

GOD, I HAVE A QUESTION...OR TWO

QUESTION THREE

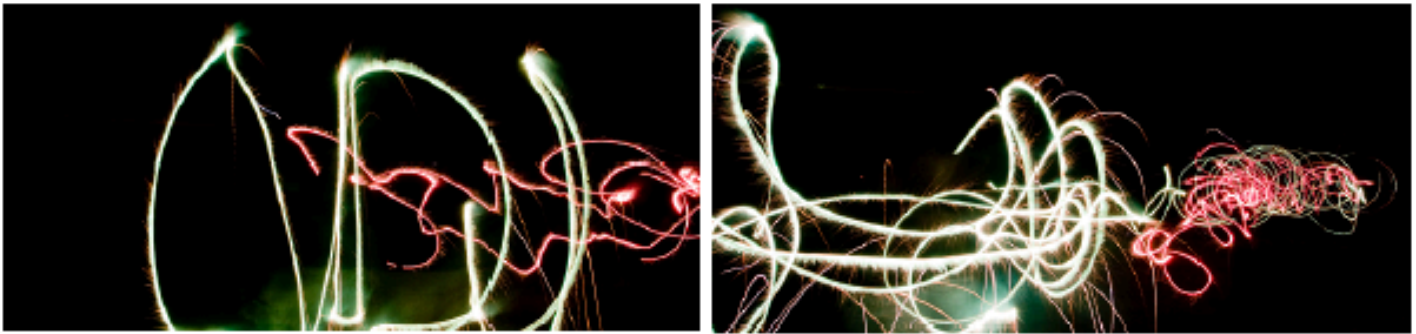
WHY FEAR & ANXIETY?



THE TASK:

To "go through," to meet the fear and anxiety head-on and break
its tyranny.

"TELEVISION IS ONE OF THE CHIEF PURVEYORS OF
FEAR."



GOD, I HAVE A QUESTION...OR TWO

"The thing I fear most is fear." Those are the words of the French philosopher Michel Montaigne. There are many things that motivate us. But the most powerful motivator of all is FEAR.

Marketing experts know the number-one motivator for sales is fear. Want someone to buy your "product" or "ideology?" Scare the hell out of them.

And so because we are constantly bombarded with products someone wants to "sell" us—we are constantly besieged by...fear.

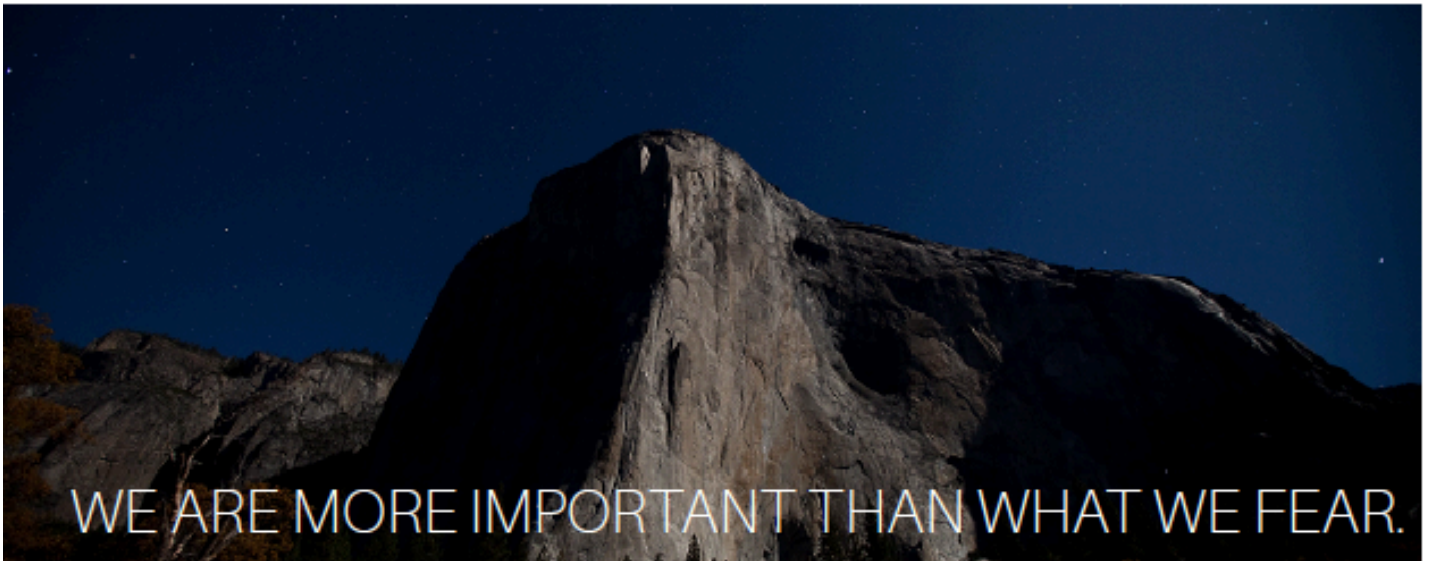
Religion knows this as well. Fear motivates us to give our tithes and offerings and to offer our

