



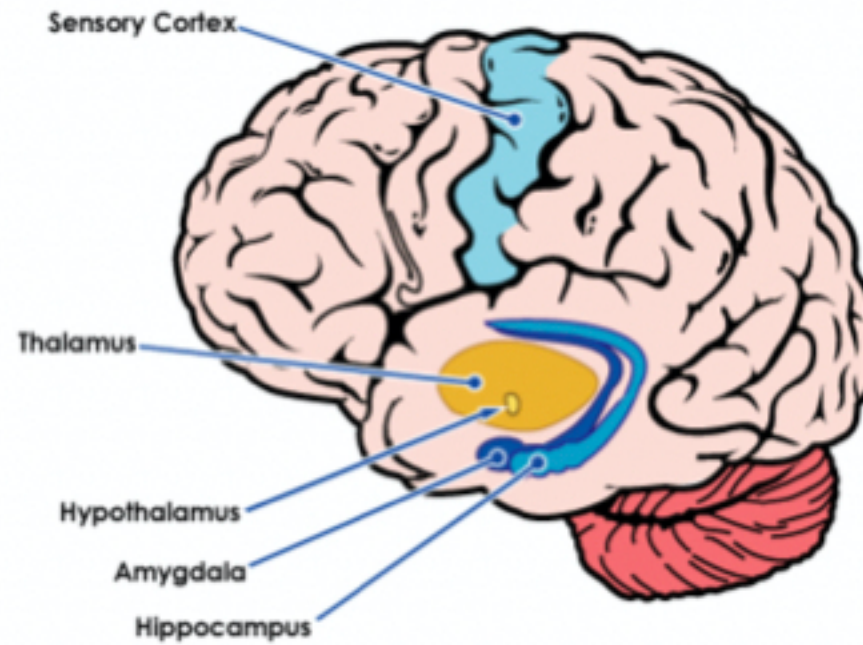
Unafraid – **FEAR**

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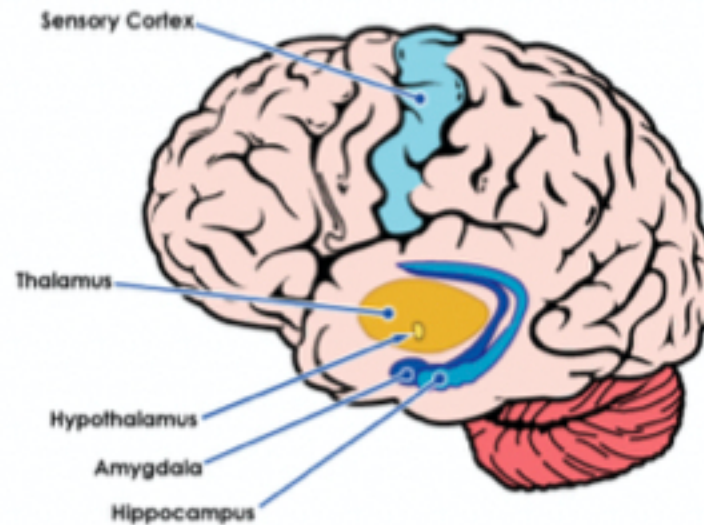
Parts of the Brain Involved in Fear Response



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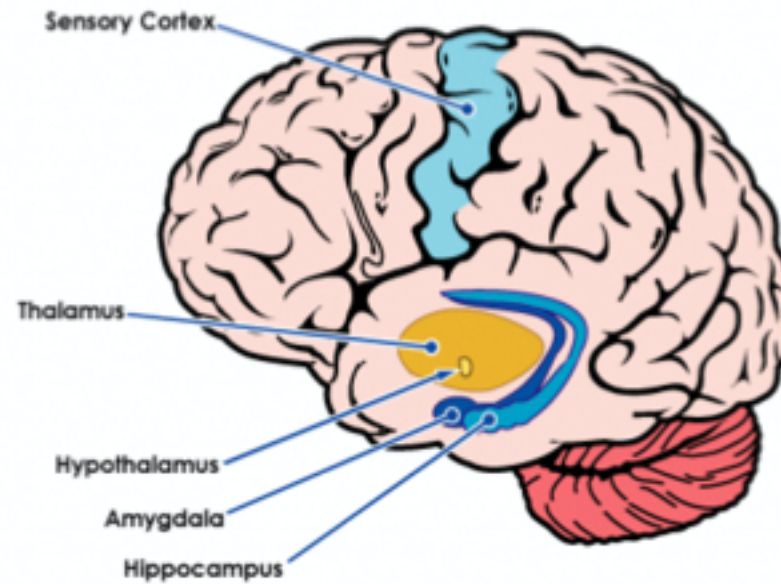


