

## **A BIBLICAL STUDY ON FEAR**

### **LESSON ONE: 1INTRODUCTION**

**by Sandy Harber**

Fear. If you were asked to draw a picture of fear what would your picture look like? Mine would feature a girl in the foreground with her mouth wide open (obviously screaming) and her eyes huge with the pupils dilated. Her hair would be wild and sticking up straight in all directions. The background is dark, surrounding the girl. Maybe a dilapidated dark scary house in the distance behind her. Add a tower to the house with a few bats flying around it.

Is your drawing similar to mine? Is it drawn in dark colors? The word "fear" conjures up dark images. It smacks of unpleasant things. "Fear" is a dark word. It brings a frown, not a smile. Just introducing the word into a conversation brings the participants down to a lower level. Even the volume of the conversation is lowered.

According to science, one of the principal sources of fear is darkness. Why? Because in the darkness resides the unknown (another principal source of fear). We use our eyes to navigate this world. But if our eyes are rendered useless by the darkness how can we proceed? In the darkness we cannot find a path to follow. There is no way to avoid pitfalls. We have no warning of the dangers lurking nearby. We are, in effect, defenseless. Helpless.

What is true in the physical world is true in the spiritual as well. John said, "This then is the message which we have heard of him, and deliver unto you, that God is light, and in him is no darkness at all" (I John 1:5). There is no darkness in God. There is no fear when we are in fellowship with God.

God is light. Draw this picture and you will make bright yellow rays shooting out from a round yellow ball. The picture is bright. Uplifting. Hopeful. In God you can not only see a pathway, you have a Guide to lead you down it. You can avoid pitfalls. There are no unknowns. Nothing hidden. And God provides protection from any dangers you can clearly see.

When you belong to God you have no reason to fear. In fact, the darkness of fear is opposed to who you are as a child of light. Jesus said that you are the light of the world (Matthew 5:14) because you reflect Him, the true Light of the world (John 8:12).

I don't know who said this but I love it: Jesus finds us in the darkness but He doesn't leave us there. Jesus sought us in the darkness of sin and fear, but He brought us into the light of the gospel and saved us. Jesus is the cure for fear. When you do your job and shine for Him fear has no power over you.

*"The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life, of whom shall I be afraid?" Psalm 27:1*