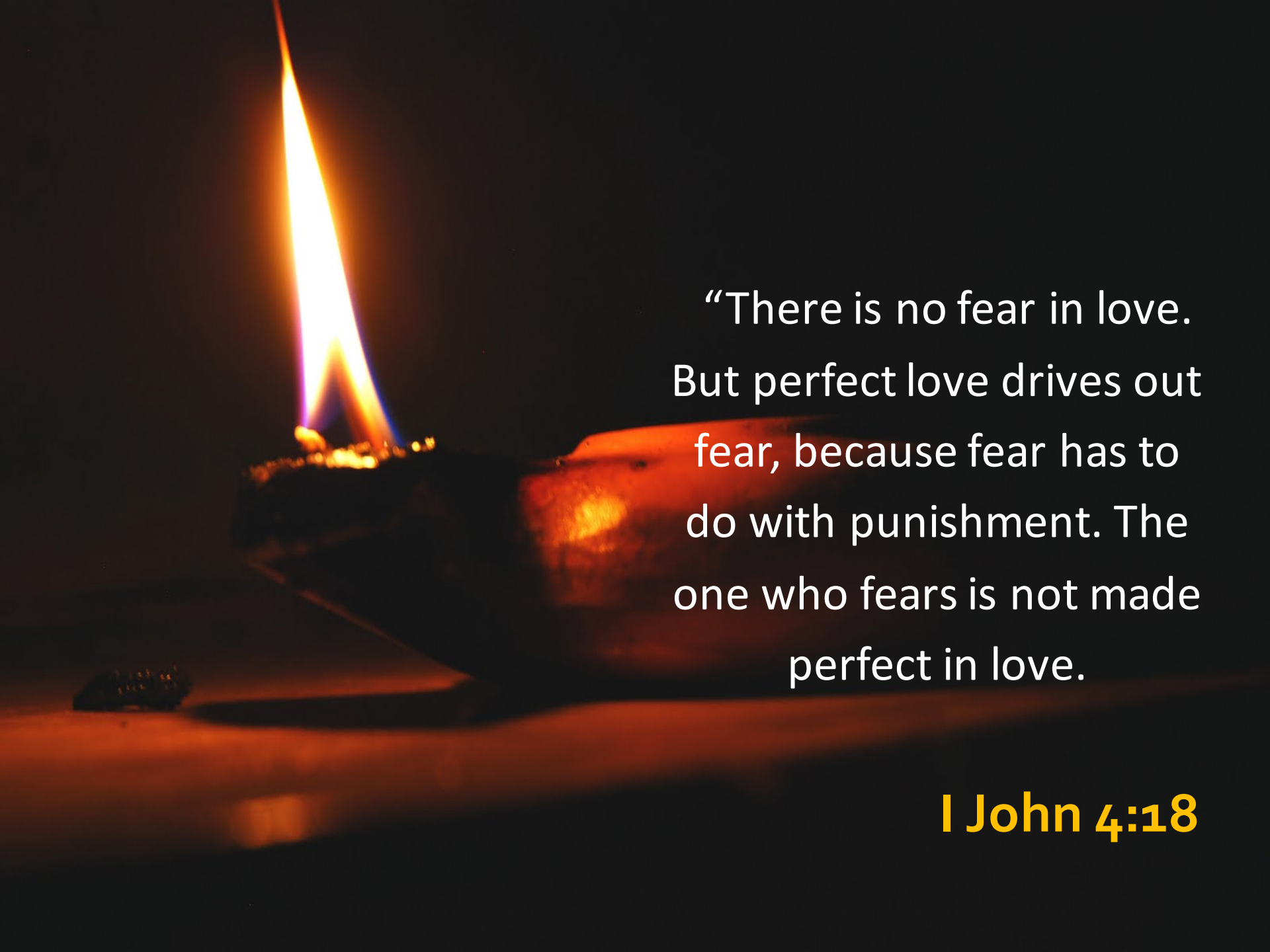


# ANTIDOTE

## An Antidote to Fear

A meditation from I John 4:18

Dr. Elsie Cook

A close-up photograph of a lit candle. The flame is bright yellow and orange, with a blue base. The wax is melting and glowing orange. The background is dark, making the candle the central focus.

“There is no fear in love.  
But perfect love drives out  
fear, because fear has to  
do with punishment. The  
one who fears is not made  
perfect in love.

**I John 4:18**

## What is fear?

Fear is an emotional response induced by a perceived threat, which causes a change in brain and organ function, as well as in behavior. Fear can lead us to hide, to run away or to freeze in our shoes.

