**Fear**

**For the thing which I greatly feared is come upon me,   
and that which I was afraid of has befallen me. *(Job 3:25)***

**Blessed is the nation whose God is the Lord;**

**Behold, the eye of the Lord is upon them that fear Him,**

**upon them that hope in His mercy.**

***(Psalm 33:12,18)***

**Therefore we will not fear,**

**though the earth should change.**

***(Psalm 46:2)***

**Praise the Lord.   
Blessed is the man who fears the Lord,   
who is vigilant in his commandments.   
His descendants shall be mighty upon earth;   
he shall be blessed in the generation of the upright.   
*(Psalm 112:1-2)***

**But the angel said to them, "Do not be afraid;**

**for see -- I am bringing you good news of great joy for all the people.**

***(St. Luke 2:10)***

**For God hath not given us the spirit of fear; but of power,**

**and of love, and of a sound mind.**

***(2 Timothy 1:7)***

**Acronym: Fear = False Expectations Appearing Real *(John-Roger & Peter McWilliams, in Life 101, p. 355)***

**When fear advances, logic backs away. *(Libbie Fudim)***

**Fear lives in our reptile brains. Are you going to take advice from a lizard? *(Martha Beck)***

**Affirmation: Sweet Christ spirit within me, I feel the strength of Your supportive arms, holding me safe and secure. There is nothing to fear. I am free—alive—joy-filled. Thank You, God. *(Richard & Mary-Alice Jafolla, in The Quest)***

**Ireland’s journalists report the fear of AIDS is such now that countless tourists at Blarney Castle decline to kiss the stone. *(L. M. Boyd)***

**Ziggy says to the psychiatrist: “The flying isn’t the problem. I have fear of airline food!” *(Tom Wilson, in Ziggy comic strip)***

**I think I’m finally over my fear of flying -- but now I’ve developed a fear of airport metal detectors! *(Tom Wilson, in Ziggy comic strip)***

**I am not afraid of storms for I am learning to sail my ship. *(Louisa May Alcott)***

**I'm not afraid to die. I just don't want to be there when it happens. (Woody Allen)**

**Boss: “I fear the employees think I am aloof and out of touch. I need to reconnect with them! Perhaps a personal chat with each one would reassure them. What do you think, Miss Preen?” Employee: “I am Miss Schwump!” *(Art & Chip Sansom, in The Born Loser comic strip)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The three most common fears among American adults: spiders, social situations, and flying. (*Uncle John’s Bathroom Reader: Wise Up!, p. 249)***

**Nearly one in five American children are kept indoors most of the time because their parents fear for their safety, a new Census Bureau report found. For blacks and Hispanics, the figure is one in three. *(The New York Times, as it appeared in The Week magazine, November 16, 2007)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Perhaps the angels who fear to tread where fools rush in used to be fools who rushed in. *(Franklin P. Jones, in Quote magazine)***

**Rose: “I wish I could have an anti-fear program installed in my brain! That way I wouldn’t be afraid of noises in the dark!” Mom: “Goodnight!” Rose: “Although I’m grateful for being equipped with voice recognition!” *(Pat Brady & Don Wimmer, in Rose Is Rose comic strip)***

**Fear has a good side: The composer who was saved by an apparition: Christoph Gluck (1714-1787), the German composer who refused to sleep in his room after seeing an apparition of himself enter it, found the next morning that the ceiling had collapsed on his bed and would have killed him. *(Ripley's Believe It or Not! Strange Coincidences)***

**Mr. Peters: “I have an unhealthy fear of asparagus, Dr. Floyd.” Dr. Floyd: “Well,, Mr. Peters, with a lot of hard work, perhaps we can change that to a healthy fear of asparagus.” *(J. C. Duffy, in Go Fish comic strip)***

