

# FEAR

"When I am afraid, I will put my trust in Thee. In God, whose word I praise, In god I have put my trust; I shall not be afraid; For God has not given to us a spirit of timidity, but of power and love and discipline."

Psalm 56:3-4; 2 Timothy 1:7, NASB

Still think public speaking is the number one fear in America? Think again...walking alone at night has replaced public speaking as the number one fear of people, according to a recent survey completed by researchers at nearby Chapman University in Orange, CA. Identity theft, safety on the internet, mass or random shooting, AND public speaking round out the top five.

We're not making light of a serious concern that many people share. Fear, whether it is personal in nature or worrying about some man-made disasters, strike over 6 million Americans and are coupled with physiological reactions such as intense breathing, pounding hearts, and sweating. Fears can disrupt daily routines and alter lives and often develop in adolescence or early adulthood in response to stressful events associated with a place or object.

Like so many behavioral and mental health issues, fear is readily treatable, often involving aids which include mediation and deep breathing, support groups, medication when applicable, and counseling. Here at the Bridge, we help people replace lies with truth and negative thoughts with a healthy dose of the Word of God (Isaiah 26:3; Philippians 4:8) We help people identify the trigger events that induce anxiety and provide a warm, caring environment in which people can truly find peace in the midst of their fearful storms.

*Call us today or email us at [care@thebridgersm.com](mailto:care@thebridgersm.com). We'd love to talk and pray with you and get you started on a lifetime of overcoming the fears the enemy would use to bind your life, rob your faith, and steal your joy!*



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