

Book Review by Pat Redick

FEAR NOT – Facing Our Fears Through God’s Love

Elm Hill Books 2005

Don't be afraid.

Just stand where you are and watch the LORD rescue you.

Exodus 14:13 NLT

I found this to be an easy read with 30 short stories illustrating various ways real people managed to learn life lessons on the subject. The Publishers and Amy Carmichael explain for every Fear there is a corresponding Fear Not. Mother Mary Angelica, foundress of EWTN TV station and who has various other accomplishments to her credit, is quoted as saying she believes BOLDNESS should be the Eleventh Commandment. In the forward to this book, Max L. Lucado tells his thoughts on the evil one’s manipulation through fear.

One of the unusual elements in this book is the scope of authorship. One story tells of an experience the parents of a little girl had, when each thought she was with the other during a Walmart shopping trip. When they realized she was actually alone in the big store, brings to mind what many of us have experienced and what Joseph and Mary probably felt when they realized Jesus was not with them or their relatives. This is just one of the relatable fears outlined in modern world terms for us.

There are probably endless **fears** but in this book, the ones tackled from three or four different life perspectives are **Harm, Loneliness, Loss, Rejection, The Unknown, Death, Failure, and Fear of God**.

I especially enjoyed the interspersing of poetry verses, which led in their own way to solace in times when fear appears. A memorable quote by an anonymous author related here is “He who fears God need fear nothing else”.

At the back of the book there is a list of an affirmation for all fifty-two weeks of the year and each is taken directly from the Bible. This is another demonstration of the timeliness of messages contained in this book for its readers.

The author(s) have included, in this broad ranging work, Twelve Steps akin to self-help group work to achieve a more Fearless mode of living. Credit is given to Lloyd J. Ogilvie for writing “Twelve Steps to Live Without Fear” copyrighted in 1987.

At the end of the book, the Notes share sources from which material was gleaned dating from the 13th to and including the 20th century.

While not in the book, the acronym F.E.A.R. – False Evidence Appearing Real has helped me rationalize my way out of some situations.

FEAR NOT

Fear not, He said to me
In a way so personally
He made sure the writers
Put it in the Bible way back then
Time and time again

He didn't want us to miss
This written hug and kiss
So we would know even though
He knew all about our sins
He waits to console in everything

Fear not,
Fear not,
For I love you in your
Brokenness and even best
When you say I need You Lord
To make me whole-You are adored!

by pat nee deitz 08/2008

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