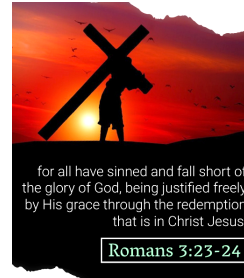


The Fear of Failure

A Lord's Flock Praise and Worship Topic

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“Atychiphobia” is an intense and irrational fear of failure that can prevent people from trying to achieve their goals. This phobia can lead to emotional and psychological problems, such as shame, depression, anxiety, panic attacks, and low self-esteem. We fail when we feel that our best is not good enough. Indeed, all of us fail occasionally. Thus, we should learn to conquer our fear of failure and recognize its benefits to be victorious.

1. How do we conquer the fear of failure?

1.1. Acknowledge that everyone fails.

We should not be afraid to fail (Jas. 3:2). Failure is universal. Some famous characters in the Bible have fallen short of the glory of God because of their failures (Rom. 3:23).

Abraham failed to believe that God would give him a son, so he slept with another woman; but God did not give up on him.

Jacob was a thief, but God allowed him to bless the world through his children.

Noah ended up getting drunk, but he survived the great flood and found grace in God's eyes.

David committed adultery and murdered Bathsheba's husband; yet he was known as the man after God's heart.

1.2. Determine that failure is not final.

When we fail, we need to stand again (Prov. 24:16). Many good men experienced failures before they became famous.

George Washington lost two-thirds of all the battles he fought during the American Revolution but, eventually won the war and became the first president of the United States of America.

Billy Graham was asked to preach his first sermon. He had a fourth sermon prepared and he was so nervous that he preached all of them in ten minutes. He became one of the greatest preachers of all time.

1.3. Discern the benefits of failure.

God can work even in our failures (Rom. 28:8). Simon failed to walk on water when he was distracted by the strong wind. During the trials of Herod, he did not stand up for Jesus and denied Jesus three times. However, the Lord offered forgiveness for all of Simon's failings. Hence, Peter preached the greatest sermon in the history of Christianity where 3,000 people became followers of Christ in one sitting.

2. What are the benefits of failure?

2.1. **Failure educates us.** Smart people learn from their failures. Thomas Edison had 10,000 failures before he successfully invented the light bulb.

2.2. **Failure develops our skills.** It is a stepping-stone to success. It motivates us to try different approaches. We learned to ride the bike after falling and getting hurt several times.

2.3. **Failure makes us less judgmental.** We become sympathetic to people who experience failure.

2.4. **Failure helps us stop comparing ourselves to others.** When we compete with others, we set ourselves up for failure (Gal. 6:4).

Conclusion: Many of life's failures happen to people who do not realize how close they are to success when they give up. Failure hurts, but faith can help us move forward (Gal. 6:9). We need to learn to make the most of our mistakes. Truly, one of the best ways to learn is through failure.

Reflection:

1. What were your biggest failures? How were you able to overcome them?
2. Are you afraid to commit to serving the Lord?

Scribes Ministry:

Transcribed by: Maro Anyog

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