

One of the most common emotions in the lives of human beings is fear. We are constantly exposed to the news, movies, TV, and social media that describes things that are fearful, or purposely tries to invoke fear in us (fear porn). Fear, by definition, is a response which seeks to avoid threatening danger.

Fear is our reaction when danger threatens.

Irrational fears (fears that go beyond the scope of common sense) are sometimes called "phobias."



Two basic fears are already present at the time of birth. One is the fear of loud noises; the other is a fear of falling.

The physical effects of fear can be serious and devastating, but it is far more serious to realize what fear can do to our spiritual condition.

Fear can lead to instability, unhappiness, and a lack of contentment. It is the enemy of faith. It saps spiritual vitality and it can paralyze the soul.

Faith has many enemies, but one of the greatest enemies of faith, is fear.



What does the Bible say about fear?

The Bible mentions two specific types of fear.

The first type is beneficial and is to be encouraged. The second type is a detriment and is to be overcome.

The first type of fear is "Fear of the Lord".

This is a reverential awe of God, a reverence for His power and glory. However, it is also a proper respect for His wrath and anger.

In other words, the fear of the Lord is a total acknowledgement of all that God is, which comes through knowing Him and His attributes.

Fear of the Lord brings with it many blessings and benefits. It is the beginning of wisdom and leads to good understanding. **Psalm 111:10.**

Furthermore, fear of the Lord leads to life, rest, peace, and contentment. Proverbs 19:23

It is the fountain and life (Proverbs 14:27) and provides a security and a place of safety for us (Proverbs 14:26).

There is no separate Hebrew or Greek words describing fear of God so presumably such fear was from earliest times



Secular fear is the natural feeling of alarm caused by the expectation of imminent danger, pain, or disaster. **Religious fear can appear as** the result of awe and reverence toward a supreme power.

This "fear of God" is sometimes the human response to the presence of God.

When God appears to a person, the person experiences the reality of God's holiness. This selfdisclosure of God points to the vast distinction between humans and God.

The "fear of God" is not the dread that comes out of fear of punishment, but as the reverential regard and the awe that comes out of recognition and submission to the divine.

The basis for God's relationship with Israel was the covenant.

The personal relationship that came out of the covenant transformed the relationship from a sense of terror to one of respect and reverence in which trust predominated.



The second type of fear mentioned in the Bible is not beneficial at all.

This is the "spirit of fear" mentioned in 2 Timothy 1:7: "For God has not given us a spirit of fear, but of power and of love and of a sound mind"

Sometimes we are afraid. Sometimes this "spirit of fear" overcomes us. To prevent this we need to trust in and love God completely.

"There is no fear in love. **But perfect love drives out** fear, because fear has to do with punishment. The one who fears is not made perfect in love." 1 John 4:18

Beginning in the book of Genesis and continuing throughout the book of Revelation, God reminds us to "Fear not."

There are ten Hebrew nouns and eight verbs that are regularly translated "fear, " "to fear, " "to be afraid,

Only one of each is commonly used in the Old **Testament and they both** spring from the root yr (the noun being yira or mora and the verb yare).

The New Testament employs phobos and phobeo almost exclusively as noun and verb, respectively, and these are the terms consistently used by the Septuagint to translate Hebrew yira or mora and yare.

The fundamental and original idea expressed by these terms can range from mild uneasiness to stark terror, depending on the object of the fear and the circumstances surrounding the experience.



How Is Fear Addressed In The Bible?

Fear Is Mentioned In 467 Verses Of The Bible

We will now read each of those 467 verses

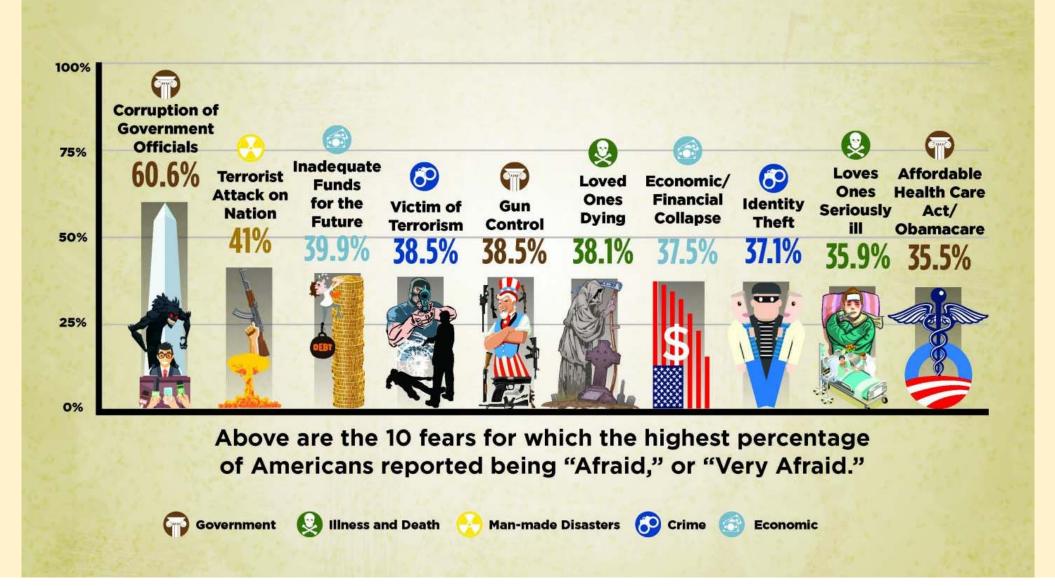
Just kidding

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

"When I am afraid, I put my trust in you." ~ Psalm 56:3 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Yahshua." Philippians 4:6-7

