

The Bulwark

DECEMBER 29, 2024

FEAR OF FLYING (AVIOPHOBIA)

Gone is the day when travel by air was an event and people dressed for the occasion. Today, countless miles are logged by travelers daily, yet even though air travel is common place, it doesn't diminish the fact that there are still millions of people who are terrified to fly. Even when presented with hard data as to how safe air travel is, it is for the most part rejected. Flying in a commercial airliner is safer than driving your own car, climbing a ladder or a flight of stairs, or for that matter even safer than taking a bath. So what fuels the fear of flying?



Is the fear rooted in crashing? In most cases the answer is no. One might even surmise that claustrophobia might play a role, and while that may be true for some, it is not so for the majority. What does appear to be at the root of the anxiety is the trepidation on the part of the individual that he or she will lose control of their life once the plane is in flight. Have you noticed when boarding a plane, more often than not, the door to the cockpit is open and you see the pilot and co-pilot going through pre-flight steps. This is being done with the purpose to help establish a sense of confidence, and reassure any who might be having a little bit of anxiety.

It is a monumental undertaking to place your well-being into the care

of another. We know this in a physical sense, and it is logical to assume the same applies in the spiritual realm. In the fifth chapter of 2Corinthians, Paul notes, *"for we walk by faith, not by sight"*, which is a daunting task, especially for the new convert. Placing absolute reliance in One who you cannot see can be a challenge, nevertheless we are called to trust Him with our life.

It may well be true that there is a measure of anxiety, but by increasing faith our confidence and assurance grows in proportion. Ideally growing to the level of being able to fully turn our life over to God, realizing He wants only the best for us. *"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me."* (Galatians 2:20) *"By this, love is perfected with us, that we may have confidence in the day of judgment; because as He is, so also are we in this world. 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."* (1John 4:17-18) Our faith needs to be thriving and growing with each passing day.

"But thanks be to God, who gives to us the victory through our Lord

Jesus Christ." (1Corinthians 15:57) We need to awaken to the fact that He wants us to have a life that soars. Fear holds us back, what we need to do is to let go and trust God enough to turn our life over to Him. There is no safer place to be than in the hands of our loving Father. *"But in all these things we overwhelming conquer through Him who loved us."* (Romans 8:37)

"For I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day." (2Timothy 1:12) Develop within you a desire to have your faith in God increased daily, to such a degree that you can willingly, freely trust him with your life. *"Soar like an eagle..."* (Isaiah 40:31) (wbe)

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