

Overcoming Fear

General Definition

“An unpleasant emotion caused by the threat of danger, pain, or harm,” ([Lexico's Dictionary](#)). Overcoming fear has much to do with the mind and is very achievable with the right mind set.

Christian Definition

In the bible fear is mentioned in two different ways: fear of God and fear of Satan. Fear of God is written in many parts of the bible and it is a direct command from God to ensure that people honour, worship and obey God (Life Hope & Truth). It teaches us to repent against our sins knowing that if we make a mistake we must ask for forgiveness and forgive others when they sin against us, because God commands us to give mercy freely to others as God gives it to us. Even though God will forgive over and over again, as children of God we still need to have fear, or better understood as, respect for God. Not having fear of Satan is mentioned in the bible many times because God is for you and with you and no one can stand against you with God on your side.

Personal Outlook

Life is not designed to be easy and comfortable. When we step out of our comfort zone we grow. People settle for a comfortable lifestyle more often than risking it for a beneficial lifestyle because many fear change, loss and rejection etc. Change means growth and some are not willing or ready to change and others are in disbelief that change is possible and are defined as hopeless. Often when someone is filled with hopelessness it is a deeper level of fear called anxiety. Anxiety is often a creation of fears that are unlikely and seriously affect the way one lives his or her life.

Where Does Fear Come From?

One major cause of fear is trauma from experiencing rejection, near-death experiences and abuse as well as other bad experiences. In Rob Reimer's Podcast he describes unpacking the junk or “dirty clothes” our souls or “suitcases” have been packed with over the years (Rob Reimer's Podcast).

Example

A boy that is abandoned by his father is highly likely to experience anger and sadness as a result. If the heartache and emotions were not unpacked from the suitcase as mentioned then there is no healing “outlet” essentially, according to Reimer. I agree with

Reimer specifically when he mentions masking vs. processing damage because many victims of fear mask their pain or find external things to fill their “hole” that can often lead to various forms of addiction.

From a Christian perspective, all fear stems from Satan. “[Satan] comes only to steal and kill and destroy; [Jesus has] come [so] that [we] may have life, and have it to the full” (John 10:10, NIV). Followers of God see fear in two ways as mentioned: one way is fear from Satan and the second is the fear of God. Psalm 23:4 “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me” (NIV Bible). This verse is a promise from God that we do not need to walk in fear. It states in Romans 8:15 “The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father” (NIV Bible). This verse speaks of the salvation that is received from the crucifixion of Jesus, the Son of God. When you receive the Holy Spirit by inviting the Lord into your heart and life you become free from the pain that holds you captive.

Types of Fear

(Note not all fear is limited to only be defined as internal or external; fears can expand and stem from different areas in one's life).

Types of Fear	Example	Potential Fears Developed	
Internal/Personal	Fears developed when one disappoints a friend by not following through resulting in guilt, shame etc.	Fear of developing deep relationships because him/her is afraid they will disappoint or be rejected.	Fear to commit to tasks involving others due to fear of rejection.
External/Environmental	Fears developed when one is in an environment that illustrates how a fear is acceptable. For ex. a mother's need for control.	Fear of not having total control over circumstances can lead to a lack of trust in others.	Fear of judgement from others due to lack of control over circumstances.