*Psychology Today*



# Some fear statistics

Categories	Percentage
Number of Americans who have a diagnosed phobia	<b>6.3 Million</b>
Percent of things feared that will never take place	<b>60 %</b>
Percent of things feared that happened in the past and can't be changed	<b>30 %</b>
Percent of things feared that are considered to be insignificant issues	<b>90 %</b>
Percent of things feared in relation to health that will not happen	<b>88 %</b>

*Source:* National Institute of Mental Health, Research Date: Research Date: April 27th, 2015

# The Anatomy of Fear: What causes fear?



## According to Science: Amygdala Hijack

When a frightening stimulus is encountered, the thalamus shoots a message to the amygdala—the part of the brain that feels. As the emotional sentinel, the amygdala, is able to hijack the rational part of brain before it has time to mull things over





HOLY  
BIBLE

*...fear has to do with  
punishment...*

**I John 4:18**

Condemnation is  
the root of fear

# The Genesis of Condemnation



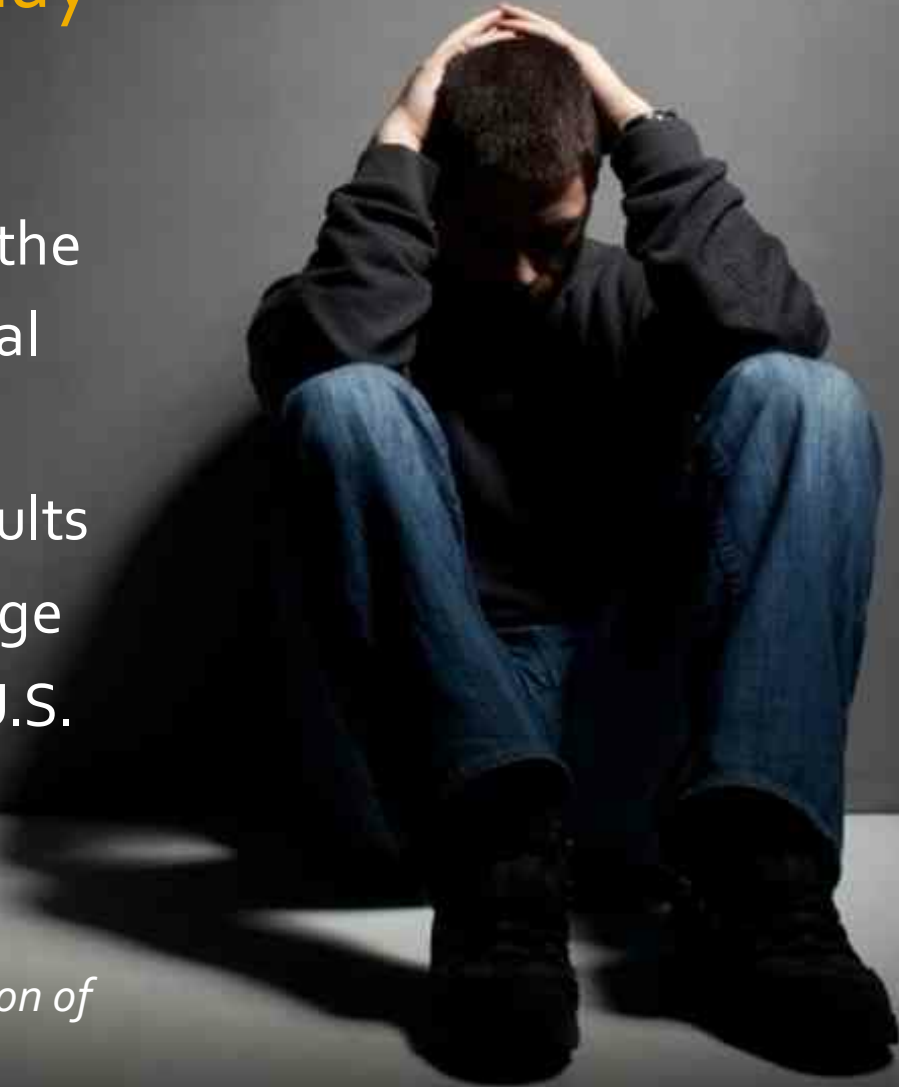
- We were created to be in a loving relationship with God
- The entrance of sin brought guilt and condemnation. Guilt is what makes people fear what is to come. It also causes people to be insecure, and anxious.

**Romans 5: 16** "...The judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification.

# Fear rampant today

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older (18% of U.S. population).

*Anxiety & Depression Association of  
America*





# The antidote to fear

- Perfect love is what casts out fear.
- When love comes in fear flees.
- This love is found in Christ Jesus alone.

A graphic with a red bokeh background. The text "LOVE > FEAR" is written in large, white, bold, sans-serif capital letters. Below it, the text "There is no fear in love, but perfect love casts out fear." is written in a smaller, white, sans-serif font. At the bottom, "1 John 4:18" is written in a smaller, white, sans-serif font.