**One can tell a great deal about a country by what it chooses to remember: by what graces the walls of its museums, by what monuments are venerated, and by what parts of its history are embraced. One can tell even more by what a nation chooses to forget: what memories are erased and what aspects of its past are feared. This unwillingness to understand, accept, and embrace an accurate history, shaped by scholarship, reflects an unease with ambiguity and nuance – and with truth. One frequent casualty of such discomfort is any real appreciation of the importance of African American history and culture for all Americans. Why should anyone fear a history that asks a country to live up to its highest ideals – to “make good to us the promises in your Constitution,” as Frederick Douglas put it. But too often, we are indeed fearful. State legislatures have passed laws restricting the teaching of critical race theory, preventing educators from discussing a history that “might make our children feel guilty” about the actions and attitudes of their ancestors. Librarians around the nation feel the chilling effects of book bans. Some individuals who seek to occupy the highest office in the land fear the effects of an Advanced Placement class that explores African American history – a history that, as education officials in Florida have maintained, “lacks educational value”; a history that does not deserve to be remembered. There is no reason to fear a history that, while illuminating the dark corners of America’s past, also displays values and expectations that are central to America’s identity: resiliency, family, education, fairness. *(Lonnie G. Bunch III, in The Atlantic magazine)***

**In his recent autobiography Walter Cronkite tells of a conversation he once had with astronaut Wally Schirra: “Over a beer one night, I promised never to tell if, off the record, he would level with me about what he had really been thinking in the last minutes before his rocket blasted off. Wally said, ‘Well, I was lying there looking up at all the dials and buttons and toggle switches on the control panel, and I thought to myself, Good God, this thing was built by the lowest bidder.’” *(A Reporter’s Life, in Reader’s Digest)***

**Claim is that baboons are afraid of the dark. *(L. M. Boyd)***

**Psychiatrist: “Fortunately, Mr. Crane, your fear of heights is balanced out by your fear of depths.” *(J. C. Duffy, in Go Figure comic strip)***

**Nothing is more desirable than to be released from an affliction, but nothing is more frightening than to be divested of a crutch. *(James Baldwin, in Nobody Knows My Name)***

**I have three phobias which, could I mute them, would make my life as slick as a sonnet, but as dull as ditch water. I hate to go to bed, I hate to get up, and I hate to be alone. *(Tallulah Bankhead, American actress)***

**Human beings are born with just two basic fears. One is the fear of loud noises. The other is the fear of falling. All other fears must be learned. *(Ronald Rood, in Loon in My Bathtub)***

**We fear something before we hate it. A child who fears noises becomes a man who hates noise. *(Cyril Connolly, British critic)***

**I have accomplished nothing without a little taste of fear in my mouth. *(Beyonce, pop star and mogul)***

**People who live in fear of bill collectors agree it’s always darkest before the dun. *(Bert Murray)***

**Much beloved Episcopal Bishop Warren Chandler lay dying. A close friend sat by his bedside. “Please tell me frankly,” said his friend, “do you dread crossing the river of death?” The old bishop smiled weakly and said with conviction, “My father owns the land on both sides of the river." Why should I be afraid?” (Dynamic Preaching)**

**A little boy can be paralyzed with fear when he is told there is a boogie man under his bed who is going to take him away. When his father turns out the light and shows him there is no boogie man, he is freed from fear. The fear in the mind of the boy was as real as if there really was a boogie man there. He was healed of a false thought in his mind. The thing he feared did not exist. Likewise, most of your fears have no reality. They are merely a conglomeration of sinister shadows, and shadows have no reality. *(Dr. Joseph Murphy, in The Power of Your Subconscious Mind)***

**Everything we do in life is based on fear, especially love. *(Mel Brooks, filmmaker)***

**Be fearful when others are greedy and greedy when others are fearful. *(Warren Buffett)***

**In Victorian times, there was an intense fear of being buried alive. So when someone died, a small hole was dug from the casket to the surface, then a string was tied around the dead person’s finger, which was then attached to a small but loud bell hung on the surface of the grave. If someone was buried alive, they could ring the bell and whoever was on duty would go and dig them up. Someone was on the duty twenty-four hours a day – hence the graveyard shift. *(Noel Botham, in The Book of Useless Information, p. 150)***

