

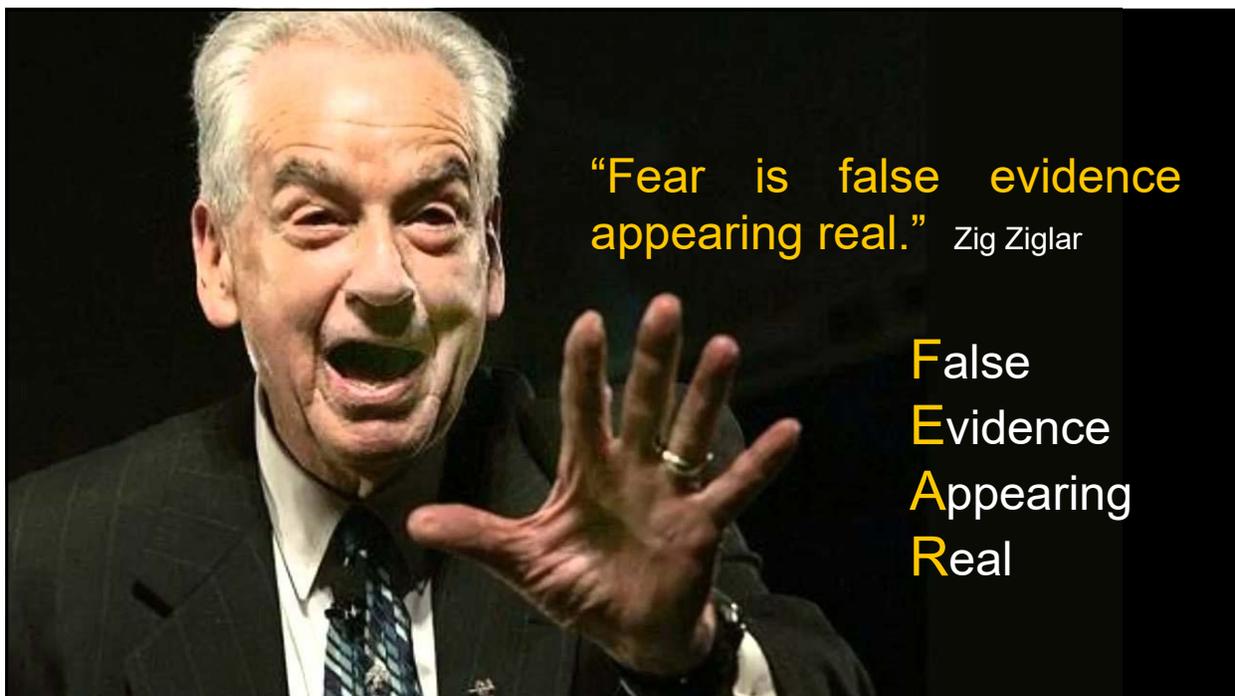
Phil 4:6 Be anxious for nothing ...

Constructive fears

Destructive fears: (some 600)

- Alek-toro-phobia- Fear of chickens (wouldn't that make them a chicken-chicken)
- Anthro-phobia- Fear of flowers (how much of a sissy do you have to be ...)
- Arach-ibuty-rophobia- Fear of peanut butter sticking to the roof of the mouth
- Atomos-ophobia- Fear of atomic explosions (I don't know about you, but I enjoy a nice atomic explosion every now and then)
- Aulo-phobia- Fear of flutes (what kind of jellyback could possibly be afraid of a flute)
- Venustraphobia- Fear of beautiful women (guys, that's not someone with a fear, that's a moron, right?)

- Baro-phobia- Fear of gravity
- Biblio-phobia- Fear of books (someone help me, I think that book is going to hurt me)
- Helminth-ophobia- Fear of being infested with worms (I've always found a good worm infestation refreshing)
- Papa-phobia- Fear of the Pope (when is the last time the Pope beat up anyone)
- Rhab-do-phobia- Fear of being beaten by a rod (I'm eaten up with this one)
- Syn-genes-ophobia- Fear of relatives (guys, think of your mother-in-laws)
- Homilo-phobia- Fear of sermons



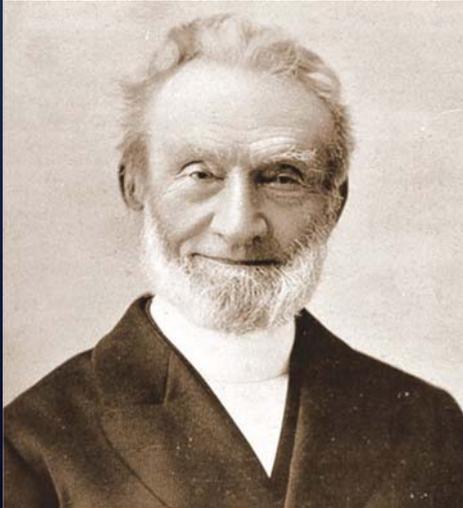
Worry comes from the Old English term *wyrgan*, which means: “to choke” or “strangle.”

