

Christian Singles Network  
“*The Fear Factor*”

In the TV show ‘The Fear Factor’ people are asked to challenge their worst fears and if they successfully accomplish this they receive a large financial reward. Some of the episodes have been quite gruesome involving eating live bugs; swallowing raw ostrich eggs or having their bodies covered with snakes. These situations are made to challenge people to their maximum mental, emotional and physical capacity.

This show makes me think about how Satan challenges us and tries to keep us bound by fear. He pushes us to the limit by causing heartache, disappointment, hurt and rejection. Through these circumstances our spirits are broken and we become controlled by fear.

The bible says that Satan comes to kill steal and destroy and that Jesus came to give us life abundantly. Fear robs us of the abundant life God wants us to enjoy.

*11 Timothy 1:7 “For God did not give us a spirit of timidity (fear), but a spirit of power, of love and of self discipline (well balanced mind).”*

*1John 4:18 “There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.”*

**FEAR** False evidence appearing real. (Zig Ziglar)

**First: Identify the areas where you are being controlled by fear**

Fear generally has a specific object, for example, fear of death, misfortune/tragedy, heights, the dark, the future, etc. In this case we will look at the areas where single adults are most hindered by fear.

**Fear of criticism:**

Does a little criticism upset you, make you angry or affect your self-esteem? Can you receive correction without it devastating you and making you feel less of yourself? If not, this is an area for reflection and growth.

**Fear of not being accepted:** We all want to be liked by others, but sometimes that desire for acceptance and approval is need driven and is rooted in deep insecurities and fear.

Do you look for praise like you look for food each day?

Sometimes we crave approval because we did not receive love and acceptance from our parents as children. And now as adults we’re still searching for it.

**Fear of commitment:** Fear of making a commitment in relationships often stems from past rejections and hurts. When a person has been severely hurt emotionally, through the breakup of a marriage, engagement or a long-term relationship, it can be emotionally devastating. Opening up to new people can leave them feeling vulnerable and fearful.

In these situations we must seek help outside of ourselves. Close family members, pastors and professional counselors can all be a good source of comfort and wisdom during this difficult time. They can help us put the pieces of our life back together again. Also, we need to seek God through prayer and reading the bible for His healing.

*Psalm 147:3 "He heals the brokenhearted and binds up their wounds (curing their pains and their sorrows)." (AMP)*

**Fear of failure:** Are you afraid to take on new responsibilities, risks or seek out new opportunities, because of the chance that you may not live up to the expectations others? Don't let fear hold you back from moving ahead with your life and accomplishing your dreams. Also, stop negative self-talk and speak positive words to yourself instead. Start saying I can and I will accomplish my goals.

*Philippians 4:13 "I can do all things through Christ who strengthens me."*

**Fear of success:** Sometimes people sabotage their chances of attaining success just to maintain the status quo. If they become successful they might have to change, leave the old and familiar surroundings, possibly relocate, and make new friends. They know what they have now, but there is no guarantee that they will succeed in a new area of personal challenge and growth. So they stay stuck where they are. But God wants us to be the very best we can be, 'the head and not the tail'.

*John 10:10 "I have come that they may have life, and that they may have it more abundantly."*

### **Second: Get in touch with the cause of your fear**

With prayer and the help of the Holy Spirit you can receive emotional healing and experience life-altering change.

If you are not clear about what is holding you back, pray and fast until the Holy Spirit reveals the root of the problem to you.

*John 8:32 "And you shall know the truth, and the truth shall make you free."*

### **Third: Recognize that fearlessness is a choice**

Fear will not go away by itself; we must take responsibility for our life.

The bible tells us to 'fear not'. We must make a conscious decision to reject fear.

*Isaiah 41:10 "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."*

With the help of God you can be free of the bondage to fear.

But we must make a decision to press through the pain of facing our fears, though it may be difficult it will be worth it in the end. Like Peter, who got out of the boat and walked on the water, we have to get out of our comfort zones, face our fears and move on with our lives. *Matthew 14:24-30*

**Fourth:** Forgive the people who may have hurt you; parents, spouse, loved one, boss. It is our responsibility as Christians to forgive one another and release those that hurt us from any obligation. Make a decision to let them go, and don't hold onto the hope that maybe someday they will make it right. Leave the baggage behind and move on with your life. Forgiveness will bring freedom!

*Matt. 6:14-15 "For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins."*

**Fifth: Leave the past behind**

God called the children of Israel out of Egypt into the Promised Land. But they had to choose whether or not to go. They had to learn to trust God, follow His instructions, and leave their homes for an unknown land.

In the same way, God is calling us to leave our past hurts, disappointments, torments, and heartaches behind and follow Him (Jesus) into the promised land of deliverance, healing, joy, peace and freedom.

If necessary, seek the help of a professional counselor or pastor. Spend time in prayer, fasting and studying the Word of God. Follow what the Holy Spirit reveals to you. Continue to pray until you feel a release in your spirit and know that you have been completely healed and delivered. See yourself as worthy of being made whole by the love of God, through the power of the Holy Spirit. See yourself as God sees you.

*Romans 8:37 "No, in all these things we are more than conquerors through him who loved us."*

Remember, God loves you and has great plans ahead for your life!