unholy souls to a holy God.

The good news is that fears are normal and natural.

Anxiety, which is a function of our personal history, is normal and natural. Angst, which is a consequence of the fragility of being human, is also normal and natural. Psychologists say what varies is how you are affected by each and how you respond.

Since all of us have inherited responses to this anxiety—we are, in profound and often unconscious ways, **prisoners of our own history.**



GETTING STARTED

There are hundreds of phobias. What do you fear most? What is your phobia?

.....
.....
.....
.....
.....
.....

1. Think about a time of your greatest fear. What happened? How did that feel?

.....
.....
.....

2. What do you think are the differences between fear, anxiety, and angst?

.....
.....
.....
.....



REFLECT

When we sense our questions teaching us or drawing our attention to something, it's important to stop and reflect on what they might be trying to tell us. Use the following questions and big quote to guide your thoughts about the teaching and stories you just experienced.

BIG QUOTE: COURAGE IS NOT THE ABSENCE OF FEAR. IT IS THE PERCEPTION THAT SOME THINGS ARE MORE IMPORTANT TO US THAN WHAT WE FEAR.

— AMBROSE REDMOON

1. What task are we avoiding? There is always a task.

.....
.....

2. We will never conquer all our fears and anxiety. So how do we manage them?

.....
.....
.....

3. Is it possible to get our fears to work FOR us? In the video Randy quotes Dr. James Hollis, who says the TASK remains the same here as elsewhere: To "go through," to meet the fear and anxiety head-on and break its tyranny. Such "fear" ironically is a defense against anxiety, which in turn may be a defense against angst.

.....
.....

4. Do you think it is possible to use fear as a positive motivator?

.....
.....
.....

RESPOND

Now that you have spent some time reflecting on the importance of asking the right questions, let's consider how you will apply the wisdom you have learned from the video and your reflection time. Then think about practical steps to take in the coming week to live out what you have learned.



WHAT TASK ARE WE AVOIDING?

ANSWER THESE QUESTIONS

Do you believe that YOU are more important than what you fear? Explain.

.....
.....
.....
.....
.....

What is one tangible way you can show courage this week?