1. Fear is a sin
2. Fear is an insult to God
3. Fear is unproductive
4. Fear is counter-productive

1 Sam 17:11 When Saul and all the Israelites heard what this Philistine said, they were gripped with fear. *God's Word*

Timothy was gripped by fear –

2 Tim 1:8 “Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God,”



“Where faith begins,
anxiety ends; where
anxiety begins, faith
ends.” George Muller

Mt 10:28 And do not fear those who kill the body
but cannot kill the soul. But rather fear Him who is
able to destroy both soul and body in hell.

Breaking fear's grip comes down to the answer to two questions:

Question 1: "Is God for us?"

Ps 118:6 The Lord is on my side; I will not fear. What can man do to me?

Heb 13:6 So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?"

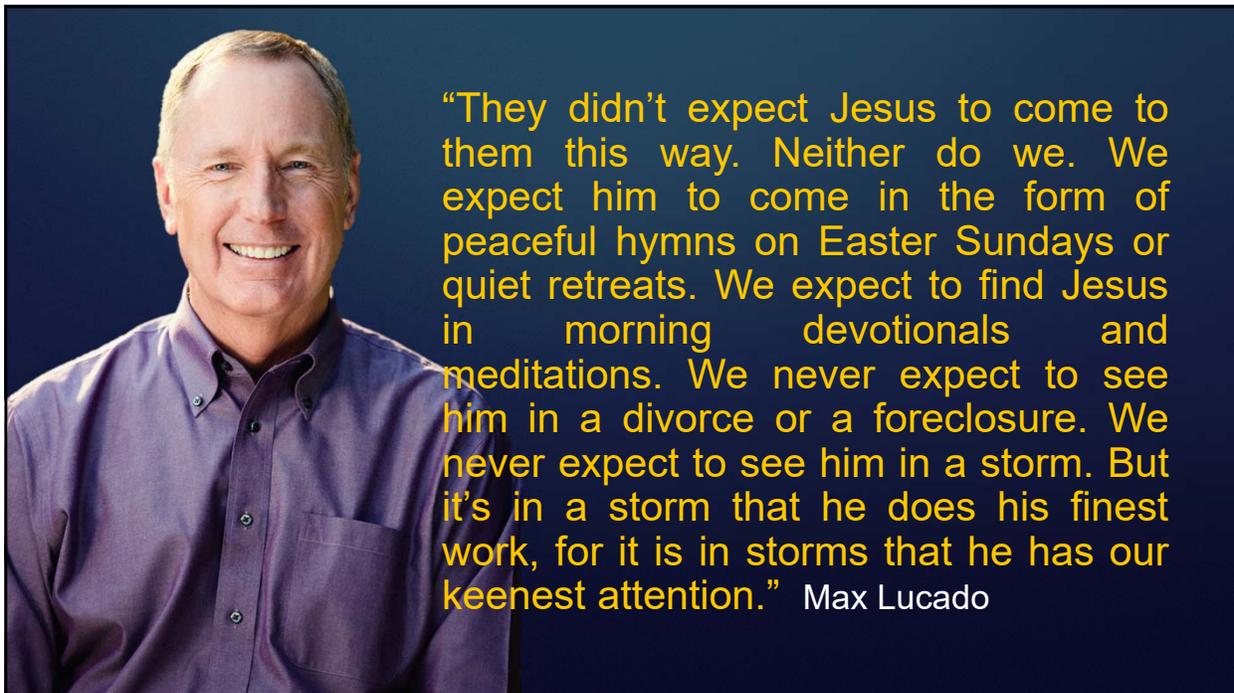
Rom 8:31 What then shall we say to these things? If God is for us, who can be against us?

Red Sea: Exodus 14

Mk 4:37-40 And a great windstorm arose, and the waves beat into the boat, so that it was already filling. ³⁸ But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?" ³⁹ Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm. ⁴⁰ But He said to them, "Why are you so fearful? How is it that you have no faith?"

After Jesus' disciples fought a raging storm for nine cold hours, at about 4:00 am the unspeakable happened.

Mt 14:25-27 Now in the fourth watch of the night Jesus went to them, walking on the sea. ²⁶ And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear. ²⁷ But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid."



Question 2: “If God is for us, does it matter who or what is against us?”

Ps 56:11 In God I have put my trust; I will not be afraid. What can man do to me?

2 Tim 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

God's presence should bring us
incredible peace.

The spies & giants: Numbers 13

Phil 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

2 Thess 3:16 Now may the Lord of peace Himself give you peace always in every way. The Lord *be* with you all.

Quick facts on peace:

- It is Divine
- It is a Gift
- It is always available
- It is not subject to circumstances