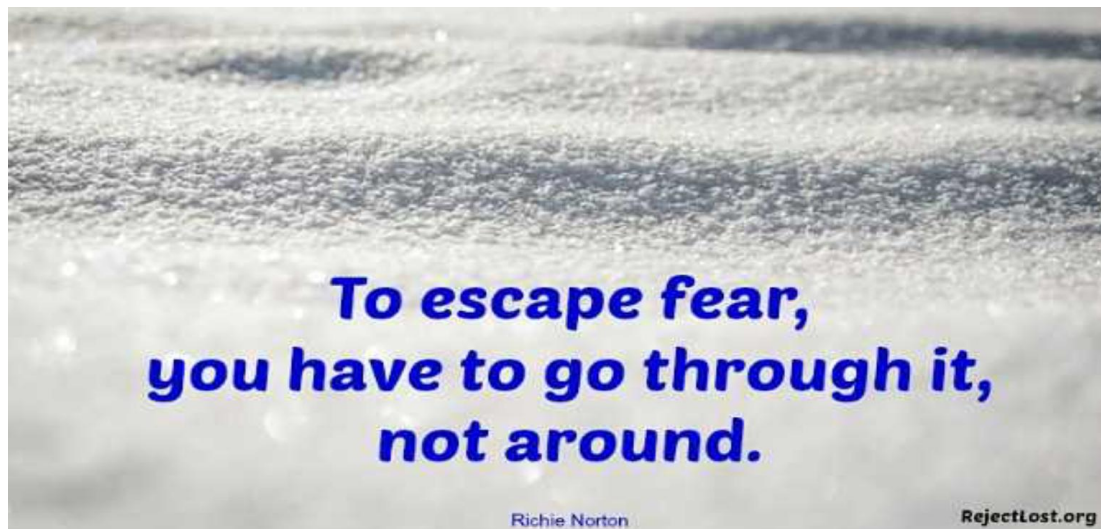
Effects of Ignoring Fear

“Fear and anxiety can last for a short time and then pass, but they can also last much longer and you can get stuck with them. In some cases they can take over your life, affecting your ability to eat, sleep, concentrate, travel, enjoy life, or even leave the house or go to work or

school. This can hold you back from doing things you want or need to do, and it also affects your health,” ([Mental Health Foundation of UK](https://www.mentalhealthfoundation.org.uk/)).

Understanding the Concept of Overcoming Fear

To be free from and not restricted by one's fear requires courage to face one's fears! Do it afraid! Successful people only got to where they are by overcoming fear and trusting the process (ex. financial obstacles, physical pain and emotional struggle etc). It is quite similar to the Christian perspective as one must trust God and that can be intimidating to some. The definition of faith, is to trust someone or something [not necessarily what can be seen or proven], (Lexico's Dictionary).



(Photo source: <https://rejectlost.org/overcoming-fear-quotes-sayings/>)

How to Overcome Fear

The general perspective begins with defining the fear. Once defined, the person must identify where the fear came from. This is most commonly done with the professional help of a therapist or psychologist. They are trained to assist people in reflecting on their past experiences to identify where the fear comes from. Revisiting past traumatic experiences with a professional, as difficult as it is, can allow the person to view it from a different perspective. In doing so it can make a large difference in the person's self worth and self-image, resulting in potential freedom of the original fear.

The Christian perspective begins by accepting the Lord Christ into one's heart. Once a person asks Christ into his or her heart they must ask forgiveness for sins they have committed and repent from them. God will forgive them and Christ Jesus will bare the weight of each sin so that

the Holy Spirit can come into the person and guide them down the path to a full life. "Delight in the Lord and he will give you the desires of your heart," (Psalms 37:4, NIV). When any person performs these steps and truly trusts God with their life they will be free from fear and all emotions encouraged by Satan. "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction" (Proverbs 1:7, NIV). This verse highlights one of the many benefits to seeking God. Also, God has created us in his image with peace already in us as long as we have him. When our fears (or Satan) attacks us we can turn to God and in an instant be granted peace within because he is with us always, therefore no one can stand against us and be victorious unless we let them, for example by giving into the desires of our flesh or Satan, (John 14:7 NIV).

Personal Conclusion

Fear is something each individual must face at some point if not at many times in his or her life. It is up to the person to decide which path to take, however, personally I can suggest the less expensive option that brings never ending, deep joy to many other aspects of my life. I've accepted Christ and rejected him and each choice lead me back to His open loving arms where I found one of life's greatest gifts peace within my soul.

Written by Allison Saunders

Research For Overcoming Fear

<https://www.lexico.com/en/definition/fear>

<https://www.lexico.com/en/definition/faith>

<https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety>

<https://lifehopeandtruth.com/life/christian-living/fear-not/>

<https://www.biblegateway.com>

<https://m.youtube.com/watch?v=6n6BYgiWpt4> (Dr. Rob Reimer)