

Fear Monologue

By Raymond B. Chiu

⁹ But the LORD God called to the man and said to him, "Where are you?"^[d] And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." (Genesis 3:9-10)

What is fear?

Is it the distant rumbling of thunder, or the growling of animals in the bush?
Is it that call I one day will receive from the hospital, or the news about a war-torn land that will arrive on my doorstep?

Fear is none of these.

Fear is not an action, object, or event.

These things come from outside us.

Yet their echoes live inside us.

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

² How long must I take counsel in my soul
and have sorrow in my heart all the day? (Psalm 13:1-2a)

Fear is the anticipation of a darkness yet to come.

Whereas death and suffering are fear's destination, fear is an unending, unrealized journey.

Fear cannot be touched or bought, divided or contained.

One cannot calculate it, or plan around it.

No one can turn it off, or build walls against it.

⁶ For there is a time and a way for everything, although man's trouble^[d] lies heavy on him. ⁷ For he does not know what is to be, for who can tell him how it will be? ⁸ No man has power to retain the spirit, or power over the day of death. (Ecclesiastes 8:6-8a)



Fear has a life of its own.

Like a disease, it grows.

It infects like a parasite.

Like a habit, it feeds on itself.

Fear feasts on our souls. Our hearts are consumed and laid waste.

What, I might ask myself, do I fear?

²⁰ If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— ²¹ “Do not handle, Do not taste, Do not touch”? (Colossians 2:20-22)

Fear of contamination stirs up legalism.

Fear of corruption urges us to perfectionism.

¹³ “But woe to you, scribes and Pharisees, hypocrites! For you shut the kingdom of heaven in people’s faces. For you neither enter yourselves nor allow those who would enter to go in.”^[a] (Matthew 13:14)

Fear of demise pushes us to control.

Fear of chaos incites us to oppression.

²² Claiming to be wise, they became fools, ²³ and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things. (Romans 1:22-23)

Fear of insignificance glorifies idolatry.

Fear of meaninglessness inflates ideology.

²⁸ And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.^[a] ²⁹ Are not two sparrows sold for a penny?^[a] And not one of them will fall to the ground apart from your Father. (Matthew 10:28-29)

Three things plague us. Death, suffering, and fear. The darkest among these is fear.



¹² For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known. ¹³ So now faith, hope, and love abide, these three; but the greatest of these is love. (1 Corinthians 13:12-13)

The scourge of death is conquered through faith.

The shadow of suffering is fought off with hope.

The spectre of fear is cast off by love.

Three truths are eternal. Faith, hope, and love.

³ For you have been my refuge,
a strong tower against the enemy.

⁴ Let me dwell in your tent forever!
Let me take refuge under the shelter of your wings! (Psalm 61:3-4)

Wrap yourself in the robe of Christ's love.

Where the world provides false handholds and footholds, let his arms relieve your striving and lift you up to the heights.

¹⁰ The fear of the LORD is the beginning of wisdom,
and the knowledge of the Holy One is insight. (Proverbs 9:10)

Where deceivers peddle false salvation, let the knowledge of the Father himself consume you.

³ My^[a] God, my rock, in whom I take refuge,
my shield, and the horn of my salvation,
my stronghold and my refuge,
my savior; you save me from violence. (2 Samuel 22:3)

When you are lost, look to the One who holds you in the palm of his hand.
Call on the One and Only Father, the great I Am above all things.

¹⁵ For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" ¹⁶ The Spirit himself bears witness with our spirit that we are children of God." (Romans 8:15-16a)

