

## FEAR

Fear: An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Fear triggers fight or flight response.

*Therefore, since the children share in flesh and blood, He likewise shared in their humanity, so that through death He could destroy the one who holds the power of death (that is, the devil), and set free those who were held in slavery all their lives by their fear of death. – Hebrews 2:14-15*

**Fear of Death:** The relationship between the fear of death and some common fears.

- Fear of pain: death and the dying process.
- Fear of rejection: death of personhood or identity.
- Fear of betrayal: death of rights and relationship.
- Fear of abandonment: death of community.
- Fear of failure: death of reputation or expectations and dreams.
- Fear of discovery: death of innocence.

### Identify the Object of Fear

- Clear and present danger
- Traumatic and historic danger
- Fear as a motivator (control)
- Fear of fear (a vicious cycle)

### Spiritual Sources of Fear

- Idolatry (source of control)
- Curses
- Demons and unclean spirits

### Emotional Sources of Fear

- Threat (rejection, betrayal, abandonment, phobia)
- Stress (responsibility, stress, worry, anxiety, panic)
- Grief (PTSD, habitual worry)

### Physical Sources of Fear

- Chemical imbalance (hormones, drugs, CO<sub>2</sub> levels)
- Sleep deprivation
- Adrenal fatigue

### Interrogate the Belief

- What do you believe to be true?
- How did you come to believe this?
- What does God say about this belief?

*Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:5-7*