

Fear of Fears

A Lord's Flock General Assembly Topic
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When the disciples saw our Lord Jesus walking on the water, they were so terrified because, even though they were professional fishermen, the severity of the violent storm that they were in caused them to fear so much they thought Jesus was a ghost. Jesus said to them, "Take courage! It is I. Don't be afraid," (Mt. 14:26-27).

Everybody knows how it feels to be afraid. We all have things that we are afraid of. Some of us are afraid of horror stories, thieves, death, rejection, the unknown, etc. There are also hidden fears that affect us and that is the fear of failure, which causes many people to never even try anything that is not completely safe.

What is fear? It is being afraid of someone or something perceived as likely to be dangerous, painful, and threatening. There are about 530 recognized phobias in our vocabulary and we spend our lives being afraid of different things.

Sometimes, when we make decisions out of fear, it is very dangerous.

Two Kinds of Fear:

1. Healthy Fear

- It is when we show reverence, respect or honor (Eph. 6:2, Prov. 1:7).
- It is the fear that keeps us from driving 200 km per hour and doing other risky things.
- The fear of the Lord is not about fearing that He will punish us when we do something wrong. It is fear to sin against Him because we love Him. This is what we need now, the healthy fear of God.

2. Harmful Fear

- It is the spirit of fear.
- This type of fear paralyzes us. It keeps us from doing things we could/should do.
- It is a painful emotion which arises from impending dangers.

- The one behind this fear is Satan. He is a master at using our fears to keep us from being effective Christians or happy people.
- This type of fear keeps us bound to failure and away from victory. It is the absolute enemy of faith.

What causes fear?

Generally, the fear of the unknown is the main cause of fear. Amidst the Coronavirus outbreak, we do not know what will happen or until when will it last. What if our resources are depleted by the time it is over? What if we lose our jobs?

When danger lurks, we tend to fear because we do not know how to deal with it. The unknown is filled with haunting what ifs.

Also, we fear during changes. It is hard when God is making changes in us, but it is for our own good.

During dark times, God builds our character, faith and trust in Him. Trying times make us have a stronger relationship with God.

Nowadays, people are afraid of the Coronavirus, but we must not be afraid. We should be cautious and trust God to protect us from it. Why should we fear? When Christ is with us, who can be against us? Greater is He that is in us than that of this virus (1 Jn. 4:4).

Why do we fear?

1. Lack of knowledge

- The Lord said his people perish because they do not know His Word (Hos. 4:6).
- We are afraid because we do not know who God is. He is the almighty, the God of the impossible. He works on the 11th hour and He is the same God yesterday, today, and forever. He is the God who loves us and vanquishes all our fears. He is the same God who said, "Do not be afraid, it is I, your Lord, who is with you."

2. Lack of Experience

- Sometimes, we lack experiences of God's power and this is the reason for fear. If we have never seen the greatness of His

power, we do not know what God is able to do.

3. Lack of Faith

- Faith is believing that you will receive all the things that you are hoping for without needing evidence because the object of your faith is none other than the Lord.
- We do not see how it would all end, but we have faith in God that everything is going to work out for the good of those who love Him (Rom. 8:28).
- Fear is an obstacle that we all must overcome by building and standing on our faith. The man who fears lacks a strong faith.
- Faith comes from hearing the Word of God. So, we must listen to God's Word, read the Bible and get to know God more. Through our experiences of God's living Word, we will build our muscle of faith.

4. Wrong confession

- There are two powers that come from our mouth, death or life, and whoever confesses any of the two will eat its fruit (Prov. 18:21). And, out of the abundance of the heart the mouth speaks.
- Stop wrong and negative confessions. Instead, confess what you believe in God (Mk. 11:22-23).

5. Listening to bad reports

- Instead of listening to bad news, let us check out the Lord's Flock website and read and watch teachings there.

How do we fight fear?

1. Turn over the battle to God.

- Some people came and told King Jehoshaphat that a vast army was coming against him so he was so frightened. Jehoshaphat prayed to the Lord and proclaimed a fast for all Judah. The people of Judah came together and sought God's help (2 Chro. 20:2-4).
- As all Judah praised God, He said, "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's," (2 Chro. 20:15).

- Though we may not gather together like the people of Judah, we can still praise God together with our family.

2. Have faith in God.

- "Why are you so afraid? Do you still have no faith?" (Mk. 4:40)
- We must know that we have a Father, who can remove all fears. We must trust and depend on Him for He can and will do what He said He would (Is. 55:11).
- In order for us not to be afraid, we must first know God and have faith in Him.

The reason we fear the things that we do is because we have not experienced or we refused to acknowledge what God can do. A lack of experience of God's power causes man to fear.

When we are faced with trials and tribulations, we can see no humanly way possible to overcome. Those of us who have witnessed God's wonderful works should testify to those who have not experienced it, so that they, too, can experience the boldness that faith in God can give.

Share the powerful Word of God and always remember not to be afraid.

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