

GOD'S HELPING HAND WITH



FEAR



JOSEPH J SIEGEL

FEAR



Fear is the mind of everyone. Remember Franklin Roosevelt's comment on the day of Pearl Harbor was bombed by the Japanese, December 7th, 1941, ... *"The only thing we have to fear is fear itself!"* We are all fearful of something at times.

A book by James Waltins entitled "Overcoming Fear and Worry" (Our Daily Bread Publishing, 2018, odb.org). In it, pages 12-13, he cites a study by Chapman University in 2018 on fear. They found 5 things.

1. We are becoming an increasingly fearful society.
2. Not all fears are based on facts.
3. Our fears are often irrational.
4. Our fears are becoming increasingly complex.
5. Christians are not exempt from fears.

Also, in the same book, page 18, the Author notes that in the 4 Gospels, phrases like "do not fear", "do not be afraid", "have courage" and "take heart" appear 21 times, whereas "love God and love your neighbor as yourself" only appears 8 times! Apparently, fear is something to be concerned about!

What is Fear

Fear is a natural, powerful, and primitive human emotion. It involves a universal biochemical response as well as a high individual emotional response. Fear alerts us to the presence of danger or the threat of harm, whether that danger is physical or psychological.

What is the true meaning of fear?

“Fear”, dread, fright, alarm, panic, terror, trepidation mean painful agitation in the presence or anticipation of danger. fear is the most general term and implies anxiety and usually loss of courage.

What causes fear?

The universal trigger for fear is the threat of harm, real or imagined. This threat can be for our physical, emotional, or psychological well-being. While there are certain things that trigger fear in most of us, we can learn to become afraid of nearly anything.

Humankind’s 10 Most Common Fears (And How To Overcome Them).

By; [Diego Dotta](#)

Real-life fears are much scarier than embellished scenes from a horror film, like a serial killer doll or flesh-eating zombies. The most common fears cause more discomfort than your average spook and are more real and complex. For the person with the fear, it can be debilitating, preventing the sufferer from living wholly or causing him or her to create a routine focused on avoiding the fear triggers. Tolerating the sensations that come from triggers isn’t even a question, as they are known to make the individual feel like he or she is in a life-threatening situation. Some of humanity’s most common fears are well known, like fear of heights or the dark. Others, however, are less talked-about, like the fear of speaking to strangers due to thoughts of what they might think of you. To free yourself of these fears, it’s not enough to change the channel or end the conversation. It’s necessary to understand and get to know them better.

Debugging humankind’s most common fears:

Fears are tasked with the function of keeping us alive. If we didn’t have this trait, we might just throw ourselves off of cliffs without the fear of dying or hurting ourselves. The same goes for heartbreak. It’s a protection instinct.

However, when these fears overreact, causing withdrawal during an exciting moment, they require an update to achieve a better quality of life. This level of fear is when they are considered phobias.

At this level, your mind has established what psychology calls “[automatic thoughts](#).” In other words, every time that situation repeats, the brain automatically receives a message (in the amygdala), and the body reacts with uncomfortable sensations and the attempt to get away from the “danger.” Now that we understand where fears come from better, let’s get into the list humankind’s most common fears.

Social Phobia

Also known as social anxiety, this fear involves a broad range of situations in which people are afraid to interact with others because they fear people judging them. It might not seem so, but this fear is widespread, “affecting one in five” Americans. People with this fear often don’t seek therapy (it would require social contact) and, for this, most don’t overcome it. One researcher wrote that this is the only fear that we are more scared of than our deaths! People that suffer from social anxiety can have difficulty presenting in front of colleagues, speaking in public, going to parties, or just chatting with others.

Fear of heights

This fear reaches around 5% of the world’s population. People that suffer from this fear avoid any place high up and can have vertigo or feel the necessity to hold on to something when going upwards, like the handrail when going up stairs, for example. At a theme park, it’s no small feat to get these folks to jump in the cart for a roller coaster ride.

Fear of flying

Another common fear is that of flying, which affects almost a third of the global population. This fear causes discomfort at the thought of taking a trip on an airplane, or any flying vehicle. Many of them choose to travel by land and feel safer traveling days on wheels instead of hours by air.

Fear of dying

It's no surprise that everyone wants to avoid death. We're trained from birth to avoid that which puts us in the hands of such a risk. The fear becomes a problem when it causes people to avoid living a healthy life. For example, this fear can be so intense that it prevents them from leaving home for fear of something putting them in harm's way. It's also common for this fear to cause tense reactions when the person hears about anything related to death, even when it's about other people.

Fear of bugs, snakes, or spiders

To broaden this topic, a lot of people suffer from intense fear of some animal. The most common are insects, snakes, and spiders. The fact these animals are so different from mammals is a major reason why people develop this strong aversion. Another point is that some are poisonous, and their bite or sting can cause an intense reaction. However, only a tiny percentage have this trait.

Fear of closed spaces

This fear is well known and called claustrophobia. This fear makes being inside small spaces, like elevators or rooms without windows, unbearable. The person feels a sensation of compression, as if the room was getting smaller and smaller. Some people feel this sensation in places crowded with people, like a concert or rally, for example.

Fear of the dark

This fear likely doesn't surprise many people by making this list. Especially common among kids, this fear follows many people into their adult lives. It's important to recognize that being afraid of the dark isn't about the dark itself, rather it's more the fact that something could be there in the shadows, and we can't tell if it's there.

