



# Spectrophobia



# Coulrophobia



# Geliophobia



Fear of Laughter



# ANXIETY GIRL!

able to jump to the worst conclusion in a single bound!



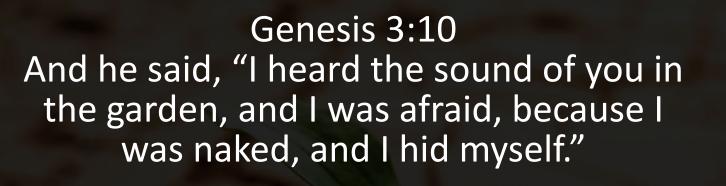
### Isaiah 43:1-7

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. <sup>2</sup> When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.

<sup>3</sup> For I am the LORD your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you. <sup>4</sup> Because you are precious in my eyes, and honored, and I love you I give men in return for you, peoples in exchange for your life.

<sup>5</sup> Fear not, for I am with you; I will bring your offspring from the east, and from the west I will gather you. <sup>6</sup> I will say to the north, Give up, and to the south, Do not withhold; bring my sons from afar and my daughters from the end of the earth, <sup>7</sup> everyone who is called by my name, whom I created for my glory, whom I formed and made."

### The Cause of Fear



### **Vulnerability**

The phrase "what if" didn't exist before sin.

### Ruin

Waters & Rivers

Fires & Flames

What if something terrible happens?

Physically; Financially

### Relationships

My sons from afar and my daughters from the ends of the Earth

What if I don't find (or lose) love?

Will my family be ok?

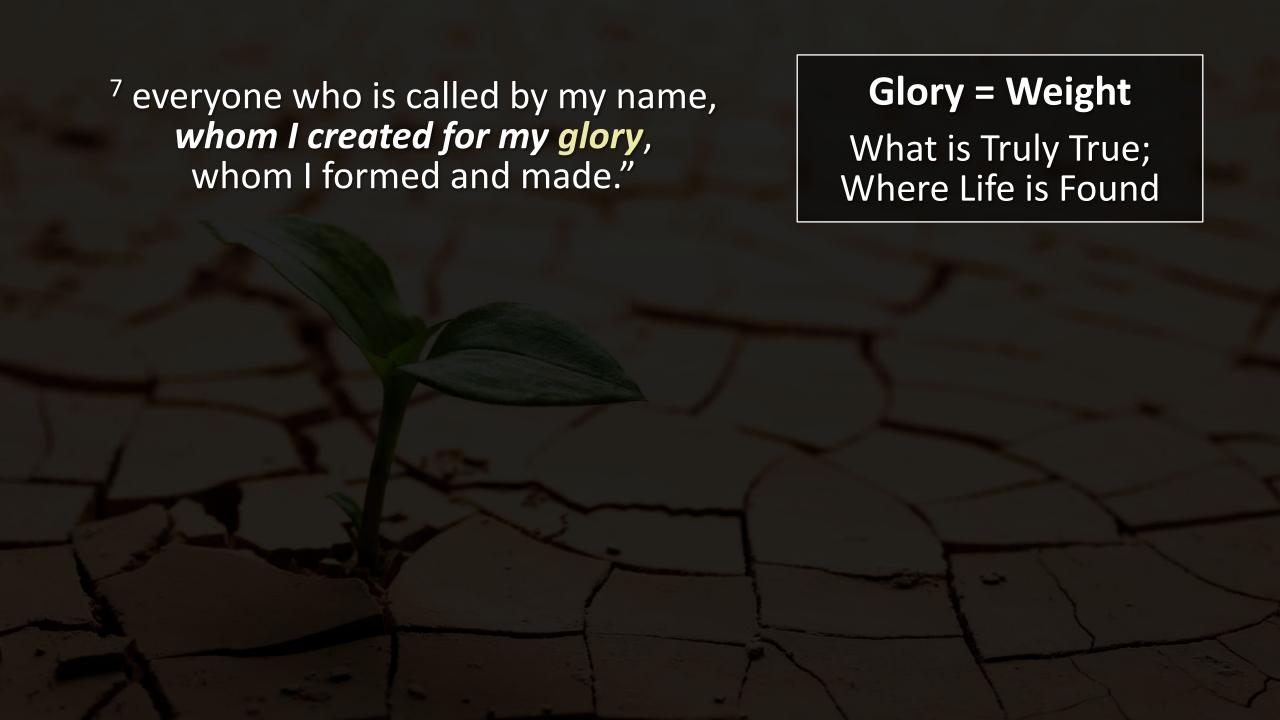
### Rejection

From the East & West

Felt un-precious and un-loved

What if people realize how broken I am?