**The cave you fear to enter holds the treasure you seek. *(Joseph Campbell)***

**Nothing is more despicable than respect based on fear. *(Albert Camus)***

**Fear not those who argue, but those who dodge. *(Dale Carnegie)***

**Fear is going to be a player in your life, but you get to decide how much. *(Jim Carrey, actor and comedian)***

**The main thing is not to be afraid of being human. *(Pablo Casals)***

**Two caterpillars were crawling across the grass when a butterfly flew over them. They looked up, and one nudged the other and said: “You couldn’t get me up in one of those things for a million dollars!” *(Bits & Pieces)***

**We can even be afraid without being able to identify the cause of our fears! We’re just plain afraid, and we go from day to day, carefully picking our way through a fear-filled existence. *(Richard & Mary-Alice Jafolla, in The Quest, p. 271)***

**It is the fear of the material conditions that wrecks the material body. It is the fear of this or that, that prevents a channel from making for the greater supply. *(Edgar Cayce)***

**Doctor says to Ziggy: “I’m afraid all your good cholesterol has defected to the other side!” *(Tom Wilson, in Ziggy comic strip)***

**Fear is powerful, but your soul is unafraid. Find your soul and it will dissolve your suffering. *(Dr. Deepak Chopra)***

**Winston Churchill, prime minister of England during World War II, lived with an odd superstitious fear for most of his life. Churchill went through life fearing each year that he would die on January 24 because his father had died on that date in 1895. On January 24, 1965, Winston Churchill did indeed pass away – seventy years to the day his father died. *(Charles Reichblum, in Knowledge in a Nutshell, p. 136)***

**Gloria: “Why don’t you guys ever clean this filthy kitchen, Lance?” Lance: “Because we eat a lot of Italian food, Gloria, and we fear that if we were to buy a kitchen cleanser, we might confuse it with parmesan cheese, leading to tragedy.” *(J. C. Duffy, in The Fusco Brothers comic strip)***

**Dean: “I don’t get it, Heart! If you’re afraid of your clown doll, just throw it away!” Heart: “You can’t do that, Dean! Don’t you know anything about dolls that come to life when the lights go out? If you try to get rid of evil dolls, they come back stronger than ever, and they bring friends!” Dean: “Boy, sounds like a huge manufacturer’s liability.” Heart: “Now, there’s a warning label: not recommended for children under three. They’re covered.” *(Mark Tatulli, in Heart of the City comic strip)***

**Instead of bringing me a drink, this guy offered me a sip of his. Talk about fear of commitment. *(Caroline Rhea)***

**The computer repair man says to Ziggy: “I think I’ve got it fixed now, but be careful -- it can sense fear!” *(Tom Wilson, in Ziggy comic strip)***

**It is not power that corrupts but fear. Fear of losing power corrupts those who wield it, and fear of the scourge of power corrupts those who are subject to it. *(Aung San Suu Kyi, Nobel Peace Prize-winner, in Far Eastern Economic Review)***

**Death is not the enemy, living in constant fear of it is. *(Dr. Norman Cousins)***

**If the king of the jungle is the only critter feared by all the others, then the king must be the wasp. *(L. M. Boyd)***

**Nothing in life is to be feared. It is only to be understood. *(Marie Curie)***

**As I walked into the little country store, I couldn’t miss the sign on the door that said, “Danger! Beware of Dog!” But, as I cautiously entered, all I saw was an old hound dog sleeping on the floor by the counter. “Is that the dog we’re supposed to be afraid of?” I asked the man behind the counter. “Yep, that’s him.” “He doesn’t look very dangerous to me,” I chuckled. “Appearances can be deceiving,” the fellow noted. “Before I put that sign up, everyone kept tripping over him.” *(Allen Workman, in Country magazine)***

**Fear is that little darkroom where negatives are developed. *(Michael* Pritchard)**

**We must not fear daylight just because it almost always illuminates a miserable world. *(Rene Magritte, artist)***

**Girl: “One last question. How do you deal with the fear?” Boy: “By taking it one day at a time. It’s all about inhaling and exhaling.” *(Tom Batiuk, in Funky Winkerbean comic strip)***

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**The fear of death keeps us from living, not from dying. *(Paul C. Roud, in Making Miracles)***