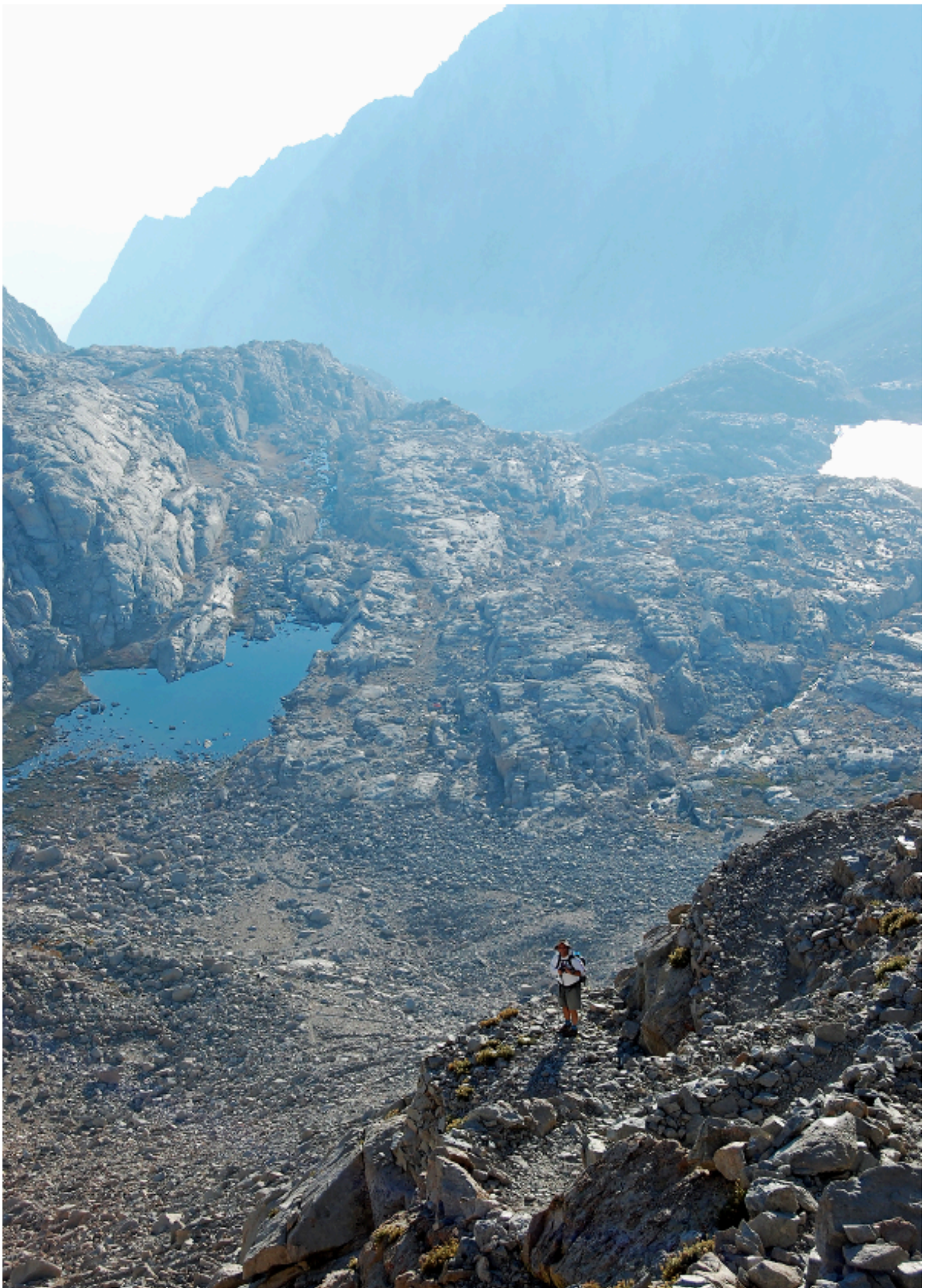
.....
.....
.....

The good news is that fears are normal and natural. Anxiety, which is a function of our personal history, is normal and natural. Angst, which is a consequent of the fragility of being human, is also normal and natural.

Psychologists say what varies is how we are affected by each and how we respond. How are you a prisoner of your own history?

.....
.....
.....
.....
.....
.....
.....
.....