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Thalamus – decides where to send incoming sensory data (from eyes, ears, mouth, skin)



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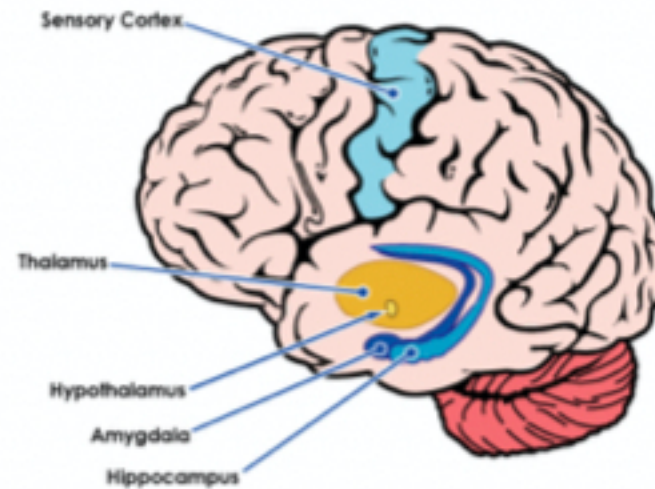


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Sensory cortex – interprets sensory data



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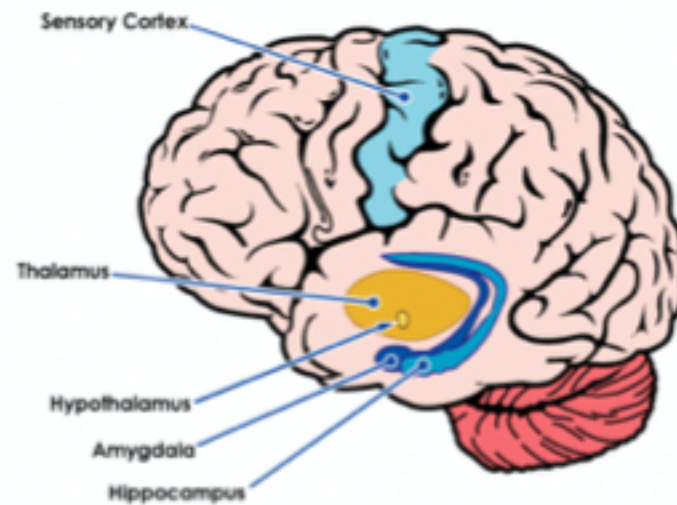


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Hippocampus – stores and retrieves conscious memories; processes sets of stimuli to establish context



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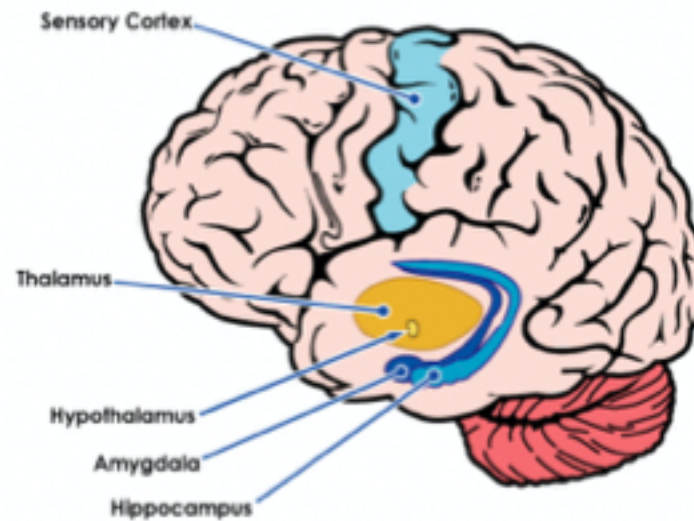


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Amygdala – decodes emotions; determines possible threat; stores fear memories



