

Fear Based Relating

Description

Fear is a powerful emotion and a strong motivator. Fear, used in a relationship to manipulate or control, denies the other person's identity and they cannot thrive. Fear of death has many forms (Hebrews 2:14-15). The opposite of fear is love (1 John 4:18).

Symptoms

- Punishment: motivated by cost/benefit analysis of consequences.
 - Victim asks "What will it cost me?"
 - Villian asks "What will it cost you?"
- Self-referential: inward focus rather than loving relationship.
 - Victim: "I'm living my life so you won't _____."
 - Villian: "I'm living your life for you so you won't _____."
- Fear of death (physical, emotional, spiritual)
 - Clear and present danger versus assumed threat.
 - Fear of the unknown.

Personal Conditions

- Fight, flight, freeze responses (one predominant response).
 - Anger or withdrawal may be used to mask fear.
- Fear, worry, and anxiety become habitual ways of thinking.
 - Dealing with current threats (responses).
 - Anticipating future threats (guarding).
- Codependence (loss of voice, initiative, personality, etc.).
- Timidity (spirit of fear, spirit of timidity, lying spirit, etc.).

Solution

1. Face the fear (identify it, name it, interrogate it).
2. Trust God to protect you (take steps of obedience as necessary).
3. Die to self (live in love-based relating).

Prayer Strategy

- Pray for the source or root of the fear paradigm
- Spiritual transactions (forgiveness, victimization, idolatry)
- Confirm or discover identity in Christ: "Lord, who do You say I am?"
- Confess trust in God (Matthew 11:28) - Magnify the Lord rather than fear.
- Ask for steps of obedience or acts of repentance; and obey.
- Rehearse the goodness of God to others.