



GOT FEAR?

WHAT IS FFAR?

Fear is the emotional response to the perception of an alternating loss of control and regaining of control. The alternation between control and lack of it must occur in varying degrees of intensity and inconsistent periods of time. This alternation insures an element of surprise and keeps the perceiver off balance emotionally so that he cannot construct a set of mental expectations and thereby reimpose control"

WHAT IS PHOBIA?

A phobia is an irrational fear of anything: objects, people, situations, activities that the experiencer of the phobia feels compelled to avoid.

Psalm 23:4 - Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 27:1 - The LORD is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?

Psalm 118:6 - The LORD is with me; I will not be afraid. What can man do to me?

2 Timothy 1:7 - For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

Psalm 115:11 - You who fear him, trust in the LORD -- he is their help and shield.

Psalm 103:17 - But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children.

Psalm 112:1 - Praise the LORD. Blessed is the man who fears the LORD, who finds great delight in his commands.

Deuteronomy 31:6 - Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

1 Chronicles 28:20 - David also said to Solomon his son, "Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the LORD is finished.

Psalm 56:3 - 4 - When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

Isaiah 41:10 - So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:13 - For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.

Isaiah 54:4 - "Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.

Matthew 10:28 - Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.

Romans 8:15 - For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, ""Abba," Father."

1 Corinthians 16:13 - Be on your guard; stand firm in the faith; be men of courage; be strong.

Hebrews 13:5-6 - Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?".

- **1 Peter 3:13-14** Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. "Do not fear what they fear; do not be frightened."
- **1 John 4:18** There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.