

Emotions 3

Spirit	Soul	Body
New Birth	Mind	See
Communicates with God	Emotions	Smell
Power of God comes through our Spirit	Conscience	Taste
	Personality	Hear
	Will	Feel

Fear n. 1. a feeling of anxiety and agitation caused by the presence or nearness of danger, evil, pain, etc.; timidity; dread; terror; fright; apprehension. 2. respectful dread; awe; reverence.

Proverbs 1:7

The fear of the Lord is the beginning of knowledge,
but fools despise wisdom and instruction.

The fear of the Lord is a reoccurring theme in the Old Testament and refers to the second definition above. Respectful dread; awe; reverence of God. This is a healthy fear in our lives.

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.

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.

Luke 12:4,5

“I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him.

Everyone experiences the first definition of fear in various intensities. It is good to have a healthy fear of danger; don't put your hand in the fire, you will burn yourself. If the healthy fear cripples us, then it has become a phobia that is not healthy. God's word has the antidote for phobias that cripple us.

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Modern psychiatry treats phobias as if they were allergies. They expose you to increasingly stronger doses of what you phobia is to get you comfortable with the issue. This may work if you are afraid of climbing ladders, but most crippling phobias are deeper in our spirit and soul for this method. Some phobias are a result of trauma, especially from our childhood.

If we are honest, we all have fears that we need to confront. In the Book of Revelation, Jesus promises rewards to each of the seven churches **“To him who overcomes.”** (Rev 2:7, Rev 2:11, Rev 2:17, Rev 2:26, Rev 3:5, Rev 3:12, Rev 3:21) Our victory starts with overcoming fear. Courage is not action without fear, but is action in spite of fear.

God's word is the antidote to our fears. Apply Gods words like medicine to your soul.

Psalm 23: 4

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 27:1

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 91

5 You will not fear the terror of night, nor the arrow that flies by day, 6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

Genesis 3:10

He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

We are made in the image of God with many of the emotions that God has. We are to fear God and reverence him only and nothing else. God did not create us with fear because fear is one emotion God does not have.