"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." John 14:27

"When anxiety was great within me, your consolation brought joy to my soul." ~ Psalm 94:19



"But now, this is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are mine." ~ Isaiah 43:1

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." ~ Joshua 1:9

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

"Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you." 1 Peter 5:6-7 "Tell everyone who is discouraged, Be strong and don't be afraid! God is coming to your rescue..." ~ Isaiah 35:4

"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?" ~ Psalm 27:1



"Do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?" Luke 12:22-26

"Cast your cares on the Lord and he will sustain you; he will never let the righteous fall." ~ Psalm 55:22

"Immediately he spoke to them and said, 'Take courage! It is I. Don't be afraid." ~ Mark 6:50 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." ~ Deuteronomy 31:6

"For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. Do not be afraid, for I myself will help you,' declares the Lord, your Redeemer, the Holy One of Israel." Isaiah 41:13-14 "God is our refuge and strength, an everpresent help in trouble." ~ Psalm 46:1

"The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper." ~ Psalm 118:6-7

"Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe." ~ Proverbs 29:25

"He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" ~ Mark 4:39-40

"The angel of the Lord encamps around those who fear him, and he delivers them." Psalm 34:7

"But even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats." 1 Peter 3:14 "I prayed to the Lord, and he answered me. He freed me from all my fears." ~ Psalm 34:4 "Do not be afraid of them; the Lord your God himself will fight for you." Deuteronomy 3:22 "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love." Romans 8:38-39

"Then he placed his right hand on me and said: 'Do not be afraid. I am the First and the Last.'" ~ Revelation 1:17

"Jesus told him, 'Don't be afraid; just believe." ~ Mark 5:36

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." ~ Psalm 23:4



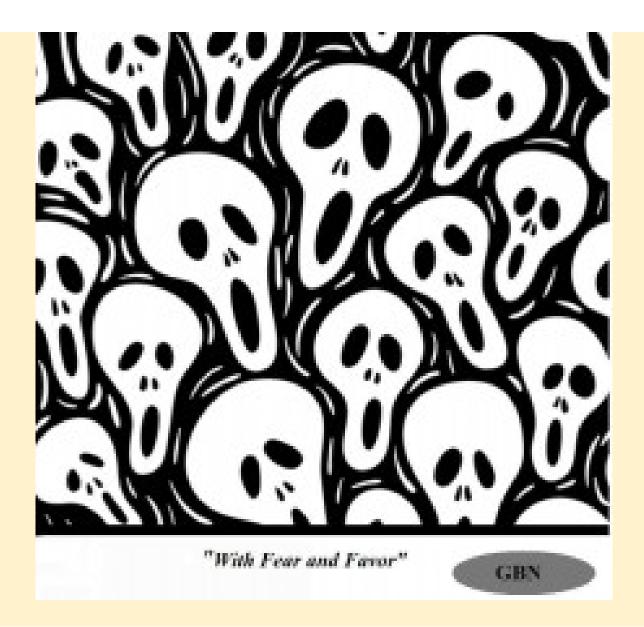
Fear Not!

The expression "fear not" (also translated "do not fear" or "do not be afraid") is an invitation to confidence and trust. When used without religious connotation (15 times), "fear not" is an expression of comfort.

When "fear not" is used in a religious context (60 times), the words are an invitation to trust in God. These words appear in the context of the fear and terror that follows divine revelation.

Once we have learned to put our trust in God, we will no longer be afraid of the things that come against us. We will be like the psalmist who said with confidence: "...let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, so that those who love your name may rejoice in you". ~ Psalm 5:11

Be assured, Yahovah is with you in whatever you face, in the turmoil and struggles, amidst the anxious thoughts and the worries of life. He is there, strengthening, helping, and He holds you in His hands. Yahovah is greater. He gives us the power to live courageously, **boldly, fearlessly in this life,** when many things that surround us would tell us to be afraid. His truth is strong and sure to the deepest core of our spirits.



One remedy for overcoming wrong kinds of fear, is true love for God.

We Can Conquer Fear By Looking To Yahovah And Calling To Him By Name.

Time and time again, Yahshua introduced himself with the words, "It is I, be not afraid." In Old Testament times, Yahovah repeated words of assurance over and over again.

"Fear not," is found 365 times in the Bible. There is one "Fear not" for each day of the year! There is much in this world to make us afraid, but there is much more in our Biblical faith to make us unafraid.

Yahshua didn't promise that He would be with us some of the days (Matthew 28:20). He promised to "be with us always, even unto the end of the age".

Give it to God. Replace those fearful thoughts with His words of truth. Sleep in peace tonight. Yahovah knows what concerns you, He's got you covered.

It is a fearful thing to fall into the hands of a living God if one is unprepared to meet Him. But you can find peace with Yahovah. He pleads with every human being, asking us to commit our eternal destiny to Him.

If you will let Him— Yahshua will dispel your fears and fill your heart with hope and security and peace.

FEAR IS FAKE NEWS.