

Do not *only* be afraid, but *all the more* believe.  
— Jesus, Mark 5:36

We feel fear. The feeling is real and valid. Most fears come down to one of five root fears. God himself acknowledges these fears in his Word, especially in the Psalms. But more than acknowledging our fears, God address them through his Son, our Savior, Jesus. Jesus makes promises that speak to all our fears. He is not only *our* Lord, but the Lord of all, the Lord over all.

And so, through Jesus, we acknowledge what is scary, and we pray the words of Psalm 27:

**The LORD is my light and my salvation; whom shall I fear?  
The LORD is the stronghold of my life; of whom shall I be afraid?**

## Loss

We fear losing something, someone, or some capacity that we value.

*I went about as though I grieved for my friend or my brother;  
as one who laments his mother, I bowed down in mourning. (Psalm 35:14)*

Some of the things that lead me to fear loss include:

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**Jesus says to you, “And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you. Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.” (Luke 12:29-32)**

## Worthlessness

We fear being insignificant, rejected, and without value.

*But I am a worm and not a man, scorned by mankind and despised by the people.  
All who see me mock me; they make mouths at me; they wag their heads. (Psalm 22:6-7)*

Some of the things that lead me to fear worthlessness include:

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**Jesus says to you, “Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?” (Matthew 6:26)**

## Isolation

We fear being abandoned, unseen, and losing connectedness.

*You have caused my beloved and my friend to shun me;  
my companions have become darkness. (Psalm 88:18)*

Some of the things that lead me to fear isolation include:

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**Jesus says to you, “I will not leave you as orphans; I will come to you. Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. (John 14:18-19)**

## Pain

We fear the physical and emotional damage and pain that can be inflicted upon us.

*Those who seek my life lay their snares; those who seek my hurt  
speak of ruin and meditate treachery all day long. (Psalm 38:12)*

Some of the things that lead me to fear pain include:

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**Jesus says to you, “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” (John 16:33)**

## Death

We fear the unknown of the grave and the idea of ceasing to exist.

*The cords of death encompassed me; the torrents of destruction assailed me;  
the cords of the grave entangled me; the snares of death confronted me. (Psalm 18:4-5)*

Some of the things that lead me to fear death include:

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**Jesus says to you, “Truly, truly, I say to you, an hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live.” (John 5:25)**