



"I have known a great many troubles, but most of them never happened."
—Mark Twain

30-Nov-18

What Do You Fear? (Part One)

According to The National Institute of Mental Health, between 5 and 12.5 percent of Americans have at least one phobia. Phobias are the most common mental illness among women of all ages, and they are the second most common mental illness among men older than 25.

Phobia is a term that refers to a group of symptoms brought on by feared objects or situations. People can develop phobic reactions to animals (such as snakes or spiders), activities (such as getting on an airplane), or social situations (like eating in public or simply being out in public at all). Phobias can interfere with a person's ability to work, socialize, and go about a daily routine. They may focus on something as common as bacteria, or they may arise whenever a person ventures from home.

Phobias can range from the very common *acrophobia*, which is the fear of heights, or *claustrophobia*, the fear of confining spaces, down to the bizarre *xanthophobia*, the fear of the color yellow. As strange as it might sound, some people actually suffer from this.

Psychologists have identified hundreds, perhaps even thousands, of phobias. As further examples, people have been known to fear darkness (*achluophobia*), insects (*entomophobia*), riding in cars (*amaxophobia*), thunder and lightning (*astrapophobia*), moving to a new house (*tropophobia*), snow (*chionophobia*), clowns (*coulrophobia*), bicycles (*cyclophobia*), having definite plans (*teleophobia*), and some fear their relatives (*syngenesophobia*). There is even one phobia called *arachibutyrophobia*—which is the

fear of peanut butter sticking to the roof of one's mouth.

People with these various phobias have more than just a slight aversion to the object or situation. They experience feelings of panic, dread, or terror. Their symptoms often include a rapid heartbeat, shortness of breath, trembling, and an overwhelming desire to flee the situation. At the core of these reactions is an irrational fear that causes a debilitating response.

This exposition is not intended to make light of these conditions, because, as the saying has it, "There but for the grace of [God](#) go I." However, even if we do not have extreme phobias, most of us still have to deal with other fears, insecurities, and anxieties. Because of Satan's influence on [the world](#), fear plays a significant part in the human condition. While we may not have difficulty breathing or an increased heart rate when we encounter certain situations, our fears and insecurities still evoke reactions within us.

Consider the fate of those that God considers to be fearful:

But the *cowardly* (*fearful*, KJV), unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the [second death](#). ([Revelation 21:8](#); emphasis ours throughout)

This subject of fear is significant enough that God consigns the fearful to the Lake of Fire! The word translated as *fearful* or *cowardly*, according to *Strong's Concordance*, means "timid," and by implication, "faithless."

To understand why fear would prohibit entrance into God's Kingdom, first notice the word "but" at the beginning of [Revelation 21:8](#), connecting this thought with the one before it by way of contrast. Verse 7 reads in part, "He who *overcomes* will inherit all things." This contrast shows that fearfulness is in opposition to overcoming—and all Christians should be well aware of how vital overcoming is to their spiritual lives. Fear keeps a Christian from overcoming, and as verse 7 shows, only those who overcome will inherit all things.

Why does fear inhibit overcoming? Recall the phobias mentioned above. If a man has a fear of water (*hydrophobia*), he will not be inclined to go to the beach or the pool. If a woman has a fear of flying in an airplane (*aviophobia*), she is forever consigned to making long trips by car or train. If an individual has a fear of public places (*agoraphobia*), one will never catch him or her at a crowded park, a busy mall, or any

other large, social gathering.

These examples demonstrate that *fear limits us*. Since our fears, anxieties, and insecurities influence our decisions, they end up limiting our behaviors. Just as the proper fear of God will limit sinful actions, our irrational fears will limit our actions too—but the effect will not be good.

The phobias mentioned earlier are significant because of the debilitating effects they have on a person's ability to conduct his or her life. Even more damaging to those that God has called are the fears that inhibit their spiritual lives. These fears may not leave a person sweating or short of breath, but they negatively influence his or her actions just the same.

Our fears may limit our usefulness to God. For example, if we are overly concerned about what other people think of us, we may not be inclined to reach out to others and allow God to use us to do good works. Out of fear, we may bury our spiritual gifts. If we are terrified of strangers, we may have a difficult time making an effective witness to those outside our comfort zones. If we fear the opinions of others, we may let that overshadow our decisions to do the right things.

Perhaps we fear losing control of some aspect of our lives. Maybe we fear not being provided for or not receiving what we feel we deserve. We may fear unknown people or situations, and frequently anything we do not understand can seem like a threat. We may fear not receiving love or attention, or be anxious about not being accepted.

We may fear sacrificing ourselves or something else we need to give up to follow this way of life completely. Perhaps we fear changing—giving up parts of our lives or personality to put off the "old man" ([Ephesians 4:22](#); [Colossians 3:8-9](#)). We may fear what we will find if we truly look inside and examine our own hearts. We may fear appearing foolish or wrong.

All of these fears will inhibit our overcoming. They all indicate that on some level we fear people, situations, or personal change more than we fear God. More significantly, if a fear becomes larger than God, in practical fact, it will replace God—and that is a form of idolatry.