**A daughter asked her father who had just turned ninety, and who had never shown any fear of death, if now he did not have some fear of dying. He answered, “I have no fears. Statistics prove that more people die under ninety than over ninety.” *(Leslie B. & Bernice Flynn, in Humorous Incidents & Quips, p. 12)***

**It’s not mere gluttony or greediness that makes us binge on sweets and go on spending sprees for luxuries we can’t afford, says a new study. It’s the fear of death. After 9/11, sales of indulgent snacks and expensive consumer items shot up, prompting social psychologists to wonder if it might be because everyone had just been reminded that life can end at any moment. To test this hypothesis, researchers at Arizona State University and Erasmus University in the Netherlands asked 746 students to write essays on one of two topics: a visit to the dentist or death. Later, they were offered plates of cookies as well as the opportunity to buy items off a hypothetical shopping list. Students who’d spent hours thinking and writing about death couldn’t get enough cookies, stuffing their faces with the treats; students who’d written about a dentist visit ate one or two cookies, or were disinterested altogether. The death essayists were also more likely to purchase items from a pretend shopping list. Eating and shopping to excess, researchers say, appear to be common strategies for escaping troubling thoughts about mortality. “When you indulge in shopping or eating, it helps you forget yourself,” researcher Dirk Smeesters tells New Scientist. “One would hope that companies do not exploit this by putting food ads straight after the news.” *(The Week magazine, June 13, 2008)***

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**My dentist's office was in the midst of renovation when I arrived for a checkup. As the hygienist led me to a room, I could hear the sound of hammering and sawing coming from next door. “It must really scare your patients to hear that when they're in the dentist's chair," I remarked. “That's nothing," she said. “You should see what happens when they hear the jackhammer." *(Chuck Rothman, in Reader's Digest)***

**Fear is often disguised as moral outrage. *(Judy Blume)***

**Why ancient Egyptians so disliked red hair I don’t know. But historical footnotes suggest they feared red-haired people. And their prejudice spread to the Greeks and Romans. *(L. M. Boyd)***

**Walt Disney was afraid of mice. (David Hoffman, in Little-Known Facts about nothing is more Well-Known Stuff, p. 147)**

**The dodo, which existed only on the Mascarene Islands in the Indian Ocean, was first discovered in 1598 and because it was both fearless and defenseless was extinct in less than a century. *(Ripley’s Believe It or Not!: Weird Inventions and Discoveries, p. 72)***

**I’m scared! I don’t know whether the world is full of smart men bluffing or imbeciles who mean it. *(Morrie Brickman)***

**It is not death or pain that is to be dreaded, but the fear of pain or death. *(Epictetus, in Discourses)***

**Fear is a pair of handcuffs on your soul. *(Faye Dunaway, actress)***

**What a fearful object a long-neglected duty gets to be! *(Chauncey Wright)***

**Man: “So you’re saying you’re not afraid of dying?” Pickles: “Absolutely. What I’m afraid of is getting to the end of my life and realizing I haven’t really lived.” Man: “You want to switch your prescription meds for one day?” *(Brian Crane, in Pickles comic strip)***

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**Your ears secrete more earwax when you're afraid than when you aren't. (Uncle John's Bathroom Reader: Extraordinary Book of Facts, p. 48)**

**Cerumen is the medical term for earwax. The ears secrete more earwax when you are afraid than when you aren’t. *(Noel Botham, in The Best Book of Useless Information Ever, p. 105)***

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**Thomas Edison, the inventor of the light bulb, was afraid of the dark. *(Noel Botham, in The Book of Useless Information, p. 187)***

**A magazine advertisement for a commodities trading house stated in a headline beneath a picture of Edison, “He who is afraid to make mistakes is afraid to succeed.” *(M. Hirsh Goldberg, in The Blunder Book, p. 15)***

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**If people are good only because they fear punishment, and hope for reward, then we are a sorry lot indeed. *(Albert Einstein)***

**Elevator makers had to overcome the public's fierce fears. A basic fear of falling and a widespread claustrophobic fear of confinement in small places, heightened by the rarely real threat of getting stuck between floors. *(L. M. Boyd)***

