



# Dealing with the Problem of Fear

1 John 4:16-21

Living in the love of God  
brings confidence  
rather than fear

# Living in the love of God brings confidence rather than fear

1. Living in the love of God includes resting in His love – 16
2. Living in the love of God results in confidence – 17

Living in the love of God  
casts out  
Unhealthy Fear

# What he is not talking about here

1. It is not speaking of the fear of the Lord
2. It is not speaking of the natural, reasonable God-given ability to identify and respond to potential problems and prevent them if we can
3. It does not include healthy, Biblical fear

Healthy Fear  
(respect)

Unhealthy Fear  
(dread)

# Healthy Fear

- Works from the inside out
- Comes from an awareness of God and/or a concern for others
- Results in love and trust

# Unhealthy Fear

- Works from the outside in
- Comes from an awareness of others and/or a concern for self
- Results in fight or flight



# What this fear is

1. It does include potential threats that are outside of our control.
2. Sustained fear (unresolved by God's comfort)
3. It is speaking of a spirit of fear or fearfulness.

Living in the love of God  
includes a right relationship  
with believers

# Conclusion/Application:

1. The foundation for a fearless life is resting in God's love and experiencing confidence that results from His love.
2. Mature love will cast out all fearfulness.
3. We must carefully maintain our life of faith by quickly recognizing when we are failing to love others.