**LOVE > FEAR**

There is no fear in love,  
but perfect love casts out fear.

1 John 4:18

# My Personal Story

Before



Today



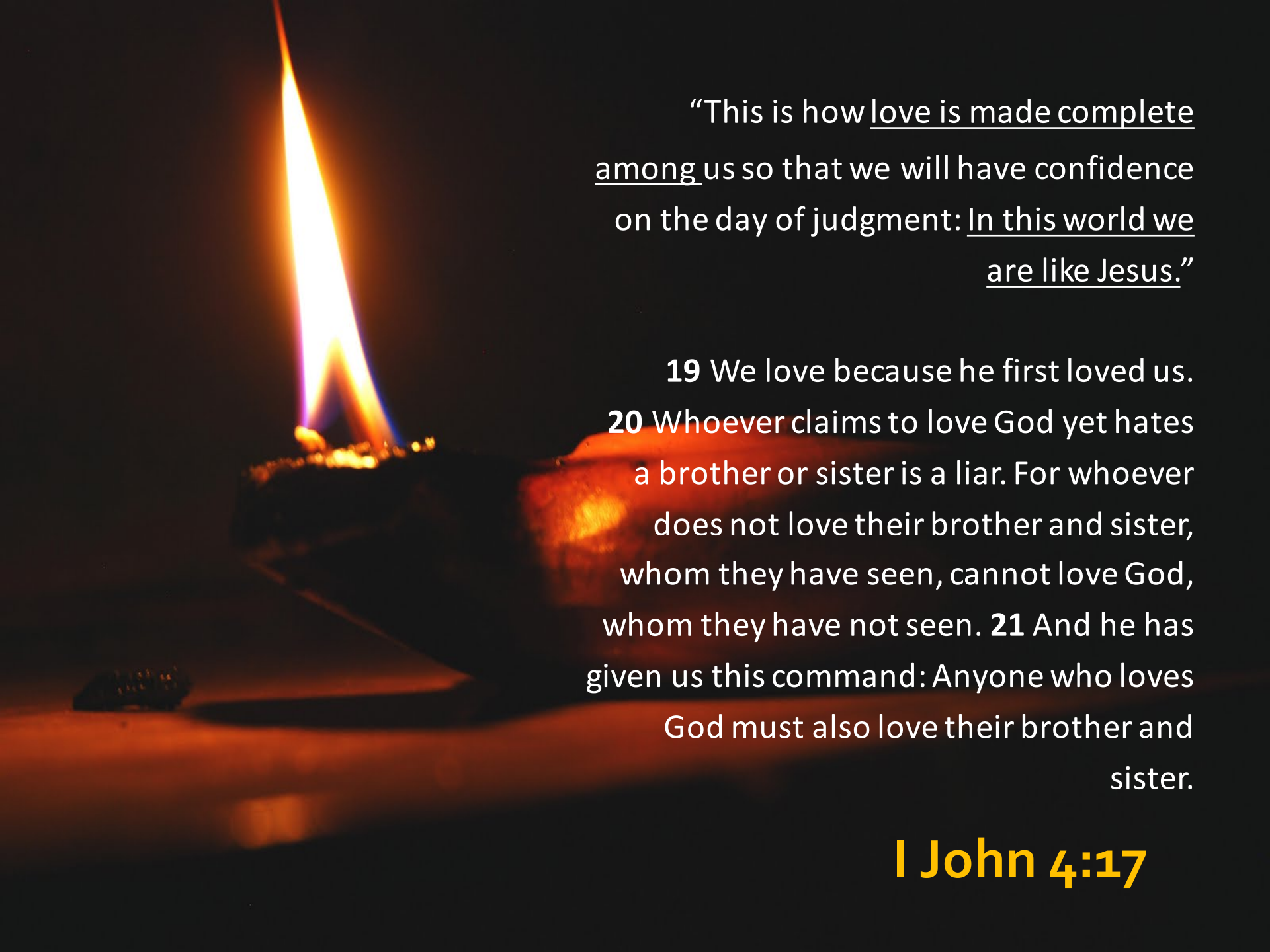
Truly possible only by God's grace. Thank you Lord!