Am I accepted?



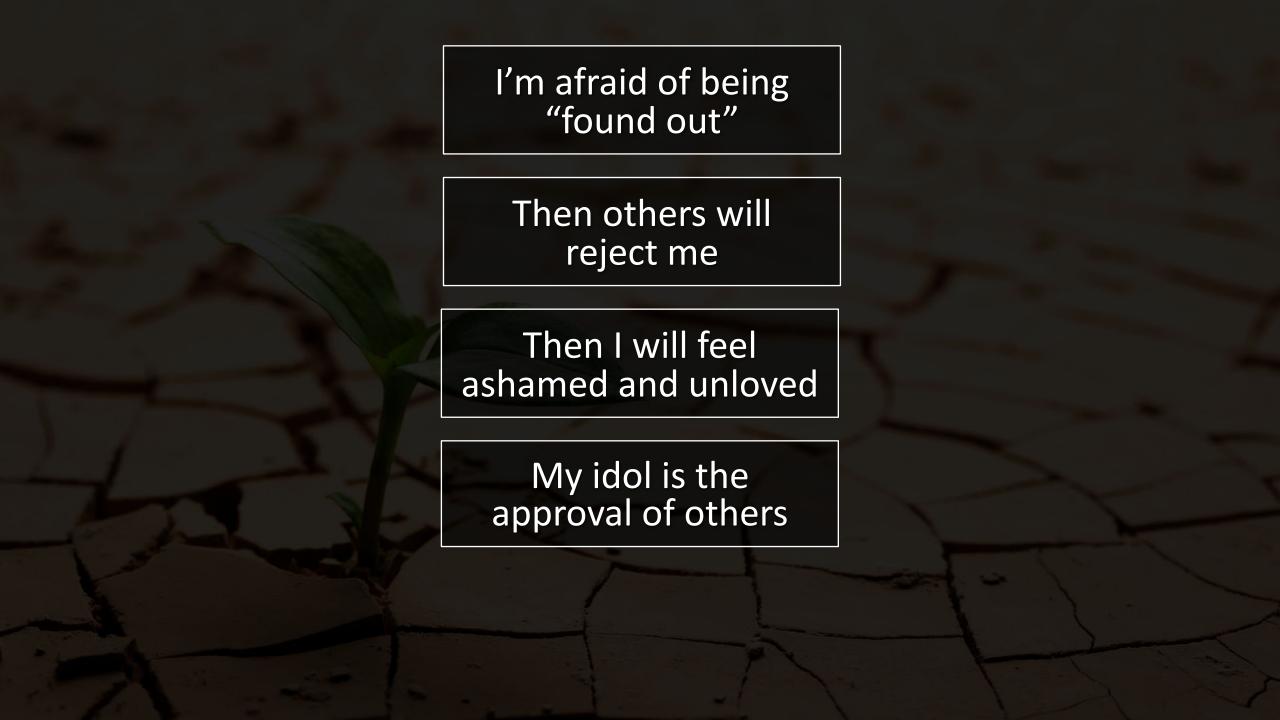
Fear, Anger and Depression are the smoke that rises up from the altars we've built to our idols. - Augustine (400<sub>AD</sub>)

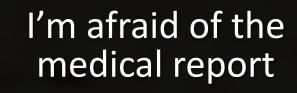
If you follow the smoke you'll find the idol, the thing that your ultimate hope ("glory") is built upon.

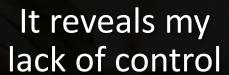
I need \_\_\_\_\_ to be whole, satisfied, complete, happy.

