

## **MA4. Not Having Fear, Worry, or Anxiety about Anything.**

*We are not to have fear, worry, or anxiety about anything.*

This precept is derived from His Word (blessed is He):

### **Key New Testament Scriptures**

Philippians 4:6

*Don't worry about anything; on the contrary, make your requests known to God by prayer and petition, with thanksgiving.*

2 Timothy 1:7

*For God gave us a Spirit who produces not timidity [fear in NKJ], but power, love and self-discipline.*

1 Peter 5:6-7

*Therefore, humble yourselves under the mighty hand of God, so that at the right time he may lift you up. Throw all your anxieties upon him, because he cares about you.*

1 John 4:18

*There is no fear in love. On the contrary, love that has achieved its goal gets rid of fear, because fear has to do with punishment; the person who keeps fearing has not been brought to maturity in regard to love.*

### **Additional New Testament Scriptures**

Matthew 10:28

Mark 5:36

John 14:27

2 Thessalonians 2:1-2

### **Related New Testament Mitzvot**

01 Not Worrying or Being Anxious about Having Adequate Provisions

02 Not Being Fearful of Man

03 Not Worrying about Tomorrow in Matters of Everyday Living

### **Supportive Tanakh Scriptures**

Psalms 23:4

*Even if I pass through death-dark ravines, I will fear no disaster; for you are with me; your rod and staff reassure me.*

Psalms 27:1-2

*ADONAI is my light and salvation; whom do I need to fear? ADONAI is the stronghold of my life; of whom should I be afraid?*

Psalms 34:5(4)

*I sought ADONAI, and he answered me; he rescued me from everything I feared.*

Psalms 56:3(2)-4(3)

*Those who are lying in wait for me would trample on me all day. For those fighting against me are many. Most High, when I am afraid, I put my trust in you.*

Psalms 118:6

*With ADONAI on my side, I fear nothing- what can human beings do to me?*

**See also:**

Deuteronomy 31:6

Joshua 1:9

Isaiah 4:10, 35:4

**Comment**

Anxiety, fear, and worry are stress responses; they are related, but they are not the same. Most often, fear is an emotion of unease that comes from being vulnerable to something or someone that is perceived as dangerous or threatening, but it may be the perception alone, devoid of an emotional component. Anxiety is an unsettling emotion that is often caused by fear but can also be caused by the hormonal influences or dysfunction of our physical body. Worry is brooding about something in the past or that may happen in the future.

The kind of fear that is spoken against in this *Mitzvah* is the kind that results from not putting our trust in God. There are, however, kinds of fear that God allows for our protection (commonly called flight or fight), and one that is even commanded, which is fear of God. The emotion of fear that Scripture speaks against is not in itself sin, but it opens the door to sin by tempting us to respond in ways of which God disapproves. Even when sin is not committed, fear and its cousins, anxiety and worry, are hugely unpleasant feelings that diminish the quality and enjoyment of life and are symptomatic of our not putting our trust in God.

**Related Mitzvot in Volumes 1 & 2**

A08 Succumbing to Fear, Worry & Anxiety