

FEAR

Introduction

1. The world is afraid. The devil introduced fear as soon as the first couple sinned; it is one of the consequences of sin.
2. We can see how Adam and Eve were afraid of God after they sinned and hid themselves: *“And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.”* Gen. 3: 10.
3. From that moment fear took root into the world, in every human mind and even in the animal realm...
4. Fear has been deepening and extending its roots, making it impossible to eradicate it without HELP outside of the human being.

I. A LETHAL WEAPON

1. Fear is a weapon that the devil uses to destroy the soul of each child, youth, adult or elderly, as well as the professional, scientist, ignorant, scholar, artist, sportsman, military, banker, professor and even those who profess to believe in Jesus.
2. We cannot fight against this weapon with our own strength. There is no inherent resource in the human being himself that can confront fear.
3. The weapon of fear produces anxiety, unstableness, insecurity, depression, horror, despair, agony, and remorse, thoughts of suicide, disease, sorrow and even death.
4. The enemy has a well trained army ready to shoot with this weapon against any human being, whatever the age, sex, creed, origin, social class...
5. With this weapon he can affect our nervous system, the center of balance in our organism; the brain remains damaged and reality is no more perceived in its true dimension.
6. The enemy uses this weapon especially to ruin people and bring them to a condition of absolute dependence or, in the case that the person resists, to annihilate him.
7. Fear changes with time, the age of the individual, his social origin, education, beliefs. But in the end, authentic fear is what the human being feels and it has the same consequences for all.
8. People are afraid of:
 - Work failure
 - Sentimental failure
 - Social failure or social rejection
 - Sickness
 - Physical or mental pain
 - The unknown
 - Darkness
 - Animals
 - Occult powers
 - Ridicule
 - Censorship
 - Punishment
 - The future

- The past
 - Aggression
 - Loneliness
 - Old age
9. We could list more fears. Mental fear is the historical pathology of the past and present; though it affects all, teenagers are those who most suffer from it.
 10. Fear paralyzes life. It paralyzes individuals, it nullifies them. If you want to see a man drowning, make him fear something.
 11. Wrong feelings and emotions can make us sick because when we let them possess us they release fatal toxics in the body: adrenaline, cortisol, drugs that attack our organs.
 12. Fear produces more than 1.400 chemical reactions and releases more than 30 hormones that can cause disease and kill.
 13. Adam and Eve were afraid and hid themselves.
Abraham was afraid to say that Sarah was his wife because they might kill him in order to take her away, therefore, he lied.
Jacob was also afraid of his brother and fled so he would not kill him.
Moses was afraid that they would kill him when he knew that they had discovered his crime and therefore he fled.
Saul and all his army were afraid of Goliath.
The Egyptians were afraid of the Israelites.
The Israelites were much afraid of their enemies.
The seamen traveling in the same boat with Jonah were frightened by the storm.
The disciples were afraid of Jesus walking on the water, they were afraid when the storm built up, they were afraid when they arrested their Master.
Peter was afraid when he was sinking into the sea.
The disciples feared to be persecuted and killed, after Christ's death...
Oh! How much dread and fear! And still history goes on today.

II. THE ANTIDOTE

1. Jesus knows how to eliminate our fears; that is the reason why the gospel has hundreds of "Do not fear".
2. Fear is present in every human being, but Jesus knows what kind of fear each one of us has to struggle with because He was on this earth and He experienced it.
3. That is why He came to die on Calvary to put a stop to our fears and to him who causes them: Satan.
4. The blood of Jesus is a warranty that we may be released from the chains of fear, no matter what kind they are.
5. In God's Word we can find various steps to take to overcome fear:

1º. TO TRUST

6. The first step is to trust God and what He teaches us in His Word. It does not help to say that we believe if we do not take seriously what the Lord conveys in the Holy Scriptures, or the promises contained therein.
7. There are thousands of promises that God in His great love and mercy has given to each one of us, to accept and make them ours. One of these promises says:
“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” John 14:27.
8. It is God Himself that asks us not to fear, not to be troubled, to leave everything in His hands:
9. *“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”* Matthew 11: 28, 29.
10. What would a responsible and loving father think of his children if they would doubt his words? “Yes daddy, we love you very much but we don’t believe what you say”. Would that not break his heart?
11. To mistrust God’s Word places us on a ground on which we cannot obtain peace, security, and a quiet spirit. That is why as a first step we need to learn to trust. The more we trust the Lord, the more we will know Him and love Him.
12. And the more we will understand that the control of all things in this world and even in our lives, is in God’s hands who does what is best for those who trust Him. He who trusts the Lord lives a peaceful life and overcomes his fears.
13. *“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”* Isaiah 41: 10.