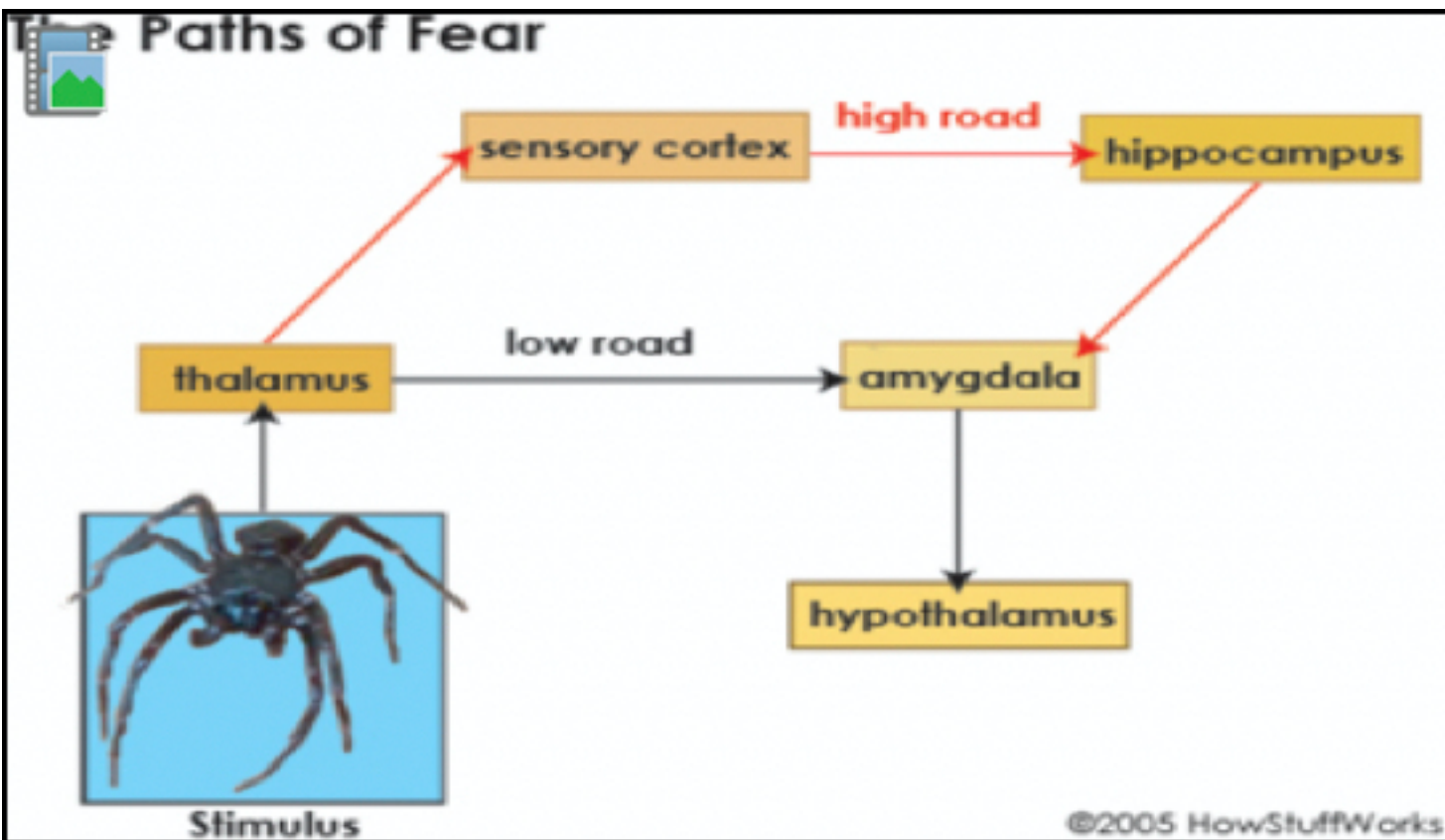
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Hypothalamus – activates "fight or flight" response

The Paths of Fear





Physical Response to Fear:

- heart rate and blood pressure increase**
- pupils dilate to take in as much light as possible**
- veins in skin constrict to send more blood to major muscle groups (responsible for the "chill" sometimes associated with fear — less blood in the skin to keep it warm)**
- blood-glucose level increases**



- muscles tense up, energized by adrenaline and glucose (responsible for goose bumps — when tiny muscles attached to each hair on surface of skin tense up, the hairs are forced upright, pulling skin with them)**
- smooth muscle relaxes in order to allow more oxygen into the lungs**
 - nonessential systems (like digestion and immune system) shut down to allow more energy for emergency functions**
 - trouble focusing on small tasks (brain is directed to focus only on big picture in order to determine where threat is coming from)**



A 2005 Gallup Poll conducted reveals the top 10 most common fears of teenagers in the US:

- | | |
|-----------------------------|------------------------|
| 1. Terrorist attacks | 2. Spiders |
| 3. Death | 4. Failure |
| 5. War | 6. Heights |
| 7. Crime/Violence | 8. Being alone |
| 9. The future | 10. Nuclear war |



Church of the Resurrection Survey: 2,400 Respondents

45% reported living with moderate fear

35% reported living with significant fear



Greatest Source of Fear and Worry:

**Over 50 years of age:
the direction of our country**

**Under 50 years of age:
failure and disappointing others**



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Numbers 13:1–2, 17–20 *The Message Bible*
God spoke to Moses: “Send men to scout out the country of Canaan that I am giving to the People of Israel. Send one man from each ancestral tribe, each one a tried-and-true leader in the tribe.”



