

## Teen Topics Fear (Part 4)

### **The Issue:**

Claustrophobia, arachnophobia, and acrophobia are just a few of the hundreds of phobias that plague our society. In the right situation, these hidden fears can strike panic in the blink of an eye. Though most people do not talk much about their phobias, they are definitely real! You may be thinking about a phobia you have right now (or several that you have!). Let's look at how we can tackle these fears.

### **What does the Bible say?**

David had emotions and fears just like us. Note how David described a particular fear he was experiencing:

> Psalm 55:4-6 - He was terribly frightened, he was overwhelmed by his fear, just wanted to fly away and leave it behind.

Now, let us see how David tackled his fears by looking at his battle with Goliath. Note the steps that lead to victory:

- > I Samuel 17:4-7; 32 - Identify the fear/know what it is.
- > I Samuel 17:34-37 - Trust in God, acknowledge past victories.
- > I Samuel 17:44-47 - Focus on what God can do, not the fear.
- > I Samuel 17:48-50 - Confidently take opportunities to face your fear and watch God give you the victory over them.

### **What should I do?**

Phobias often make us want to run and hide, but God wants us to learn to have confidence in Him. As we begin to face these fears and learn to overcome them, we will develop a greater trust in God and His power. God wants our total confidence, even through our phobias. Just as David said in Psalm 56:3, "When I am afraid, I put my trust in You."

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