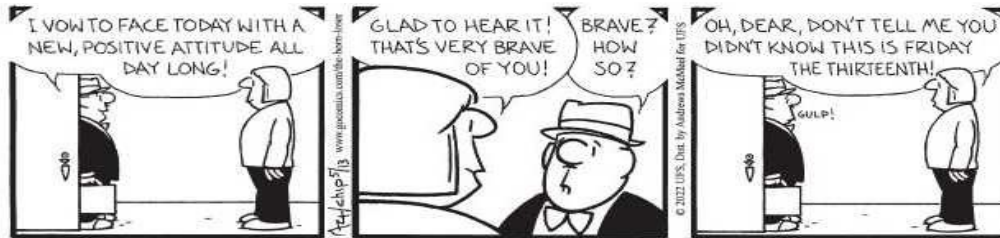


The Bulwark

JUNE 12, 2022

OVERCOME FEAR



Whether we like to admit it or not, we all fear something. Did you know that about 10% of the American population has at least an unease for the number 13. Triskaidkaphobia is the fear of the number 13. While Paraskevidekatriphobia is being depicted in the cartoon above; fear of Friday the 13th. The fear of the number 13 has its roots in Norse mythology. So where does your fear stem from?

There are some who assert that 365 times in the Bible “fear not” is found. The actual number is 103 times in the King James Translation. While the word fear by itself is found over 500 times. One of which is Psalms 34:9, “O fear the Lord, you His saints; for to those who fear Him, there is no want.” In that passage, fear is used not so much out “to be afraid of”, but reverential awe and respect. Throughout the pages of the Scripture one can find there is indeed a pathway to come to a “fear of the Lord” as well as to overcome fear.

The first thing we must awaken to is that God is on our side, provided we are on His side. “The Lord is for me; I will not fear; what can man do to me?” (Psalms 118:6)

“Fear not, for I am with you; be not dismayed, for I am your God, I will strengthen you...” (Isaiah 41:10)

Fully place your trust in God. David perhaps said it best in Psalms 56, verses three through four. “When I am afraid, I will put my trust in Thee. In God, whose word I praise, In God I have placed my trust; I shall not be afraid. What can mere man do to me?” Once that trust is in place, seek the peace of God, which is step two. Note what Jesus set forth. “Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful.” (John 14:27)

The fourth step is to grow with respect to love, to the point of being filled. Drink in what the apostle John writes in the fourth chapter of his first epistle, verse eighteen. “There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.” Let us be of the mind to press on to perfection (see Hebrews 6:1)

Factor into all of this what can be found in chapter 12 of Ecclesiast-

tes. “Let us hear the conclusion of the whole matter; fear God and keep His commandments...” (v13)

Lastly as Joshua directs in the first chapter of the book that bears his name, “be strong and of good courage; and do not be afraid” (v 9, see also verses 6-8) A rather simple six step approach as to how to overcome fear, expressed clearly by God in His word. (wbe)

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Church of Christ

- 7054 Winnetka Ave.
Winnetka, CA 91306
- 818-795-5566
- Bruce Evans
Minister
- Website:
www.winnetkachurch.com