When Moses sent them off to scout out Canaan, he said, “Go up through the Negev and then into the hill country. Look the land over, see what it is like. Assess the people: Are they strong or weak? Are there few or many? Observe the land: Is it pleasant or harsh?”



Describe the towns where they live: Are they open camps or fortified with walls? And the soil: Is it fertile or barren? Are there forests? And try to bring back a sample of the produce that grows there – this is the season for the first ripe grapes.”



Numbers 13:25–28 *The Message Bible*

With that they were on their way. They scouted out the land from the Wilderness of Zin as far as Rehob toward Lebo Hamath. Their route went through the Negev Desert to the town of Hebron. Ahiman, Sheshai, and Talmai, descendants of the giant Anak, lived there. Hebron had been built seven years before Zoan in Egypt.



When they arrived at the Eshcol Valley they cut off a branch with a single cluster of grapes – it took two men to carry it – slung on a pole. They also picked some pomegranates and figs. They named the place Eshcol Valley (Grape-Cluster-Valley) because of the huge cluster of grapes they had cut down there. After forty days of scouting out the land, they returned home.



They presented themselves before Moses and Aaron and the whole congregation of the People of Israel in the Wilderness of Paran at Kadesh. They reported to the whole congregation and showed them the fruit of the land. Then they told the story of their trip:



“We went to the land to which you sent us and, oh! It does flow with milk and honey! Just look at this fruit! The only thing is that the people who live there are fierce, their cities are huge and well fortified. Worse yet, we saw descendants of the giant Anak.



**Amalekites are spread out in the Negev;
Hittites, Jebusites, and Amorites hold
the hill country; and the Canaanites are
established on the Mediterranean Sea
and along the Jordan.”**



Numbers 13:30–33 *The Message Bible*

Caleb interrupted, called for silence before Moses and said, “Let’s go up and take the land – now. We can do it.” But the others said, “We can’t attack those people; they’re way stronger than we are.” They spread scary rumors among the People of Israel. They said, “We scouted out the land from one end to the other – it’s a land that swallows people whole.



Everybody we saw was huge. Why, we even saw the Nephilim giants (the Anak giants come from the Nephilim). Alongside them we felt like grasshoppers. And they looked down on us as if we were grasshoppers.”



Numbers 14:1–4 *The Message Bible*

The whole community was in an uproar, wailing all night long. All the People of Israel grumbled against Moses and Aaron. The entire community was in on it: “Why didn’t we die in Egypt? Or in this wilderness? Why has God brought us to this country to kill us?”



Our wives and children are about to become plunder. Why don't we just head back to Egypt? And right now!" Soon they were all saying it to one another: "Let's pick a new leader; let's head back to Egypt."



Numbers 14:5–9 *The Message Bible*

Moses and Aaron fell on their faces in front of the entire community, gathered in emergency session. Joshua son of Nun and Caleb son of Jephunneh, members of the scouting party, ripped their clothes and addressed the assembled People of Israel: “The land we walked through and scouted out is a very good land—very good indeed.



It God is pleased with us, he will lead us into that land, a land that flows, as they say, with milk and honey. And he'll give it to us. Just don't rebel against God! And don't be afraid of those people. Why, we'll have them for lunch! They have no protection and God is on our side. Don't be afraid of them!"



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The Big “C” (cancer)




Isaiah 41:8–10 *New Revised Standard Version*

But you, Israel, my servant, Jacob, whom I have chosen, the offspring of Abraham, my friend; you whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off”; do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.



Psalm 56:2b-4 NRSV

**My enemies trample on me all day long,
for many fight against me. O Most High,
when I am afraid, I put my trust in you. In
God, whose word I praise, in God I trust;
I am not afraid; what can flesh do to me?**

 John 16:32–33 *NRSV*

The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!”



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 **Isaiah 43:1–4** *The Message Bible*

But now, God's Message, the God who made you in the first place, Jacob, the One who got you started, Israel: "Don't be afraid, I've redeemed you. I've called your name. You're mine. When you're in over your head, I'll be there with you. When you're in rough waters, you will not go down."



When you're between a rock and a hard place, it won't be a dead end – Because I am God, your personal God, The Holy of Israel, your Savior. I paid a huge price for you: all of Egypt, with rich Cush and Seba thrown in! That's how much you mean to me! That's how much I love you! I'd sell off the whole world to get you back, trade the creation just for you.



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