Next time, we will consider the biblical concept of fearing God or the fear of the Lord.

- David C. Grabbe

World News Highlights

[Just How Many Muslims Won Political Office in 2018? the Numbers May Surprise You!](#)

Freedom Outpost 27-Nov-18

["between 6,000 and 10,000 Churches in the U.S. Are Dying Each Year"](#)

End Of The American Dream 27-Nov-18

[Egypt Cutting Wrong Wires to Diffuse 'Population Bomb'](#)

The Media Line 27-Nov-18

[In Images: Burning Barricades, Tear Gas and Water Cannon - the Battle of the Champs-Élysées](#)

The Local (France) 24-Nov-18

[Suicide, at 50-Year Peak, Pushes Down Us Life Expectancy](#)

Associated Press 29-Nov-18

[Farm Bankruptcies on the Rise According to New Fed Report](#)

The Hill 26-Nov-18

[Twitter Permanently Bans Feminist for Writing That 'Men Aren't Women'](#)

The Federalist 25-Nov-18

[As Many as 145 Pilot Whales Dead After Mass Stranding on Stewart Island](#)

The New Zealand Herald 26-Nov-18

[Lulu and Nana: First Genetically Modified Babies Born in China, Researcher Says](#)

India Today 26-Nov-18

[Fearful of Bias, Google Blocks Gender-Based Pronouns From New Ai Tool](#)

Reuters 27-Nov-18

Church News & Special Announcements

Christian and Lacey Hunter of Rock Hill, South Carolina, are overjoyed to announce the birth of their second daughter, **Shiloh Skye Hunter**, born on Monday, November 26,

CGG Weekly: What Do You Fear? (Part One) (30-Nov-18)

2018. She weighed in at 8 pounds, 2 ounces and measured 20 inches long. Mama and baby are doing great, and big sister, **Rosalie**, is adjusting well. Shiloh is the sixth grandchild of **Ronny and Alison Graham** and the 25th great-grandchild of **John and Evelyn Ritenbaugh**.

â€‹

28-Nov-18

We are saddened to report that longtime member, **JerryJeanne Anderson Merrow**, died late last night, Monday, November 26, 2018. Please pray for the comfort of her family. Thank you.

27-Nov-18

New Transcripts

[1461c: Human Will and God's Sovereignty \(Part Three\)](#)

Given by John W. Ritenbaugh on 17-Nov-18

[1462c: Is Comparative Religion Forbidden?](#)

Given by Richard T. Ritenbaugh on 24-Nov-18

[943c: Glorify God in Your Body](#)

Given by John W. Ritenbaugh on 13-Jun-09

Prayer Requests

New prayer request updates have been posted for the following people:

[Brandon Contoni](#)

[Delicious DeBlair](#)

[Delicious DeBlair](#)

[JerryJeane Merrow](#)

[Emma Morse](#)

From the Archives: Featured Sermon

[The Fear of God \(Part 1\)](#)

by John W. Ritenbaugh

John Ritenbaugh teaches that we must have established some relationship with God before we can rightly fear Him. Fear, faith hope and love serve as the four cornerstones upon which the whole superstructure of Christianity rests. A holy fear of the Lord is the key to unlocking the treasures of salvation, wisdom and knowledge. Paradoxically the fear of God, because it unlocks knowledge, wisdom, and spiritual growth, should draw us toward God. Conversely, if we do not respect God, reciprocally God will not respect us. In order to reverence God, we must know Him. Christianity is experiential; we must live it to understand it. Our concept of God (and our fear of God) needs to come from observing His creation and absorbing His revealed word rather than the precepts of men.

From the Archives: Featured Article

[The Sin of Fear \(Part One\)](#)

by Pat Higgins

Human beings are fearful folk. All kinds of strange phobias have been documented, and some people are so timid that they jump at their own shadows when caught unaware. Yet, our fears can have far more serious consequences. Pat Higgins shows that the Bible warns that the wrong kind of fear is sinful and could keep a person from entering God's Kingdom.

Featured Audio Schedule

Friday Night Bible Study

The next Bible Study will be **Abraham (Part 9)**, given by **John W. Ritenbaugh** on **Friday 30-Nov-18**. The Bible Study will be continuously available from **6:00 pm Friday** until **12:00 pm Saturday (EST)**.

Daily Audio Programs

Hear previous sermons, sermonettes, and Feast of Tabernacles messages, **Sunday through Friday**. [Available from the homepage.](#)

CGG Weekly: What Do You Fear? (Part One) (30-Nov-18)

Sunday 02-Dec-18	Brim-full Obedience
Monday 03-Dec-18	The Lord Our God Is One: Echad
Tuesday 04-Dec-18	Faith and Healing (Part 3)
Wednesday 05-Dec-18	Fighting Spiritual Amnesia
Thursday 06-Dec-18	Addicted
Friday 07-Dec-18	Hebrews: Its Background (Part Four)

If you would like to subscribe to the C.G.G. Weekly newsletter, please visit our [Email Subscriptions page](#).
