

How to Process Your Fear

*"...for God gave us a spirit not of fear but of power and love and self-control."
-- 2 Timothy 1:7*

Fear was the first emotion recorded in Scripture after the fall. Adam said, "I was afraid because I was naked; so I hid myself" (Genesis 3:10). Ever since the fall of man, fear is an emotion we all need to address in our lives.

Feeling fear is a natural response when our emotional, psychological and physical safety is threatened. For fear to intensify, it must possess two attributes: we must perceive it as imminent (present) and potent (dominant) over us. For example, the number one fear people experience is death. When we are young and healthy, death seems far away. However, when diagnosed with a life-threatening illness like cancer, fear, and anxiety can overwhelm us. The truth is those in Christ are all delivered from the fear of death! ([Hebrews 2:15](#))

Acknowledging and understanding your fears and addressing them with the truth early in the process can be of great help.

Asking yourself and processing these questions can help you begin to work through your fears. Work through one concern at a time. You might want to start by addressing your greatest fear first.

1. What is my reason to fear? Is it a rational fear? Does the initial fear lead to other related concerns?
2. How imminent is it? How powerful is it?
3. How realistic is it?
4. You cannot remove everything in your life that causes you fear. **However, you can work on lowering its intensity. These are the critical questions to address it...***What thoughts do I have that makes this object of fear grow in intensity? Am I asking myself repetitive what about or what-if questions that are increasing my fear? What lies am I believing?*
5. What Biblical truth can bring me comfort and speak truth to my fears? Make a list with two columns. On one side, write down the list of negative thoughts or lies that build on the fear and the other column, the Biblical truth that speaks to each negative belief or lie.
6. What bodily sensations does this fear cause me to have? Increased heart rate? Tingling in my arms? Heavy breathing and pressure on my chest? Are my physical symptoms caused by my emotions or do I have a physical issue? Do I need to seek medical help?
7. What reactions does this fear cause me to have? Is my reaction healthy for me and others around me? Is there panic or a fearful response?
8. What bad habits that come from my fear? Am I developing phobias, avoidant behaviors, addictions, obsessions?

9. Is there someone I can reach out to help me work through these questions and gain a healthier perspective?
10. What does it look like for me to allow Christ to comfort me in my fears? ([1 Peter 5:7](#))

When the resurrected Christ first appeared to His disciples He found them cowering in fear of the Jews. He simply said to them, "Peace be with you" (John 20:19). God's provision for personal redemption had come and they no longer had to be afraid. The same is true for us today!

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