

A Study on Fear

In the Bible, fear can be constructive and destructive. Blaise Pascal says, "Virtuous fear leads us to dependence; viscous fear leads us to despair." Below are a few thoughts on overcoming fear.

First, we must seek to understand the origin of fear. Seek to identify the origin of our fears. Ask the simple question, why am I afraid of something or someone?

Secondly, expose the spiritual deception behind much of our fear. Viscous fears have their origin in the native language of the founder of lies and deception, the devil (Jn. 8:44). Destructive fear is one of the strategies of the evil one that seeks to discourage and paralyze Christians. Behind many fearful thought patterns is the father of lies, who desires to steal life and destroy the human personality.

Thirdly, we must confront fear with truth and trust. Expose the lies that drive fear with the exhortation of truth. Memorize and meditate on God's promises. (Rom. 8:35-39; Ps. 27:1-5; Jn. 10:28-29; Is. 43:1-3).

Cultivate a constructive fear, the fear of God. Destructive fear makes us the center of the universe, shrinking God, leaving us to the tyranny of people's opinions, and emotionally unstable amidst the uncertain circumstances of life. Constructive fear focuses on the greatness of God, His gospel and our adoption of us as His family. We belong to God, holy in character and awesome in power. As the second stanza of Amazing Grace says, ""Twas grace that taught my heart to fear. And grace my fears relieved."

Great peace in the Lord,
Eddie