**You don’t have to be afraid – I have enough fear for both of us. *(Ashleigh Brilliant, in Pot-Shots)***

**Fear knocked at the door. Faith answered. No one was there. *(Bits & Pieces)***

**The fear of life is the favorite disease of the 20th century. *(William Lyon Phelps, American educator and journalist)***

**Behind everything we feel there is always a sense of fear. *(Ugo Betti, in Struggle Till Dawn)***

**Isaac Asimov tells the story of a fire-and-brimstone preacher who looked sternly down at the worshipers in his church one Sunday and said: “What a fearful thought it is that every member of this congregation must, sooner or later, die.” Everyone grew very somber at this point -- except for one gentleman who was sitting in the front pew with a disbelieving smile on his face. The preacher's face became quite red as he looked squarely at this man, and he said, “I repeat, every member of this congregation must, sooner or later, die.” This time an even bigger smile came over the man's face. At this point, the preacher addressed the man directly. “May I ask what you find so amusing in my statement?” he inquired. The man replied: “I assure you, I am not amused. But I am terribly relieved. You see, I am not a member of this congregation.” Asimov’s story gives a little comic relief in the contemplation of death and, as we lift from it the phrase “sooner or later,” we must acknowledge that some people do die sooner than their natural death. That is, they die spiritually premature to their physical demise – as Ezekiel showed the Hebrew’s with his powerful image of a vast plain of dry bones. (LectionAid)**

**One of the great discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn’t do. Most of the bars we beat against are in ourselves -- we put them there, and we can take them down. *(Henry Ford)***

**Fear is forward. No one is afraid of yesterday. *(Renata Adler, author)***

**Fear is more belief in evil than in God. *(Emmet Fox)***

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**If evils come not, then our fears are vain; and if they do, fear but augments the pain. *(Benjamin Franklin)***

**Keep conscience clear, then never fear. *(Benjamin Franklin)***

**Fear God, and your enemies will fear you. *(Benjamin Franklin)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*No member of our generation who has a mature sense of reality and responsibility can experience a literal freedom from fear. *(Bonaro Overstreet, in Courage for Crisis)***

**Sigmund Freud had a morbid fear of ferns. *(Noel Botham, in The Book of Useless Information, p. 16)***

**All fear is a sign of want of faith. Cultivate the quiet courage of dying without killing. For man lives freely only by his readiness to die. *(Mahatma Gandhi)***

**Everything worth doing starts with being scared. *(Art Garfunkel, singer)***

**There are very few monsters who warrant the fear we have of them. *(Andre Gide, French author and critic)***

**The remarkable thing about fearing God is that when you fear God you fear nothing else, whereas if you do not fear God you fear everything else. *(Oswald Chambers, in The Highest Good)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**There are times when fear is good. It must keep its watchful place at the heart’s controls. *(Aeschylus, in The Eumenides)***

**A good scare teaches more than good advice. *(Bits & Pieces)***

**Many people fear that the good times will end, while others are afraid that they’ll never begin. *(Ashleigh Brilliant, in Pot-Shots)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Overheard: “My greatest fear is that I will be standing behind Mother Teresa in the final judgment line and I’ll hear God tell her, ‘You know, you should have done more.’” *(The Jokesmith)***

**The Newtown, Connecticut, school massacre, and the talk of gun control it sparked, has been a boon for gun makers and sellers. Buyers have been gobbling up assault weapons, large-capacity magazines, armor-piercing bullets, and other weaponry out of fear they will be banned. “My shelves are bare,” said Virginia gun-store owner Donel Dover. *(The Washington Post, as it appeared in The Week magazine, February 1, 2013)***

**What happens if you get scared half to death twice? *(Steven Wright, comedian)***

**Mark Twain was born in 1835 when Halley's comet appeared. He predicted that he would die when Halley's comet next returned to scare everyone -- and he did, in 1910. The comet will next return in 1986. The last time the comet was seen, superstitious people bought anti-comet pills at $1 a box. *(Isaac Asimov's Book of Facts, p. 426)***

**The only way to get rid of my fears is to make films about them. *(Alfred Hitchcock, famous English director)***

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**The fear of becoming a “has been” keeps some people from becoming anything. *(Eric Hoffer, American author-philosopher)***

