

Fear

Is fear a sin?

Luke 12:32 Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom.

Fear can be a sin as it is against the will of God for us; the command not to fear is one of the most often-repeated commands in the entire Bible.

Does that mean we should never fear anything or anyone?

Mat 10:28 And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

Luke 12:4-5 And I say to you, My friends, do not be afraid of those who kill the body, and after that have no more that they can do. (5) But I will show you whom you should fear: Fear Him who, after He has killed, has power to cast into hell; yes, I say to you, fear Him!

Jesus taught that the only one that we should fear is God Himself, because He has the power to cast into hell.

Prov 1:7 The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.

The fear of God is a major theme in the Book of Proverbs and is viewed as a positive quality.

How does fear affect us?

Prov 3:7-8 Do not be wise in your own eyes; fear the LORD and depart from evil. (8) It will be health to your flesh, and strength to your bones.

The fear of the Lord produces good health.

2 Cor 7:1 Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

The fear of the Lord is the foundation of holiness.

Eph 5:21 submitting to one another in the fear of God.

The fear of the Lord is the basis of healthy interaction among believers.

Prov 29:25 The fear of man brings a snare, but whoever trusts in the LORD shall be safe.

Luke 21:26 men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of heaven will be shaken.

But other fear affects our health negatively.

How can you overcome fear?

Rom 8:15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

2 Tim 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Recognise that, except for the fear of the Lord, fear does not come from God.

Heb 13:6 So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?”

Remember that we have good reason not to fear.

God is all-powerful, and He is the one who has promised to help us.

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Realise that the antidote to fear is not courage, but love.

Whenever we are afraid, we need to tap into the love of God.