

Don't Be Frightened by Fear

“Don't be frightened by fear?” That might sound a bit odd, a bit like circular reasoning. We are generally frightened by things or situations, wild animals, or darkness. Yet God, Himself, teaches us, “...do what is right without being **frightened** by any **fear**.” God is reminding us that we can be frightened by fear itself. (See 1 Peter 3:6.)

In his inaugural address in 1933, President Franklin Roosevelt said,
So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself — nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.

He defines the fear of which he speaks as “unjustified terror which paralyzes needed efforts....” Today, physically, spiritually, and emotionally, we see more and more people **unable** or **unwilling** to advance in life or overcome obstacles simply because they are paralyzed with fear. Usually a fear of loss, fear of rejection or fear of failure. *Yet paralysis from fear literally creates failure itself!*

Phobos (Greek for “fear” from which we get the English “phobia) and *delia* (Greek word for “timidity”) are both vital if we are to understand that God gives us a spirit of power over any type of fear. One example is found in 2 Timothy 1:7,

For God has not given us a spirit of timidity, but of power and love and discipline.

It is important to notice that God does not simply give us a lack of fear. He actively gives us *power and love and discipline*. Also notice that once He gives us power and love and discipline, we must use that gift of discipline and put it to work with the power and love He gives.

To live life with power and love requires the strong and careful application of discipline. He gives us the gifts, but we must put them to practical, daily use through the exercise of discipline. Power and love without discipline will create sad frustrations in the minds of intelligent people because they cannot help but see their failure to *do* what lies before us. Even if we clearly see the power and deeply experience the love, without discipline we fail to appropriate the gains that could have been accomplished.

The most common problems that roadblock success are our fears, whatever they may be in whatever realm of life, family, relationships, business, or spirituality. We must trust God, move out, get our feet wet (Joshua 3:14-16), and use the power, love and discipline God gives in abundance. Long before Nike coined their famous phrase, God taught us, “Just do it!”

Ray Wallace