

THE BEREANS

ACTS 17:11

1 John 4:17-21

Lesson #3

Fear and Love

06/18/2017

Anxiety



Gen. 2-3 (Ps. 94:19)
The causes of -

- Expectations
- Perspectives
- Isolation

Matt. 6
The cultivation of -

- Lead with the heart
- Trust God for the wrong things
- Try to have it both ways

1 Jn. 4
The cure of -

- Abiding in God's love

1

Do you have an ANXIETY problem?

- ✓ **Need to control** - minimize the unknowns
- ✓ **Need for closure** - get it settled ASAP
- ✓ **Black and white** - gray areas are unsettling
- ✓ **Resisting change** - low risk tolerance
- ✓ **Worry / whine** - things will or have gone bad
- ✓ **Conspiracies** - organized doom
- ✓ **Low creativity** - avoid risk of failure
- ✓ **Cup is half full** - bad things will happen
- ✓ **Social withdrawal** - depression, illness
- ✓ **Sleep disorders** - poor quality or quantity

2

Why does fear tend to increase with age in some people?

1. Our carnal coping mechanisms get **exposed and exhausted** - job, hobbies, mobility, social relationships, etc.
2. We feel as though we have less connection with, understanding of, or power over, our environment.
3. We face more opportunities for anxiety - poor health, loss of loved ones, etc.

3

Matthew 25

"²⁴ And the one also who had received the one talent came up and said, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed. ²⁵ And **I was afraid, and went away and hid your talent** in the ground; see, you have what is yours.' ²⁶ But his master answered and said to him, 'You wicked, lazy slave, . . . ²⁹ For to everyone who has shall more be given, and he shall have an abundance; but from the one who does not have, even what he does have shall be taken away.'"

**Fear sabotages
our lives, ministries, & blessings.**

4

James Neil Hollingworth
(writer)



"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

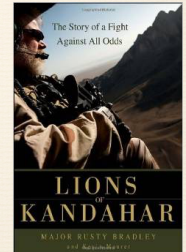
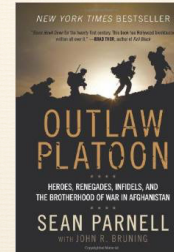
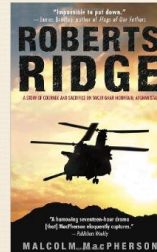
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What do these books have in common?

Stories of love that is greater than

FEAR



7

“We risk our lives, not for hatred of those before us, so much as for love of those beside us and behind us.”

8

Fears force us to make choices.

- Why am I afraid to be honest?



James A. Baldwin

“Love takes off masks that we fear we cannot live without and know we cannot live within.”



9

Fears force us to make choices.

- Why am I afraid to be honest?
- Is what I say reflecting my need to look good or to encourage?
- What should I do with my time, money, talents?
- Should I sacrifice to help?
- Why am I resisting this change?



10



Corrie Ten Boom

“The measure of a life, after all, is not its duration but its donation.”

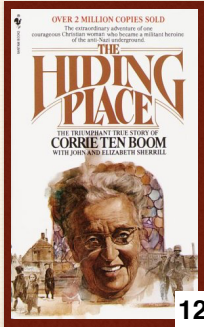
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Betsie Ten Boom

was imprisoned with her family for hiding Jewish refugees as a part of the Dutch resistance during WWII.

Before her death, she experienced three visions about what she and her sister, Corrie were to do after their release. Her first vision was of a **house for former prisoners**. The second was to **own a camp where they could teach Germans to learn to love again**. The third was that she and Corrie **would travel the world telling what they had learned of God while in the camps**.

Betsie died in prison at age 59. Corrie was released due to a clerical error and went on to tell the story of God's love conquering fear in **THE HIDING PLACE**.



12



Starvation & Survival
trump all fear



13

The cure for fear is love.

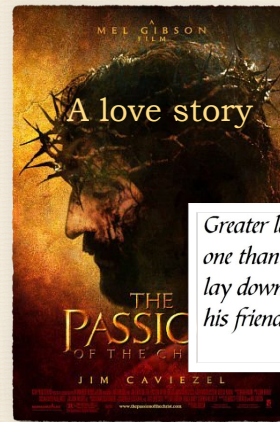
1 John 4

"17 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. 18 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**. 19 We **love**, because He first loved us. 20 If someone says, 'I love God,' and **hates** his brother, he is a liar; for the one who does not **love** his brother whom he has seen, cannot love God whom he has not seen. 21 And this commandment we have from Him, that the one who loves God should **love** his brother also."

- To the extent that God's love is embraced, we are free (from fear) to make wise decisions and behave in a Godly way.
- Freedom from fear is a process. Keep at it.

14

The Gospel - Love that is greater than fear



Greater love has no one than this, that he lay down his life for his friends. John 15:13

i always thought love was shaped like a heart but it's actually like a

15

When our heart is invested in the treasure of this life we will not find God's love motivating as may lead us where we are afraid to go.

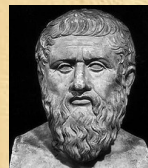
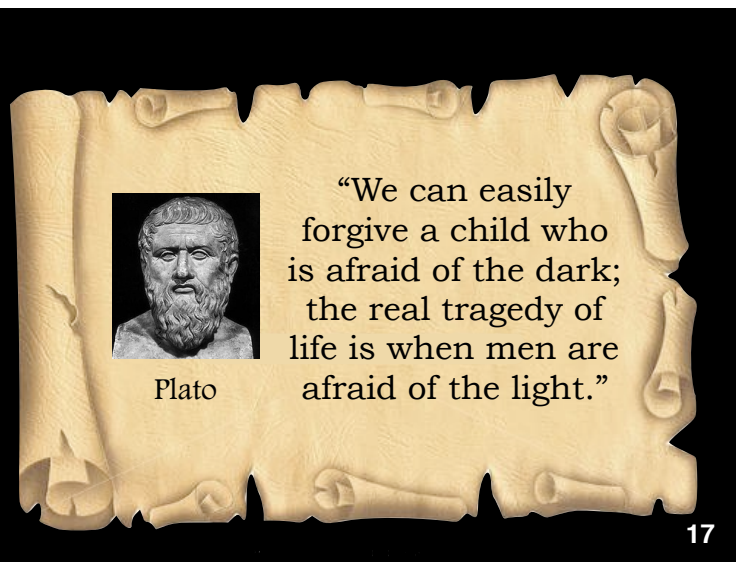
Perhaps our **greatest fear** is the fear that following Christ might mean loss.

Our fear of losing what we believe we need to be whole is challenged in the cross of Christ.

Hate is not the first enemy of love, **FEAR** is. It destroys our ability to trust.

When we love, fear decreases and when we fear, love decreases.

16



Plato

"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light."

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