe that He is, and *that He is a rewarder of those who diligently seek Him.*

Hebrews 11: 6

Is it wrong to live in fear?

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

1 John 4: 18



**When I am afraid, I will trust in you.
In God, whose word I praise,
in God I trust; I will not be afraid.
What can mortal man do to me?**

Psalm 56, 3-4

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4: 6-7

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

James 1: 5-6

How do we overcome fear?

The fear of the Lord *is* the beginning of knowledge, *but* fools despise wisdom and instruction.

Proverbs 1: 7

My people are destroyed for lack of
knowledge.

Hosea 4: 6(a)

Oh, taste and see that the LORD *is*
good; blessed *is* the man *who* trusts in
Him! Oh, fear the LORD, you His saints!
There is no want to those who fear
Him.

Psalm 34: 8-9



Does God want us to be alone?

In the beginning, God did not create man to be alone.

And the LORD God said, “It is not good that man should be alone; I will make him a helper comparable to him.”

Genesis 2: 18

We even see this when Jesus chose His apostles. How many did He choose?

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His apostles. How many did He
choose? **12**

When Jesus sent them out to preach,
how did He send them?

When Jesus sent them out to preach,
how did He send them? **In Pairs**

What about Paul and Barnabas when they disputed over Mark continuing with them and then went their separate ways.

What did they do?

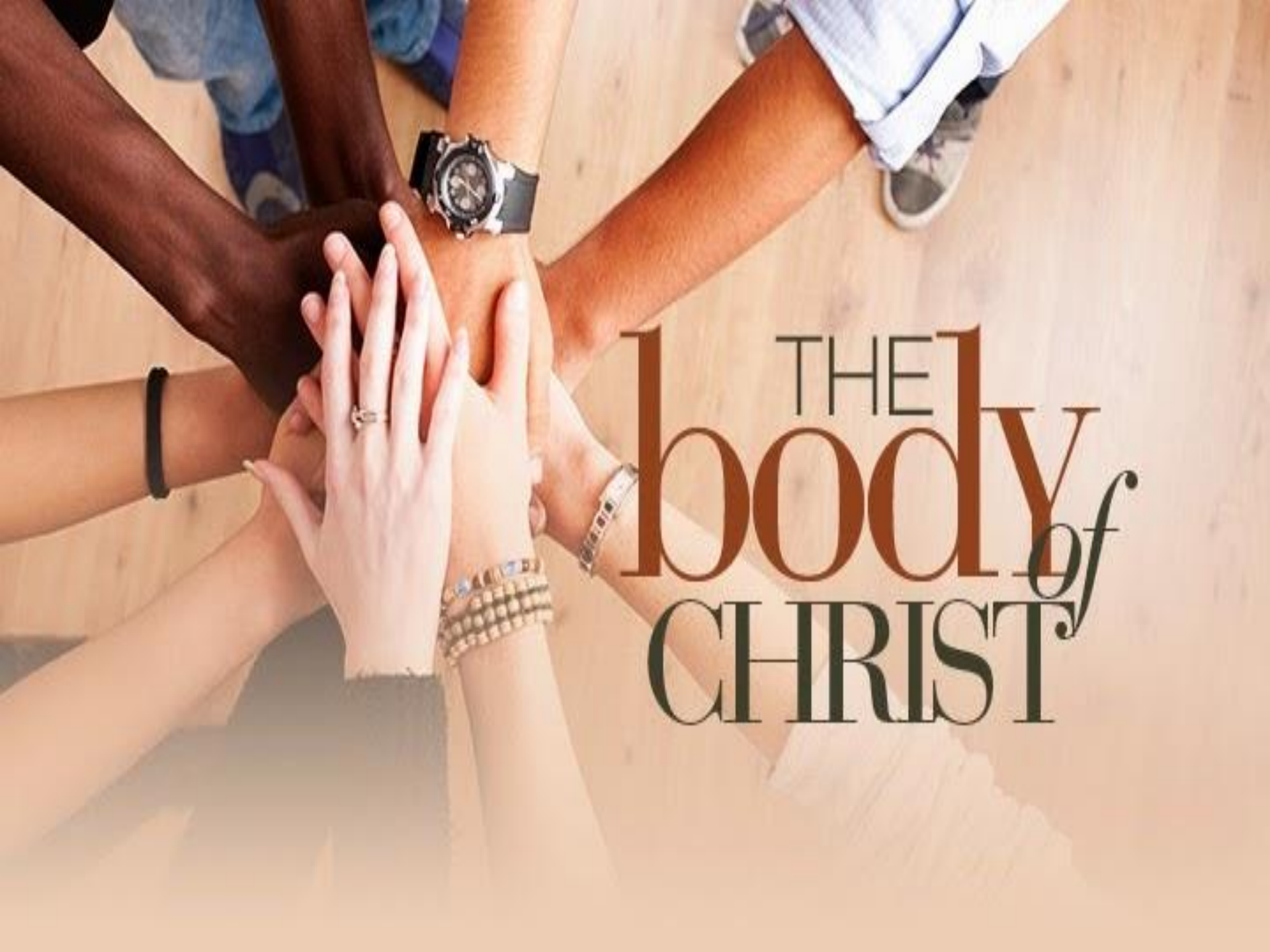
Barnabas took **Mark**

Paul chose **Silas**



So, what did God do for us?

He blessed us with the church
of His dear Son so we wouldn't
have to be alone.