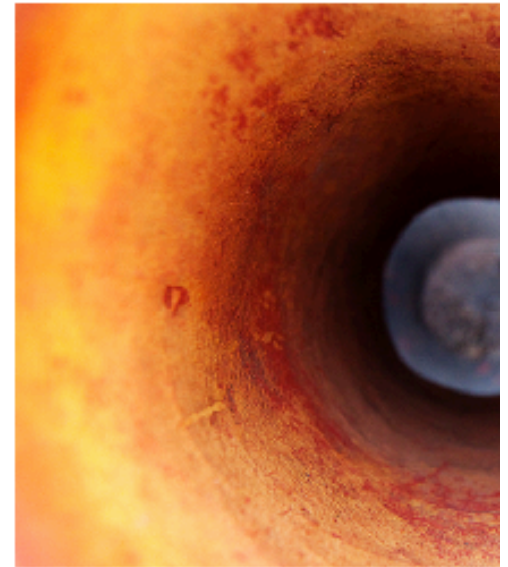
What would it be like to turn off all media for a week? Television, talk radio, Internet news sites, newspapers, and news magazines all depend on fear for ratings. Decide if this may be a good response for you, and if it is, then—do it!





"FEAR EXPRESSES ITS UTMOST POWER WHEN, IN ITS OWN SERVICE, IT THROWS US BACK UPON THE COURAGE THAT IT HAS SNATCHED AWAY."

—MICHEL DE MONTAIGNE



DAILY READINGS

Ask honest questions of yourself, others, and of God.

READINGS

Day 1.

READ "THE (ONLY) 5 FEARS WE ALL SHARE"

<http://www.psychologytoday.com/blog/brainsnacks/201203/the-only-5-fears-we-all-share>

QUESTION:

Do you think it is fairly accurate to say that many of our so-called fear reactions are actually the fears of fears?

Day 2.

READ "PHOBIAS: THE RATIONALE BEHIND IRRATIONAL FEARS"

<http://www.theguardian.com/science/brain-flapping/2013/jun/28/phobias-rationale-irrational-fears>

QUESTION:

Phobias are very common, with many people admitting to being irrationally afraid of something. But where does this fear come from, and what can we do about it?

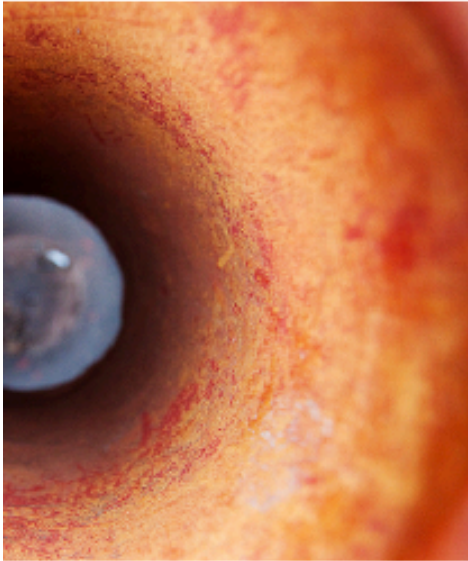
Day 3.

READ "FACING FEARS AND PHOBIAS"

<http://drphil.com/articles/article/6>

QUESTION:

In your own life, although these intense fears might feel insurmountable, do you believe it is possible to have some control over them?



Use these daily readings to go deeper into this week's question. Each day read the information given. Take your time. Ask honest questions of yourself. Listen and respond as you meditate on the new thoughts. Once the study has ended, you may want to continue this habit of reading, questioning, and reflecting. You may want to work your way through more books that you come across on your own, reading just a few pages a day as you have in this Daily Readings section.

READINGS

Day 4.

READ "CHANGE THE WAY YOU SEE FEAR AND CHANGE YOUR LIFE"

<http://www.lifehack.org/articles/lifestyle/change-the-way-you-see-fear-and-change-your-life.html>

QUESTION:

Can you recall a time recently when you did something that felt uncomfortable for you?

Day 5.

READ "THE COURAGE TO TAKE ACTION"

<http://www.nightingale.com/articles/the-courage-to-take-action/>

QUESTION:

What would you dare to dream, be, or do if you were not afraid of anything in the whole world?

Day 6.

SUMMARY:

Use the following space to write any further thoughts that are in your heart and mind about the questions you have asked in this session and during your reading times this week. You may also want to write down observations or questions that you'd like to keep close as you continue.

