

Dealing with Fear

How do you tackle fear?

Minister and author Max Lucado – in his book *The Applause of Heaven* – observes that many people “tackle their anxieties by taking on the appearance of a lion. We face our fears with force. Military power, security systems, defense strategy – all reflect a conviction that muscle creates security.”

And if not through physical might, we seek security other ways, like through financial or political power or status. “But do these approaches work?” Lucado asks. “Can power, possessions or popularity really deliver us from our fears?”

Here are some examples he gave to answer that question:

1. *If power could, then Joseph Stalin should have been fearless. Instead, the infamous Russian premier was afraid to go to bed. In order to foil any would-be assassin, he slept in a different room every night.*
2. *If possession conquered fear, the late billionaire Howard Hughes would have been fearless. But his distrust of people and his paranoia of germs led the billionaire to Mexico, where he died a lonely death as a cadaverous hermit with a belly-length beard and corkscrew fingernails.*
3. *Beatle John Lennon’s fame as a singer, songwriter and pop icon made him a household name, but his fears brought him misery. His biographers describe him as a frightened man unwilling to sleep with the lights off and afraid to touch anything because of its filth.*

Power. Possessions. Fame. These are all just exterior supports. “Courage,” said Lucado, “is an outgrowth of who we are. Exterior supports may temporarily sustain, but only inward character creates courage.”

When we see ourselves as the confident, secure, beloved children of the Most High God that we are, then alone will we tackle our fears.

As I remind associates who attend the Life Care Journey: You are a child of the King. You are made in His image. You are involved in a great mission, and you ought to feel good about that.

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love (1 John 4:18 NIV).

– Beecher Hunter