**The feeling of being hurried is not usually the result of living a full life and having no time. It is, rather, born of a vague fear that we are wasting our life. *(Eric Hoffer, in Reflections on the Human Condition)***

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**Horror films don’t create fear, they release it. *(Wes Craven, director)***

**My chief task has been to conquer fear. *(Harry Houdini)***

**The late Howard Hughes and numerous others have been depicted as highly fearful of dust. (L. M. Boyd)**

**I’m afraid of losing my obscurity. Genuineness only thrives in the dark. Like celery. *(Aldous Huxley)***

**If you knew Who walks beside you on the way that you have chosen, fear would be impossible. *(A Course in Miracles)***

**Do not fear death so much, but rather the inadequate life. *(Bertolt Brecht)***

**In 1934, a Hartford insurance company bought a rubber dummy safe. Every hour on the hour, an employee pushed the thing out an upstairs window when a cohort below signaled the sidewalk was clear. Horrified passersby asked frantic questions of salesmen conveniently near. They collected names and addresses -- and wrote $13 million in accident policies before the cops stopped it. *(L. M. Boyd)***

**I've always tried to meet people with respect, the way I wanted to be treated. I've always had the mentality that I never wanted to embarrass my parents. That fear is still in there. *(Derek Jeter, who credits his parents with helping him achieve an unblemished 20-year career in professional baseball)***

**I am not afraid . . . I was born to do this. *(Joan of Arc)***

**I am no longer afraid of becoming lost, because the journey back always reveals something new, and that is ultimately good for the artist. *(Billy Joel)***

**A nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people. *(John F. Kennedy)***

**The thing that cowardice fears most is decision. *(Soren Kierkegaard)***

## There are many different kinds of fears. Some are actually healthy and godly. For those that are unhealthy and paralyzing, we can trust the God of truth to enable us to deal with those fears and overcome them. (James R. Gray, in Pulpit Helps)

**The figure of King Kong seen in the original movie of the same name was actually a model 18 inches high. *(David Louis, in Fascinating Facts, p. 106)***

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**Of all the liars in the world, sometimes the worst are your own fears. *(Rudyard Kipling)***

**Of all the fears in the world, sometimes the worst are your own fears. *(Rudyard Kipling)***

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**Life can get so interesting that we forget to be afraid*. (Don DeLillo, author)***

**It is the female lion who does more than 90 percent of the hunting while the male is afraid to risk his life, or simply prefers to rest. (Isaac Asimov's Book of Facts, p. 41)**

**When we're afraid to listen, we only talk. When we're afraid to be with others, we make sure we're alone. *(Christopher Ian Chenoweth, Unity Minister)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**We start the year with a government shut down over a wall -- a wall that is somehow supposed to protect us from the dangers of rapists and murderers, foreign laborers, and Central American children seeking asylum. The reality is that the number of undocumented immigrants in the United States has been falling for a decade. Many of those would be documented, were it not for the careless discarding of a painstaking, bipartisan immigration compromise after "amnesty" became a dirty word in the immigration debate. Meanwhile, in March, 2018, the total backlog of asylum cases stood at about 318,000. With a current U.S. population of 325 million, that means there is one person seeking asylum for every 1,000 residents. The U.S. has been processing the backlog slowly, it's true, deciding on about 40,000 asylum cases each year, with less than half of applicants getting permission to stay. Yes, there are more applicants now, but no matter how you count them, it's not exactly a deluge. Yet none of those facts matters, because we seem to live now in a state of perpetual fear. At this point, everybody understands that the wall is a metaphor. It says Keep out, of course. But it also says, somehow with no shame, that we are afraid. Where once fear was something we strove to overcome -- remember "The only thing we have to fear is fear itself"? -- it is now something many Americans embrace. We are a nation on lockdown, rushing to close the doors to every room and nail shut the entrances to the building. Our children practice lockdown drills in school every month. Yet all the indications are that the biggest dangers do not come from outside. It's just the beginning of the year, and it's an inauspicious start, reminiscent of the scene in every horror movie where the protagonist bars all the doors, turns around, and finds the monster staring right back at him. *(Mark Gimein, in The Week magazine, January 11, 2019)***

