

Question: do we really understand the definition of fear?

Answer: The Bible mentions two specific types of fear. The first type is beneficial and is to be encouraged. The second type that cause affliction, damage, harm, hurt, injury and is to be overcome.

"Spirit of fear": The Greek word, which can also be translated "fear," denotes a cowardly, shameful fear caused by a weak, selfish character.

If you allow fear to remain active in your life, it will take hold of your thoughts, paralyze your forward momentum and suffocate your God-Given Destiny. Through Christ, God has given us Power to overcome every obstacle the enemy attempts to set in our way. [Galatians 5:1](#)

"Power": God has already given believers all the spiritual resources they need for every trial and threat [Matthew. 10:19-20](#).

Divine power, effective, productive spiritual energy, belongs to believers. [Ephesians 1:18-20; 3:20](#)

"Love" This kind of love centers on pleasing God and seeking others' welfare before one's own [1 Timothy. 1:5](#), [Romans. 14:8](#); [Galatians. 5:22, 25](#); [Ephesians. 3:19](#); [1 Peter. 1:22](#); [1 John 4:18](#).

"Sound mind": Refers to a self-controlled and a focus mind. This is the opposite of fear and cowardice that causes disorder and confusion. [Romans 12:3](#);

Focusing on the sovereign nature and perfect purposes of our eternal God allows believers to control their lives with godly wisdom and confidence in every situation ([1 Timothy. 3:2](#); [Titus 1:8; 2:2](#)). [Proverbs 29:25](#)

Great faith does away with fear.

Fear is the opposite of faith. The spirit of fear is from the enemy the devil. God has given him, and us, the power to overcome fear in our life. [Joshua 1:8](#)

Great faith does away with fear. God's love for us is enough to keep us going. [Philippians 4:6-7](#), [Psalm 55:22](#), [1 Peter 5:6-7](#)

God does not condemn us for our fear. He wants to free us from it. [Psalm 56:3](#), [John 14:27](#), [Isaiah 41:10](#), [Isaiah 35:4](#), [Isaiah 35:4](#), [Psalm 27:1](#), [Matthew 6:34](#)

In the Bible, commands to "fear not" usually come from God or one of His angels. [Joshua 8:1](#), [Genesis 16:7](#), [Luke 1:19](#), [Luke 1:11-12](#), [Acts 12:7](#)

God's love for us is enough to keep us going. He had given Timothy, and will give all of us, a sound mind.

Fear is one of Satan's favorite devices to confuse our minds, cause irrational thoughts, misunderstandings, and derail us from the will of God. The Word of God encourages us to cultivate a healthy, renewed mind [Romans 12:1-2](#)

When we are at peace with God and man, our mind is clear. [Isaiah 26:](#)

A healthy mind is linked to our attitude and outlook as believers. A sound mind is not overly concerned with the cares and problems of this life but is set on God and His Kingdom [Colossians 1:1-2](#).

Once we have learned to put our trust in God, we will no longer be afraid of the things that come against us. [Deuteronomy 3:22](#), [Romans 8:31](#)