



# Understanding the Roots of Fear

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Be in Health:  
Health in Light of the Gospel  
series

# Emotional Health

- Stressor: any change or pressure, new situation
- Positive response:
  - joy in the challenge (hope, courage)
  - balance with rest, especially of spirit (quiet together)
  - = no negative stress

# Emotional Health

- Stressor: any change or pressure, new situation

- Negative response:

- see it as a threat: fear / phobias

- no rest / quiet together  *Absence in infants:  
high rates of mental illness  
as adults*

- negative effect on total health = stress

# Genesis 1 & 2: No Fear

- Background = very good: needs met
  - Relational harmony, unity, oneness
  - Fruitfulness: expanding relational harmony:  
spousal bonds > parent-child bonds >  
sibling bonds
  - Purpose: dominion, care (activity)
  - Diet: good body and brain building blocks

# Moving Toward Fear

- Genesis 3 Story
  - Questioning God's word (verse 1)
  - Overstating God's word (verse 3)
  - Denying God's word (verse 4)
  - Impugning God's motive (verse 5)

*“Not good;  
missing something”*

# Prescription for Fear

- Genesis 3 Story
  - 3 fold appeal (verse 6)

<i>Eve saw (deception)</i>	<i>Reality</i>
Good for food	Good for death
Pleasant to the eyes	Superficial perception
Desired to make one wise	Know evil

# Prescription for Fear

- Summary repeated in 1 John 2:16
- 3 fold appeal

<i>Eve</i>	<i>All That is In the World</i>
Good for food	Lust of the flesh
Pleasant to the eyes	Lust of the eyes
Desired to make one wise	Pride of life

Passes  
away

# Prescription for Fear

- Reflected in the things we battle
- 3 fold appeal

<i>Eve</i>	<i>For Example</i>
Good for food	Appetite disorders
Pleasant to the eyes	Shopping disorders
Desired to make one wise	Sophistries

# Into Fear

<i>Conclusion of chapter 2</i>	Naked, not ashamed	<i>No self focus</i>
<i>After eating fruit</i>	Eyes opened; knew they were naked; sewed leaves	<i>Cover self</i>
<i>Physical and emotional locations when encountered God</i>	Hiding; “I was <b>afraid</b> ” because I was naked: hid <b>myself</b>	<i>Fear: hid self</i>

# Comments on the Fall

- “Adam had enjoyed the companionship of God and of holy angels. He had looked upon the glory of the Creator. He understood the high destiny opened to the human race should they remain faithful to God. Yet all these blessings were lost sight of in the **fear** of losing that one gift which in his eyes outvalued every other.

# Comments on the Fall

- “Love, gratitude, loyalty to the Creator--all were overborne by love to Eve. She was a part of himself, and he could not endure the thought of separation. He did not realize that the same Infinite Power who had from the dust of the earth created him, a living, beautiful form, and had in love given him a companion, could supply her place.” (*Patriarchs and Prophets*, page 56.2; emphasis supplied)

# Comments on the Fall

- “Man was originally endowed with noble powers and a **well-balanced mind**. He was perfect in his being, and in harmony with God. His thoughts were pure, his aims holy. But through disobedience, his powers were perverted, and **selfishness took the place of love**.

# Comments on the Fall

- “His **nature** became so **weakened** through transgression that it was **impossible for him, in his own strength, to resist the power of evil**. He was made **captive by Satan**, and would have remained so forever had not God specially interposed.” (*Steps to Christ*, page 17.1; emphases supplied)

# Comments on the Fall

- “Sin is the only nakedness, the only degradation, the only dishonor, that we can know; it is the only thing that will make us **afraid** to meet God.” (*Review and Herald*, January 26, 1897 par. 13; emphasis supplied)

# Trace Back of Genesis 3

- Originator of fear: Lucifer
  - Insecurity: “Weaken the nations” (Isaiah 12:12)
  - Self-focus: “I will... I will... I will... I will... I will...” (Isaiah 12:13, 14). The last was most devastating: “I will be like the Most High” = “the lie” (John 8:44)

# Trace Back of Genesis 3

- What must the war in heaven (Revelation 12:7) have done to the security and absence of fear there?
- No wonder they were expelled!

# Fear

- Fear is but a description of the result of a self-focus.
- Often so deep-rooted, the reason is not perceived.
- It is another label for the insecurity of looking to self, instead of an emotional focus on God in His true character.

# Overcoming Fear

- Must strike at the root of fear:
- “The earth was dark through misapprehension of God. That the gloomy shadows might be lightened, that the world might be brought back to God, Satan's deceptive power was to be broken. This could not be done by force.

# Overcoming Fear

- “The exercise of force is contrary to the principles of God's government; He desires only the service of love; and love cannot be commanded; it cannot be won by force or authority. Only by love is love awakened. To know God is to love Him; His character must be manifested in contrast to the character of Satan.