## However...

- Knowing the love of Jesus is just the starting point
- God's perfect love must be made manifest in our relationships





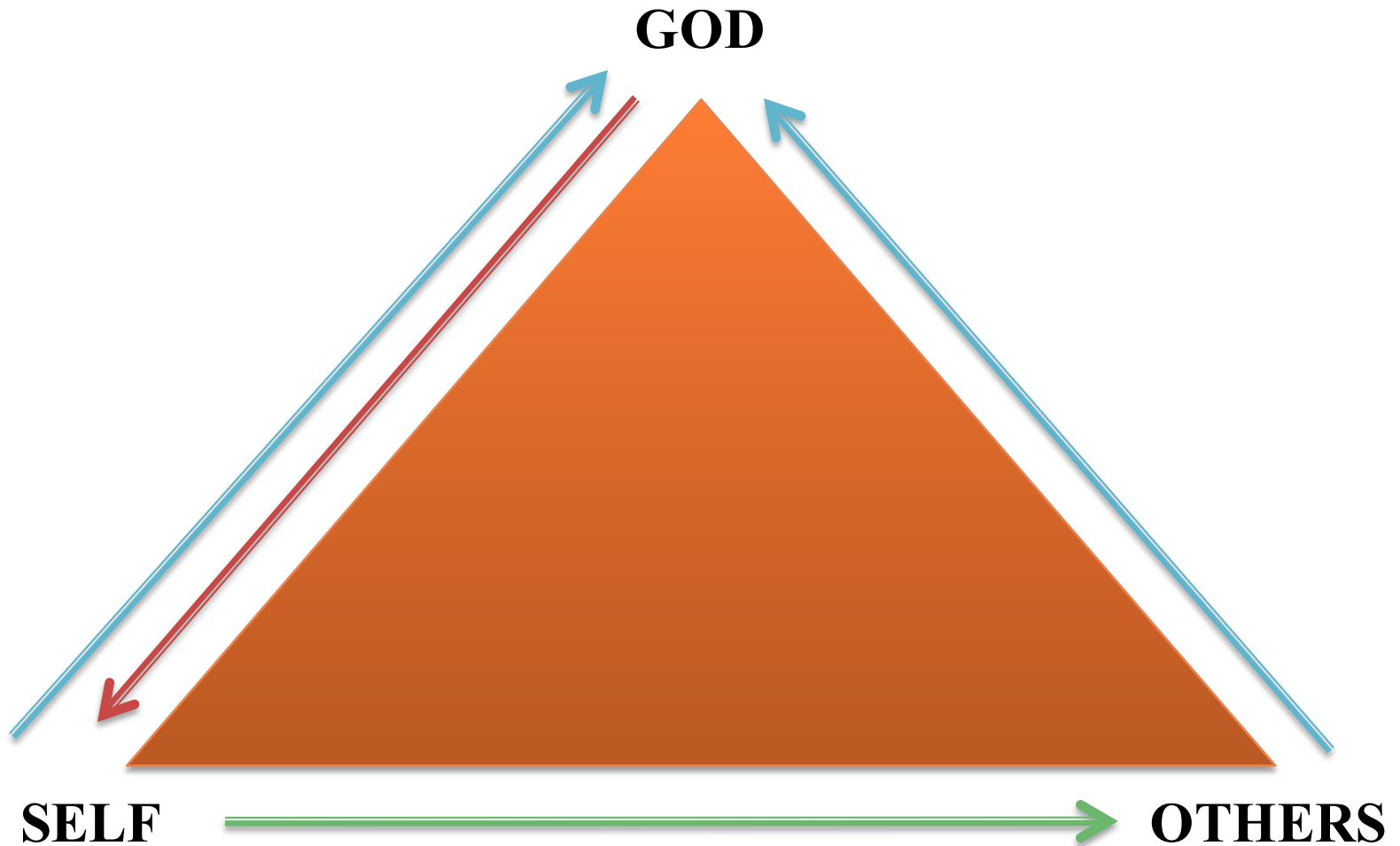
“This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus.”

**19** We love because he first loved us.

**20** Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. **21** And he has given us this command: Anyone who loves God must also love their brother and sister.

**I John 4:17**

# A Diagram





## Love made complete



**LOVE  
OTHERS  
because  
GOD LOVES  
YOU**

*"The energy of love discharges itself along lines which form a triangle, whose points are God, self, and neighbor." Where any one leg of the triangle is missing, love remains incomplete and immature."*

C.H. Dodd

A close-up, vertical view of the spine of a Bible. The cover is made of dark brown leather with a textured, pebbled grain. Gold-tooled text is embossed on the spine. The words "HOLY" and "BIBLE" are prominently displayed in a large, serif font, separated by a horizontal line. Below "BIBLE", the word "NEW" is partially visible. The lighting is warm, highlighting the texture of the leather and the metallic sheen of the gold.

# HOLY BIBLE

I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

**Eph.3:17-19**

# I am a believer, love my brothers, so why do I have fears?



1. Amygdala Hijack is at work in you disabling your ability to perceive truth as stated in God's Word.
2. You really do not "know" God, therefore you cannot trust.
3. You do not understand that God's love is based on who He is and what He did not what you do.

## A True Story

Due to a failure  
someone I personally  
knew struggled to  
receive and  
understand receive  
God's undying love.



Did you ever consider that perhaps the mission of fear is to shake us so we become aware of our need for God?