Only our "glories" create anxiety

Jesus + \_\_\_\_



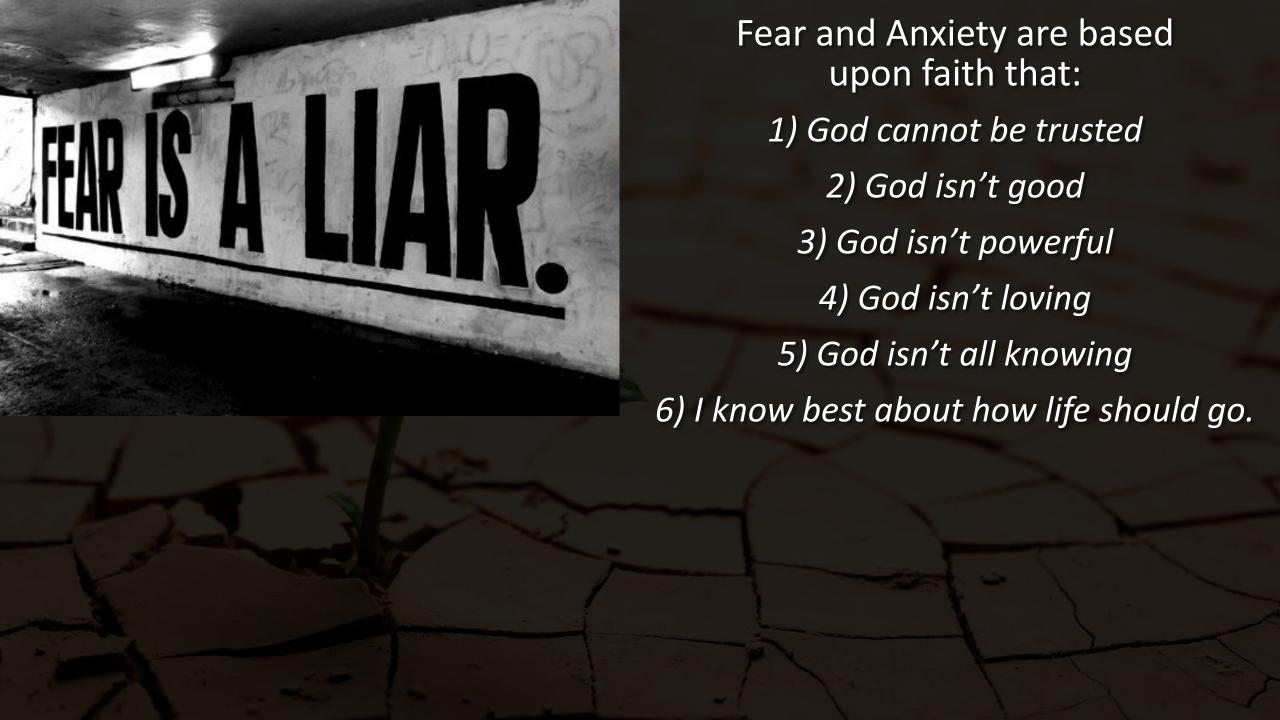




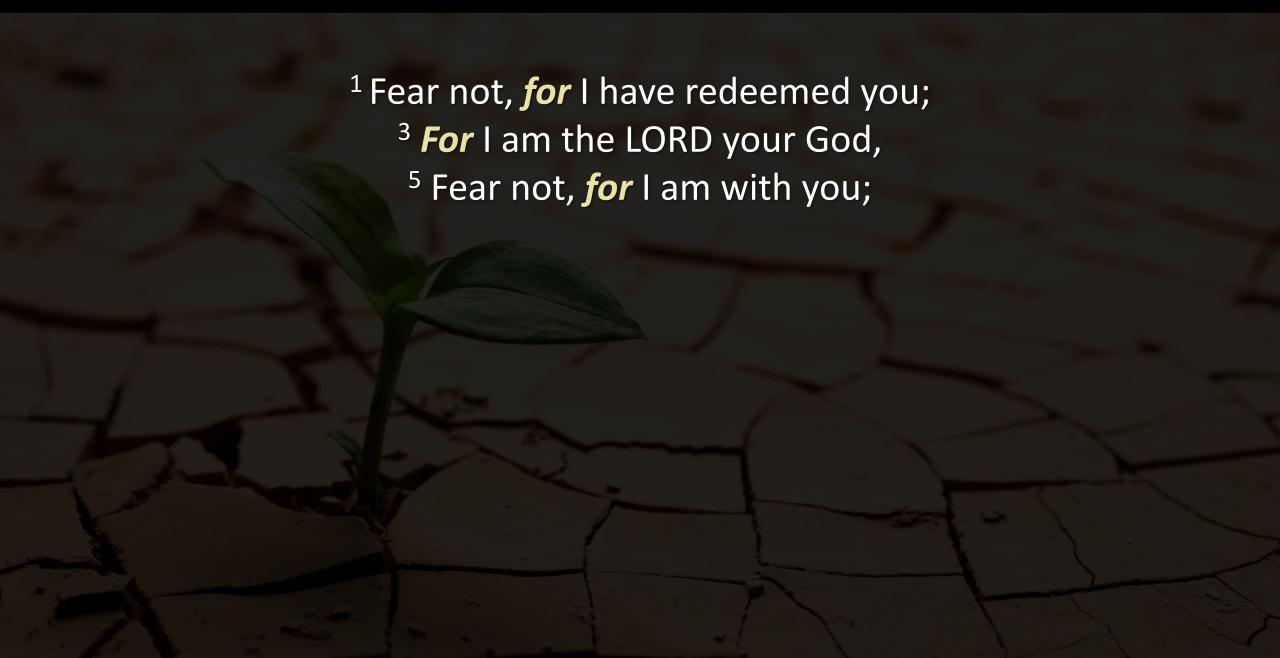
My idol is self-sufficiency

It reveals my mortality

My idol is ThisLife > Afterlife



# **Hope in my Fear**



## Hope in my Fear

#### Who God Is:

Creator
The LORD
The Holy One
Your Savior

### **What God Does:**

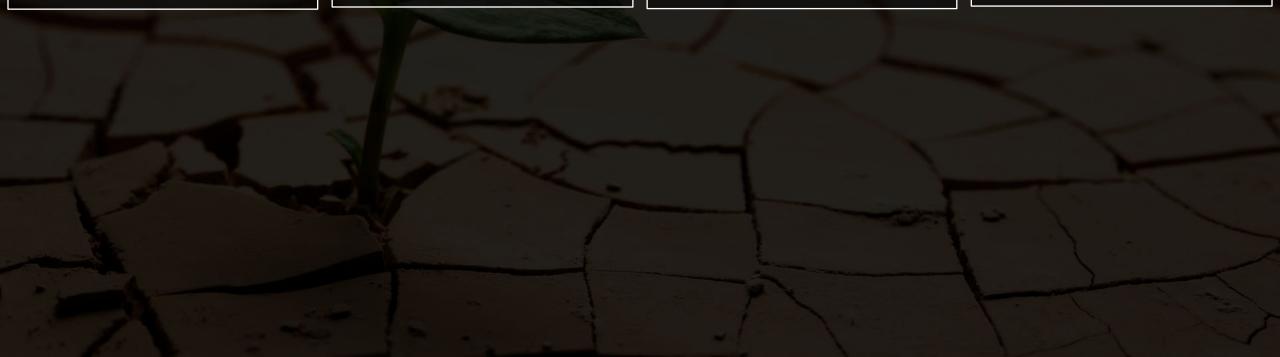
Redeems Calls Us By Name Is With Us

#### Who We Are:

Precious Honored Loved Redeemed

#### What We Do:

Fear Not Believe Repent



# Perfect Love (God's) Casts Out Fear

1 John 4:18a

There is no fear in love, but perfect love casts out fear.

Romans 8:31-32
What then shall we say to these things? If God is for us, who can be against us? <sup>32</sup> He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

He has proven his wisdom, love and power on the Cross, so we can be positive that he wants the best for us.

# Perfect Fear (Our's) Casts Out Fear

#### Matthew 8

<sup>24</sup> And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. <sup>25</sup> And they went and woke him, saying, "Save us, Lord; we are perishing." <sup>26</sup> And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. <sup>27</sup> And the men **MARVELED**, saying, "What sort of man is this, that even winds and sea obey him?"

Rather than fear of damage to my idol...

"FEAR" of God...stand in awe of Him rather than my circumstances or my idols.