# Overcoming Fear

- “This work only one Being in all the universe could do. Only He who knew the height and depth of the love of God could make it known. Upon the world's dark night the Sun of Righteousness must rise, ‘with healing in His wings.’ Malachi 4:2.” (*The Desire of Ages*, page 22.1)

# The Overcomer

- “Forasmuch then as the children are partakers of flesh and blood, He [Jesus] also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; and deliver them who **through fear of death were all their lifetime subject to bondage.**” (Hebrews 2:14, 15; emphasis supplied)

# The Overcomer

- By His life and death Jesus accomplished two things:
  - 1. He cleared the charge against God's character that He loved Himself more than sinners.
  - 2. He encouraged fearful sinners to turn the focus of their insecure hearts back onto God as safe to trust.

# Value Overcomes Fear

- “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 12:4-7)

# The Process to Freedom

- 1. Stop fearing those that wish you harm (or anything that can cause you harm), but are limited in what they can do.
- 2. Turn your insecurity, and negative emotional focus back to Him who has all power, **and also values you.**
- What might happen as long as you continue to maintain that focus?

# Love's Expulsive Power

- “We have known and believed the **love that God hath to us. God is love**; and he that dwelleth in love dwelleth in God, and God in him. Herein is **our love made perfect**, that we may have **boldness** in the **day of judgment**: because **as He is**, so are we in this world. There is **no fear in love**; but **perfect love casteth out fear**: because fear hath torment. He that feareth is not made perfect in love. **We love** him, because **he first loved** us.” (1 John 4:16-19)

# From Beginning to End

- Beginning:
  - “The fear of the LORD is the beginning of wisdom” (Proverbs 9:10)
- Perfect (End):
  - “Perfect love casteth out fear” (1 John 4:18)

# “Ye are of more value”

- God’s value of us is seen through His identifying with us through Jesus:
- “In that He himself hath **suffered being tempted**, He is able to succour them that are tempted.” (Hebrews 2:18) **Sin**
- “We see Jesus, who was made a little lower than the angels for the **suffering of death**, crowned with glory and honour; that He by the grace of God should taste death for every man.” (Hebrews 2:9) **Death**

# Overcoming Fear

- Jesus' victory in same areas as Eve, in Luke 4:3-12
- 3 fold appeal in Jesus' suffering "being tempted"

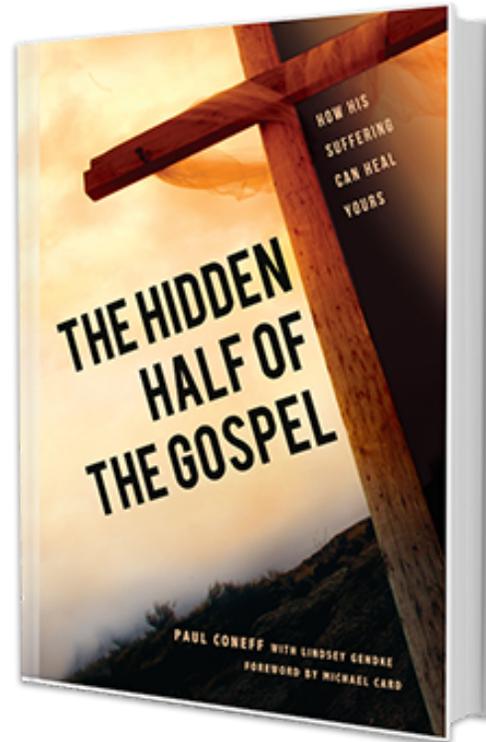
<i>Eve</i>	<i>Jesus' Wilderness Temptations</i>
Good for food	Stones to bread
Pleasant to the eyes	Glories of all kingdoms
Desired to make one wise	Cast yourself down from temple

# Example of a Ministry

- Straight 2 the Heart: Paul Coneff uses the Gospel identification in his successful counseling.
- What does he find as the common denominator that brings healing and freedom? Christ's suffering, what he calls *The Hidden Half of the Gospel*. While Jesus died to forgive our sins for eternity, He also suffered to bring us healing today. As the Bible clearly says, Jesus was "made like us in EVERY way...suffering as He was tempted in ALL points... so He could help us."

# Example of a Ministry

- **Straight 2 the Heart:** Paul Coneff, SDA pastor and counsellor (M.A. in Marriage & Family Therapy, an M.A. in Religion, and 20+ years in pastoral ministry)
- [www.HiddenHalf.org](http://www.HiddenHalf.org)



# The Truth Makes Free

- The truth Jesus embodied sets you free from the insecurity that breed from fears and phobias—emotional and mental disease, and much physical disorders.
- The truth needs to be received by each person and to permeate the community, creating a secure environment for building healthy people and relationships.

# Rest in Him

- “Come unto **me**, all ye that labour and are heavy laden, and **I** will give you **rest**. Take my **yoke** upon you, and learn of **me**; for **I** am meek and lowly in heart: and ye shall find **rest** unto your souls. For **my yoke** is easy, and **my burden** is light.” (Matthew 11:28-30)
- Perfect balance of rest and yoke/burden.
- No impersonal relaxation: focused on Creator.

