

First Baptist Church of Progress Village
Why Am I Like This? By Kobe Campbell
Bible and Book Study Series
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Chapter 4: “Facing Fear: Why Am I So Afraid?”

Why are people reluctant or unwilling to admit their fears?

WHAT IS FEAR?

1. **Oxford** definition of **Fear** :

noun - an unpleasant emotion caused by the **belief** that someone or something is dangerous, likely to cause pain, or a threat.

verb - be afraid of (someone or something) as **likely** to be dangerous, painful, or threatening.

2. **Bible** definition of **Fear**:

Genesis 3:9-10 *And the LORD God called unto Adam, and said unto him, Where art thou? And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.*

Genesis 4:13-14 *And Cain said unto the LORD, My punishment is greater than I can bear. Behold, thou hast driven me out this day from the face of the earth; and from thy face shall I be hid; and I shall be a fugitive and a vagabond in the earth; and it shall come to pass, that every one that findeth me shall slay me.*

Proverbs 28:1 (MSG) *The wicked are edgy with guilt, ready to run off even when no one's after them; Honest people are relaxed and confident, bold as lions.*

- a. Fear from a biblical perspective is the natural consequence of **sin**. It is a result of the feeling of being outside the realm of safety granted by God's protection.

Hebrews 12:6-13 *For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth. ...10 For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partakers of his holiness. 11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.*

- b. Chastening as a result of sin, is not cause to fear, but to correct and move closer to God in actions and behaviors, not further from him.

Psalms 112:1-7 *Praise ye the LORD. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments. His seed shall be mighty upon earth: the generation of the*

upright shall be blessed. Wealth and riches shall be in his house: and his righteousness endureth for ever. Unto the upright there ariseth light in the darkness: he is gracious, and full of compassion, and righteous. A good man sheweth favour, and lendeth: he will guide his affairs with discretion. Surely he shall not be moved for ever: the righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.

Psalm 103:1-18 (KJV) *Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits: ...10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is his mercy toward them that fear him. As far as the east is from the west, so far hath he removed our transgressions from us. Like as a father pitieth his children, so the LORD pitieth them that fear him....17 But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; To such as keep his covenant, and to those that remember his commandments to do them.*

3. **Terror** is defined as a state of intense or overwhelming fear.

Trauma in our lives creates disorganized internal perspectives, affecting the way we understand ourselves, the world around us, and God. (p.59)

- a. This kind of fear is why many of us see God and Jesus as master and dictator rather than father and friend. (p.61)
- b. Terror **may not** look like “terror”
- c. Terror will convince you that the most wounded version of yourself is who you really are, but that is **NOT** who you are!

HOW DO I PROCESS MY FEAR?

- a. Remember you are a **child** of God created in His **image**.

Luke 12:1-9 ...4 *And I say unto you my friends, Be not afraid of them that kill the body, and after that have no more that they can do. But I will forewarn you whom ye shall fear: Fear him, which after he hath killed hath power to cast into hell; yea, I say unto you, Fear him. Are not five sparrows sold for two farthings, and not one of them is forgotten before God? But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.*

Luke 12:22-32 ...31 *But rather seek ye the kingdom of God; and all these things shall be added unto you. Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.*

John 14:25-27 25 These things have I spoken unto you, being yet present with you. 26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. 27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Psalms 10:16-18 (AMP) The Lord is King forever and ever; the nations will perish out of His land. O Lord, You have heard the desire and the longing of the humble and oppressed; You will prepare and strengthen and direct their hearts, You will cause Your ear to hear, To do justice to the fatherless and the oppressed, so that man, who is of the earth, may not terrify them any more.

- b. Trauma healing requires learning, courage, trust, innovation, imagination, and spontaneity.

Amygdala is the emotional center of the brain and is part of the **limbic** system of our bodies responsible for behavioral and emotional responses, especially those related to our survival. (p.66)

- c. When our **psychology** is overwhelmed with fear/terror, our **biology** responds.

Ways to Deal with Fear/Terror/Panic

1. **Movement** – walking, stretching, dancing, and even shaking to release tension decrease the activation of the limbic system allowing us to feel safe in our bodies.
2. **Deep Breathing** – shifting the way we breath can shift the way our bodies respond when we are anxious and afraid. (Breathing Exercise p. 67)
3. **Safe Place**—bringing your mind (when you can't bring your body) to a place of peace, serenity, comfort, and safety. (Safe Place exercise p. 68)

Momentary fear is normal, your terror is not.

Self-Reflection:

1. How does my terror present itself in my life behaviorally? What things do I struggle to let go of?
2. How do I act when I don't feel safe?
3. What do I feel when I do feel safe? What do I imagine safety feels like? Where does that show up in my body?
4. Take time to utilize one of the safety techniques we reviewed in today's lesson. Write down what your experience was like.