**It is not only things going wrong that frighten us. It is also our lives going profoundly right. It is clarity piercing the armor of encrusted prejudices – about others and ourselves. It is new vitality sweeping away the stagnation of lethargy. It is deep roots, long buried beneath the surface, sending up sprouts to at last burst uncontrolled into sunlight. *(Gary Zukav, in Soul to Soul: Communications from the Heart, p. 8)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Nine out of 10 people on the federal payroll got there for the same reason. They were scared they’d lose their jobs elsewhere. Lack of confidence in self or system or both is mostly what spurred them. So says a government recruiter. *(L. M. Boyd)***

**Lot of fears can go into the fear of flying. Some white-knucklers specifically fear enclosed places. Others, heights. Some pilots fear lack of control. Fear of death is a big ingredient. So is plain old fear of fear. *(L. M. Boyd)***

**Just love and they will know you, they will sense it. The same thing holds true with animals, with every part of life. St. Francis and the wolf is a good example. The wolf was vicious, but St. Francis loved and quieted the heart of the wolf. *(Jack E. Addington)***

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**Fear makes strangers of people who would be friends. *(Shirley MacLaine)***

**The more I traveled the more I realized that fear makes strangers of people who should be friends. *(Shirley MacLaine)***

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**Republicans blew their best chance to end Donald Trump’s hostile takeover of the party. A week after the Jan. 6 insurrection, the House impeached Trump for inciting the attempted coup and sent the case to the Senate. In the fresh horror of the riot, many Republicans jumped off the Trump train. “Count me out. Enough is enough,” said Sen. Lindsey Graham, who’d up to then been a groveling Trump apologist. A disgusted Mitch McConnell, then the Senate majority leader, said, “There’s no question, none, that President Trump is practically and morally responsible for provoking the events of the day.” But out of fear of the MAGA base, McConnell, Graham, and most other Senate Republicans voted to acquit Trump. By letting him off the hook, the Senate also passed on the chance – expressly authorized by the Constitution – to bar Trump from ever again holding public office. McConnell suggested that the “criminal justice system” should hold Trump accountable. Privately, he told Republicans, “Let’s just ignore him.” *(The Week magazine, August 18, 2023)***

**Our deepest fear is not that we are inadequate but that we are powerful beyond measure. *(Nelson Mandela)***

**Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves: "Who am I to be brilliant, gorgeous, talented and fabulous?" Actually, who are you not to be? You are a child of God. *(Nelson Mandela, inaugurative speech, 1992)***

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**Boldness is a mask for fear, however great. *(John Dryden)***

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**Fears are educated into us and can, if we wish, be educated out. *(Dr. Karl A. Menninger)***

**Fear has never been a good adviser, neither in our personal lives nor in our society. *(Angela Merkel, in Time magazine)***

**Fear, like love, is difficult to explain after it has subsided, probably because it draws away the veils of illusion as it disappears. *(Arthur Miller)***

**If I don't go in to work a little scared, I don't have any interest in it. *(Mary Tyler Moore)***

**The more you learn, the less you fear. *(Julian Bames, author)***

**Psychiatrist: “Now, Ziggy, of all the things you're afraid of, what are you most afraid of?” Ziggy: “I was afraid you were gonna ask me that!” *(Tom Wilson, in Ziggy comic strip)***

**There was once a mouse who was afraid of the cat. His fear grew and grew until at last he wished with all his might to become a cat. His wish was granted, and the mouse did indeed become a cat. But the cat was afraid of the dog, and so he wished and wished to become a dog. Once again his wish was granted, and the cat became a dog.  But the dog was afraid of the lion, and so this time he wished and he wished to become a lion. Eventually the dog did become a lion, but now he was afraid of the hunter. The lion wished and wished with all his might to become a hunter and, surely enough, his wish was granted. But the hunter, poor man, was afraid of his wife. So he wished and he wished to become a wife. His wish was granted, and the hunter was now a wife. But, alas, this was not the end of the chain of fear, for the wife, too, was afraid. She was afraid of the mouse! *(Richard & Mary-Alice Jafolla, in The Quest, p. 270)***

