

“Fear's Antidote” By Kirk Hunt

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

1 John 4:18 NKJV

Sometimes I fret and worry. The uncertainties of life are many. As a redeemed Christian, I remain vulnerable to the ebb and flow of the real world. Scripture proclaims that saints should not have fear. I know better that letting the fear in, but here we are.

My humanity makes me vulnerable to fear. I often stay away from the nightly news, because of the fear-inducing events and situations of the day. It is harder to stay away from the uncertainties of my day-to-day life. Life itself is a risk-filled endeavor.

I still have no excuse. I know that Father-God loves me. Through the grace of His Son, His love dwells in me. When I step out of or away from His love I am vulnerable to fear, in all of its unpleasantness.

John is right. Fear is torment. The antidote, of course, is God’s love. As I soak in His love, the fear is displaced. You would think I would have perfected my grip on God’s love by now.

So it appears my grip on love is not yet perfect. I am working on it. The antidote to fear is being perfect in God’s love. I am going to practice until I get it right.

Think: The antidote to fear is the love of God.

Pray: “Lord, help me to rest and shelter in Your love.

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