THE
BODDY *of*
CHRIST

I do not pray for these alone, but also
for those who will believe in Me
through their word; that they all may be
one, as You, Father, *are* in Me, and I in
You; that they also may be one in Us,
that the world may believe that You
sent Me.

John 17: 20-21

Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for *he has* no one to help him up.

Ecclesiastes 4: 9-10



Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

Ecclesiastes 4: 12

Brethren, if a man is overtaken in any trespass, you who *are* spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Galatians 6: 1-2

I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.


Philippians 4: 12-13

Better is a little with the fear of the Lord, than great treasure with trouble.

Proverbs 15: 16

And let our *people* also learn to maintain
good works, to *meet* urgent needs, that
they may not be unfruitful.

Titus 3: 14



Rejoice with those who rejoice;
mourn with those who mourn.

Romans 12:15

Gifts are not to be paid back,
they are to be paid forward.

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

John 3: 16-17

Therefore, as through one man's offense *judgment came* to all men, resulting in condemnation, even so through one Man's righteous act *the free gift came* to all men, resulting in justification of life.

Romans 5: 18

FEARS ?

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.

Matthew 7: 7-8

Yea, though I walk through 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.

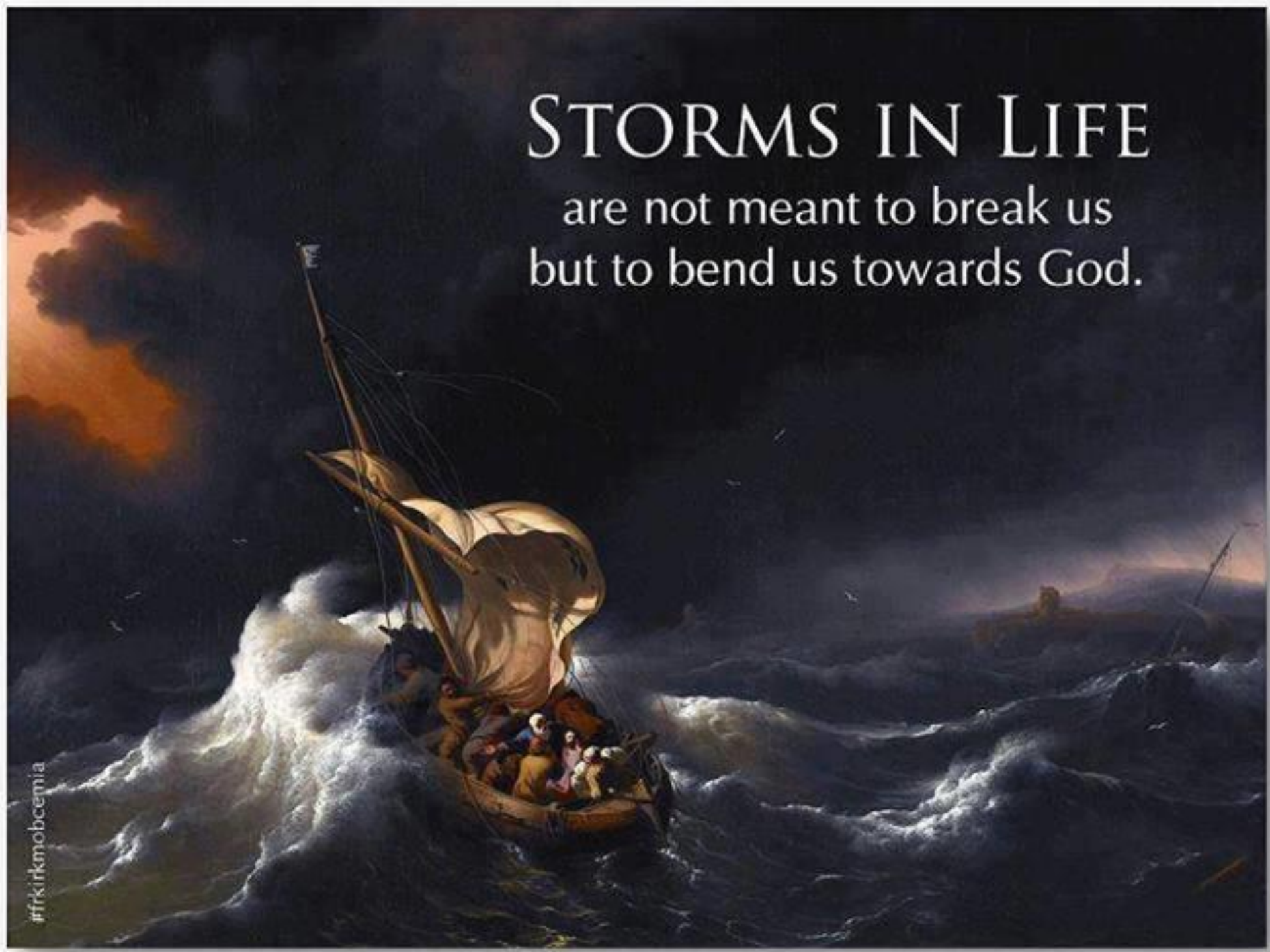
Psalm 23: 4

So we may boldly say: “The Lord is my helper; I will not fear. What can man do to me?”

Hebrews 13: 6 (Psalm 118: 6)

STORMS IN LIFE

are not meant to break us
but to bend us towards God.



Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1: 6-7

WE NEED TO LEARN THAT
WE DON'T HAVE TO FACE
OUR **FEARS** ALONE. GOD
AND OUR BRETHREN ARE
THERE TO HELP.