2° TO WALK BY FAITH

14. It is essential to learn to walk by faith and not by sight, as the apostle Paul teaches us. This means that each time we have to face a fearful situation, we have to stand on principles and not on emotions or feelings, because these are as unstable as the weather.
15. Most people feed themselves on their emotions and feelings. If they are in a good mood, then everything goes well, but if because of whatever circumstance, either external or internal, this cheerfulness is lost and fear creeps in, negative feelings immediately get hold of them, wear them out making them sick and even causing them to die. Our negative emotions such as fears, cares, and anxieties... produce substances which affect our organs. Sin is the major cause of fear. To live in harmony with God, through obedience to His Holy Law, will keep fear at bay and awake correct emotions:
16. *“O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea.”* Isaiah 48: 18.
17. Emotions and feelings are not always constant. Any event such as an illness, an accident, the loss of one’s job, a discussion, bad news, family disputes, etc., rob us of our happiness and draw us into a negative state of fear and depression.

18. But when we take hold of faith and stand on the principles of God's Word, then fear disappears. It may be that our heart shows us each time a different direction, but faith is firm, it holds on to a "thus saith the Lord", to the principles stipulated in His Word and does not depend on our personal taste, culture, education or social position, because this is different in everyone.
19. Faith is "...*the substance of things hoped for, the evidence of things not seen.*" Hebrew 11: 1.
20. Faith helps to strengthen the principles that bring victory to believers. Faith does not depend on a state of mind or circumstances; it feeds and develops with the study of God's Word and prayer.
21. While Israel's army trembled with fear before Goliath, the giant, overcome by their emotions and negative feelings, a young man inexperienced in warfare took his sling and by faith confronted Goliath and overcame him. David did not allow emotions and feelings of failure overwhelm him.
22. He did not look at himself nor did he compare himself with the giant, as the others had done, but he simply exercised his faith in God and put an end to a collective nightmare. A young man!
23. There is no limit to what faith can give us, because it is a certainty, a conviction that places us on an advantageous ground, since we commit ourselves to God and His Word that teaches that if we have faith as a mustard seed we will remove mountains of difficulties and why not, overcome our fears.
24. Let us make ours the disciples' petition to Jesus: "*Increase our faith.*" Luke 17: 5. "*I am come that they might have life, and that they might have it more abundantly.*" John 10: 10.

3° TO FORGET THE PAST

1. For many the past is like a strong and heavy chain that imprisons them in the jail of fear. They cannot move on because they are always centered in the past. The past drowns them, depresses them, and scares them just like a haunting ghost.
2. We have to learn to break up with this obsession: "*Remember ye not the former things, neither consider the things of old.*" Isaiah 43: 18.
3. The past is valuable because it is a part of our history, but it is not our whole story. If we are alive it is because there is still hope for us. It does not help keeping the past in our mind and living out of its bones, wailing for what people did to us, for what we did or did not do...
4. It is interesting to notice that 85% of people's fears are caused by past events.
5. The past should be useful for something. If we committed error, not to do them again.
6. If we were negligent in a way or another, to correct our way of living. Jesus taught people that the solution to all their problems was to stop doing evil.
7. Our past is over; we can redeem it in a great manner by doing good in the present time. There will be things that we cannot put in order, but they should be put in God's hands. However, it is true that we can write a new story, a new chapter.
8. We should not consider as a threat the fears that reach us from the past like an echo. From the moment that we take our responsibility and accept that what

happened cannot be changed, we will perceive them as valuable teachings so as not to repeat the same errors. Moreover, we can use this experience or experiences as a pedagogical factor to teach others.

9. *“Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* Philippians 4: 6, 7.
10. The love and grace of our Lord must assure us that all our faults and sins have been paid by Christ on the cross of Calvary. We must trust His divine merits and exercise faith in His atoning sacrifice, to obtain forgiveness and peace and thus be set free from fear: *“Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.”* Romans 5: 1.
11. Dear listener, dear reader, whoever you may be, wherever you may be... The Lord Jesus Christ wants to help you to eliminate all our fears. Let Him do it today. Ask for it in prayer and trust that it will be so. Amen.

May God bless you.

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