Fear of the dark has roots in traumatic experiences and is influenced by the fact that many tragic scenarios (or scenes from horror films) played out in places with little to no light. People with this fear are mostly afraid that there is something hidden in the shadows. Therefore, they stay in a constant state of alert and discomfort when the lights are off.

Fear of getting a disease

Being preoccupied with cleanliness to avoid the spread of germs or going to great lengths to prevent exposure to situations that can have a higher probability of getting sick are some of the characteristics of those that dread the thought of falling ill. It's important to take care of your health, of course, but those that suffer from this fear don't often leave home or restrict themselves to places that they know they won't meet germs.

Fear of blood

This fear is more about the fear of having to *see* blood, whether it's the person's own or someone else's. Fear of blood is related to the fact that blood represents serious injuries, the risk of death, and the old idea that "it's not a big deal unless it's bleeding." Maybe it was just my dad that used to say that. People often mix up this fear with the fear of needles. It's more about the fear of having your blood drawn or getting infected by something contaminated.

Fear of violent weather

Among humankind's most common fears is the fear of extreme weather. Those that suffer from this fear get restless at the slightest sound of thunder rumbling or sight of thick clouds. Fear of storms, lightning, and thunder can cause a hyper awareness of the forecast and anxious feelings as soon as there is a noticeable change in the weather.

Is it possible to overcome a fear or phobia?


To change the system, aside from understanding it better, it's necessary to gradually encounter your fear.

The exposure will create a new form of reasoning, which consists of creating new, safe memories about your fears. In time, the brain learns those situations don't always need to alert you to "escape" to survive. Slowly, your automatic thoughts become different, calmer feelings and behaviors. This type of treatment is called Cognitive Behavioral Therapy.

What are your most common fears?

Afraid of something that didn't make this list? List Below.

Read some of the bible passages to help you work through your fear's.

Psalm 34:4 

I sought the LORD, and he answered me. From all my terrors he delivered me.

What does it say to us? (TLSB)


Sought the Lord. See "seek" p. 843. Deliverance was sought from the Lord in prayer, and He answered that prayer. Aug: "Seek not from the Lord anything [else, but seek the Lord Himself, and He will hear you, and while you speak, He will say, 'Lo, here I am']" [NPNF1 8:74].

Matthew 10:28 

Do not fear those who kill the body but cannot kill the soul. Rather, fear the one who is able to, destroy both soul and body in hell.

What does it say to us? (TLSB)


Fear. See p 1001. Earthly persecutors. *Him*, God. What mortals can do to a believer is nothing compare to what God can do. He alone is capable of punishing a person, body and soul, in hell. Not fear not humans but fear of the Lord is beginning of wisdom. (Pr 9:10)

2 Timothy 1:7 


For God did not give us a timid spirit, but a spirit of power and love and sound judgment.

What does it say to us? (TLSB)

a spirit. Not the Holy Spirit, but Timothy's pastoral aptitude, which apparently lacked confidence.

Hebrews 13:5-6 

Keep your life free from the love of money and be content with what you have. For God has said: I will never leave you, and I will never forsake you. So, then we say with confidence: *The Lord is my helper, and I will not be afraid. What will man do to me?*

1 John 4:18 


There is no fear in love, but complete love drives out fear, because fear has to do with punishment. The one who continues to be afraid has not been brought to the goal in love.

What does it say to us? (TLSB)

No fear in love. Love is the work and will of God and the fruit of faith in God for salvation of every human. In this, there is no fear.

perfect love cast out fear. Jesus is God's perfect love that has come to seek and to save, not to condemn. In Christ, God's love reaches its goal. I.e., love is perfect in us when we believe in Jesus and no longer fear that God might still be angry with us because of sin. *fear has to do with punishment.* One experiences dread with the expectation of real consequences for what one has done wrong. In this life, believers are not free from sensations of guilt, for each believer has a sinner alongside the saint within him. *whoever fears has not been perfect in love.* As long as a person gives himself up to fear of God's punishment, he is not relying on His Son completely for his salvation. Cf Lk 12:17, 32; Jn 12:15; Rv 1:17-18.

The Stronghold of My Life **Heading By David.**

Psalm 27:1 

Safe in God's Stronghold

The LORD is my light and my salvation—whom shall, I fear?
The LORD is the stronghold of my life— of whom shall I be afraid?

What does it say to us? (TLSB)

light. Reveals things for what they are, dispelling the darkness of sin, evil, or despair, Jesus is the "light of the world" (Jn 8:12). Aug "The Lord is...my light, for He removes my my ignorance, my salvation, for He takes away my infirmity" (NPHF1 3:264). *stronghold.* Offering safety and protection. With God's protection, we have nothing to fear. See note 18:2.

HYMN

MY SHEPARD WILL SUPPLY MY NEEDS

1. My Shepherd will supply my need;
Jehovah is His Name;
In pastures fresh He makes me feed
Beside the living stream.
He brings my wand'ring spirit back
When I forsake His ways,
And leads me, for His mercy's sake,
In paths of truth and grace.

2. When I walk thru the shades of death,
Thy presence is my stay;
A word of Thy supporting breath
Drives all my fears away.
Thy hand, in sight of all my foes,
Doth still my table spread;
My cup with blessings overflows;
Thine oil anoints my head.

3. The sure provisions of my God
Attend me all my days;
O may Thy house be mine abode,
And all my work be praise!
There would I find a settled rest
(While others go and come),
No more a stranger or a guest,
But like a child at home.

Text: Psalm 23, paraphrased by Isaac Watts (1674–1748)
Music: American folk hymn, from Southern Harmony, 1835

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