

# Behind the Shower Curtain

More than half a century ago, Alfred Hitchcock's classic horror film *Psycho* burst on the movie scene with its infamous shower scene.

Behind that iconic shower curtain was the late Janet Leigh. Her attacker was played by Anthony Perkins. In an interview with *The New York Times* shortly before her death, she said the scene had a dramatic effect on her, in spite of the fact that – above all people – Leigh knew it was “just a movie.”

After viewing the famous shower scene, in which she was repeatedly stabbed, Leigh said she was seized with an overwhelming and lasting terror.

“I stopped taking showers,” she said in the interview, “and even now I take only baths.”

In fact, when the actress stayed in a hotel or at a friend's home, she was given to panic attacks. “I make sure the doors and windows of the house are locked,” she confessed, “and I leave the bathroom door and shower curtain open. I'm always facing the door, watching, no matter where the shower head is.”

Fear. What a tyrant it can be. How much misery it can bring into our lives. Human beings seem to be uniquely susceptible to blowing fearful situations completely out of proportion to any real threat. This is to say that, even in circumstances where fear is perfectly appropriate, we would do better if we learn to manage it.

Fear is, after all, a survival mechanism, and it can sometimes actually impair our response to the event causing our fear. We live in a world where triggers to fear are rampant, from terrorism to COVID-19 to storms and earthquakes.

Christ says to us, “Don't be afraid. God knows every sparrow that falls from the sky and you are worth more than many sparrows.”

Jesus put it this way:

*Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows (Luke 12:7 ESV).*

– Beecher Hunter