

HOW TO HANDLE FEAR & ANXIETY

¹⁷ Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world. ¹⁸ There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. ¹⁹ We love him, because he first loved us. ²⁰ If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? ²¹ And this commandment have we from him, That he who loveth God love his brother also. (I John 4:17-21)

The solution to all our problems is not a formula, but a person – Jesus Christ. He is the answer.

Fear is only a symptom. Deeper inside is a source – Anger & Bitterness are brother and sister. They are related even though they don't seem to be. Both have the same parents (Fear & Anxiety).

All fear is not SIN. I am talking about the fear that is.

e.g.: House is on fire – the right kind of fear drives me to rescue my wife and children even at great personal risk.

Sinful fear is that which comes from Self loving Self – Big "I" is on the throne. Fantasy life causes fear.

1. Afraid of God – He's an angry harsh, ogre who is going to send you to hell. Or the policeman. In both cases I know I'm wrong anyway – so like Adam, we hide
2. Afraid of Death – unholy fear of germs, disease, sickness, old age (makes cosmetic industry rich) - afraid of travel on cars or planes.
3. Afraid of Failure – job, marriage, of being seen as foolish, having no money.
4. Afraid of Authority – police car, uniforms, the boss (movie “Mr. Roberts” with Henry Fonda James Cagney & Jack Lemon, ensign Pulver hid from Captain for months)

80% of all hospital patients are there due to Fear, Anger &/or Bitterness. Again, all have the same parent – SELF is at the center of my little universe. "Big I" – the cancer of the human race.

But PERFECT Love cast out all fear. Why not security or serenity or peace casts out fear. We never seem to hear that PERFECT Love so does - or we hear it too often and it no longer registers.

You see, the opposite of Fear is Love.