



FEAR





## National

# A haunted house actor wanted to scare a child. Then he cut the boy with a knife, police say.



An actor at a haunted house at the Cuyahoga County Fairgrounds in Ohio accidentally stabbed an 11-year-old boy with a real knife earlier this month, police said. (Video still/YouTube/WOIO)

By [María Luisa Paúl](#)

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With Halloween coming up, spooky

**PLEASE  
DO NOT  
FEED  
THE  
FEARS**

# FEAR

is not from

# GOD

For God has not given us a spirit of fear,  
but of power and of love and of a  
sound mind. (2 Timothy 1:7)

- 1 Physical health.** Fear weakens our immune system and can cause [cardiovascular damage](#), gastrointestinal problems such as ulcers and [irritable bowel syndrome](#), and decreased fertility. It can lead to accelerated ageing and even premature death.
- 2 Memory.** Fear can impair formation of long-term memories and cause damage to certain parts of the brain, such as the hippocampus. This can make it even more difficult to regulate fear and can leave a person anxious most of the time. To someone in chronic fear, the world looks scary and their memories confirm that.
- 3 Brain processing and reactivity.** Fear can interrupt processes in our brains that allow us to regulate emotions, read non-verbal cues and other information presented to us, reflect before acting, and act ethically. This impacts our thinking and decision-making in negative ways, leaving us susceptible to intense emotions and impulsive reactions. All of these effects can leave us unable to act appropriately.
- 4 Mental health.** Other consequences of long-term fear include fatigue, clinical [depression](#), and PTSD.



## HealthBeat

### Emotional Health



you ever wondered why?

#### Fear Is Physical

Fear is experienced in your mind, but it triggers a strong physical reaction in your body. As soon as you recognize fear, your [amygdala](#) (small organ in the middle of your brain) goes to work. It alerts your [nervous system](#), which sets your body's fear response into motion. Stress hormones like [cortisol and adrenaline](#) are released. Your blood pressure and heart rate increase. You start breathing faster. Even your [blood flow](#) changes — blood actually flows away from your heart and into your limbs, making it easier for you to start throwing punches, or run for your life. Your body is preparing for [fight-or-flight](#).

#### Fear Can Make You Foggy

As some parts of your brain are revving up, others are shutting down. When the amygdala senses fear, the cerebral cortex (area of the brain that harnesses reasoning and judgment) becomes impaired — so now it's difficult to make good decisions or think clearly. As a result, you might scream and throw your hands up when approached by an actor in a haunted house, unable to [rationalize](#) that the threat is not real.

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# Fear Can Be A Part Of Your Decision Making.

What fears do we struggle with?

Are we making decisions in our life based on those fears, or are we making decisions based on the fear of the Lord?

Quotes:

“A man who fears suffering is already suffering from what he fears.”

“Collective fear stimulates herd instinct and tends to produce ferocity towards those who are not regarded as members of the herd.”

# TWO different ways fear impacts decisions.

Decisions based on Fear:

Pilate (Governor / Judge) giving Jesus over to the mob. Matthew 27: 22-26

Peter denying Jesus three times. Matthew 26:35; 74-75

Decisions based on Fear of the Lord:

Noah building Ark. Daniel and his friends not bowing to the idol.

Abraham offering Isaac. David defeating Goliath.



# What Is - Fear Of The Lord?

1. Beginning and the foundation of all knowledge and wisdom.

Proverbs 1:7 The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.

Proverbs 9:10-11 The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding. For through wisdom your days will be many, and years will be added to your life.

1. Acknowledging of who God is and standing in awe of Him. A respect and reverence for the Almighty Creator that yields humility and obedience.
  
1. Hating evil and departing from it as result of literal fear and terror of His righteous indignation.

Science

# Sodom and Gomorrah? Evidence That a Cosmic Impact Destroyed a Biblical City in the Jordan Valley

By [University of California - Santa Barbara](#) on Sep 20, 2021



READY FOR WINTER?

## Proverbs - Positive aspects to “Fear of the Lord” choice.

Proverbs 3:7-8 Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

Proverbs 8:13 To fear the Lord is to hate evil; I hate pride and arrogance, evil behavior and perverse speech.

Proverbs 16:6 Through love and faithfulness sin is atoned for; through fear of the Lord evil is avoided.

Proverbs 10:27 The fear of the Lord adds length to life, but the years of the wicked are cut short.

Proverbs 14:26-27 Whoever fears the Lord has a secure fortress, and for their children it will be a refuge. The fear of the Lord is a fountain of life, turning a person from the snares of death.

Proverbs 19:23 The fear of the Lord leads to life; then one rests content, untouched by trouble.

Proverbs 22:4 Humility is the fear of the Lord; it's wages are riches and honor and life.

Ecclesiastes 8:12-13 Although a wicked person who commits a hundred crimes may live a long time, I know that it will go better with those who fear God, who are reverent before him. Yet because the wicked do not fear God, it will not go well with them, and their days will not lengthen like a shadow.

Ecclesiastes 12:13-14 Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of mankind. For God will bring every deed into judgement, including every hidden thing, whether it is good or evil.