Napoleon was morbidly afraid of cats. (E.C. McKenzie, in Tantalizing Facts)

**I will always have fears, but I need not be my fears, for I have other places within myself from which to speak and act. *(Parker Palmer)  
\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**People living deeply have no fear of death. (Anais Nin)**

**Huge evils occur precisely because grthe more I traveledeat power is placed in the hands of men who have no fear of God and who believe themselves restrained by no absolute code of conduct. *(Paul Johnson)***

**Probably the most famous species to have been eradicated by people, the dodo was a three-foot-tall flightless bird that lived on the island of Mauritius in the Indian Ocean. The dodo had no natural predators, so it was able to nest on the ground in perfect safety until Dutch settlers arrived in the 16th century. Having never before been bothered, the dodo had no fear of people, nor of the sheep, dogs, pigs, and rats that accompanied them, The animals attacked the birds, the settlers destroyed their habitat, and the species disappeared in less than a century. *(Armchair Digest: The Extraordinary Book of Information, p. 246)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Heavyweight boxer Ken Norton fears no man in the ring. But he is afraid...of black cats! (Ripley's Believe It or Not!: Book of Chance, p. 82)**

**There are few things more liberating in life than having your worst fear realized. *(Conan O’Brien)***

**I’ve been absolutely terrified every moment of my life and I’ve never let it keep me from doing a single thing that I wanted to do. *(Georgia O’Keefe)***

**Barack Obama feared that his marriage would never recover from eight stressful years in the White House, the former president writes in his memoir published this week. In A Promised Land, Obama writes that Michelle objected to his 2008 presidential bid just two years after he was elected to the U.S. Senate, telling him, "God, Barack, when is it going to be enough?" They attended couples therapy, and she relented. But during his presidency, "I continued to sense an undercurrent of tension in her," Obama writes, explaining that Michelle resented his absorption with work and "the tendency of even friends and family members to treat her role as secondary." Obama says he'd lie in bed and "think about those days when everything was lighter, when her smile was more constant and our lives less encumbered," adding, "my heart would suddenly tighten at the thought that those days might not return." (The Week magazine, November 27, 2020)**

**The only thing we have to fear is pain, death, loss, sickness, and public speaking. *(Ashleigh Brilliant, in Pot-Shots)***

**A burglar told Washington, D. C. police that he held up liquor stores during the day because, “I’m afraid to be out on the street at night with so much money.” *(Bits & Pieces)***

**A British woman who suffered from agoraphobia for 22 years has finally left her house. Sue Curtis, 40, first began experiencing fear of the outdoors when her two sons were toddlers. Her panic attacks became so acute that they would surface if she tried to leave her home in northern England. But after taking free self-help classes on the Internet, and becoming fascinated by the sights she was seeing on Google Maps, Curtis can now make it down her street and back without fear. “It may not seem very far to walk, but for me this is amazing. And now I don’t see a reason why I can’t be cured in the future and lead a normal life again. (The Week magazine, April 24, 2009)**

**One of the things we absolutely owe our Lord is never to be afraid. *(Venerable Charles de Foucauld)***

**I have learned that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. *(Rosa Parks)***

**French chemist Louis Pasteur had an obsessive fear of dirt and infection. He would never shake hands, would carefully wipe his plate and glass before dining, and would sneak a microscope under his coat into friends’ houses and then examine the food they served to make sure it was safe from germs. *(Noel Botham, in The World’s Greatest Book of Useless Information, p. 141)***

**There is a time to take counsel of your fears, and there is a time to never listen to any fear. *(Gen. George S. Patton)***

**There are only two kinds of people I’m really afraid of: men and women. *(Ashleigh Brilliant, in Pot-Shots)***

**A timid person is frightened before a danger, a coward during the time, and a courageous person afterward. *(Jean Paul Richter)***

**Dennis says to his Mom: “In case we run into any wild animals, I’m takin’ this picture of Margaret to scare ‘em away.” *(Hank Ketcham, in Dennis the Menace comic strip)***

**Legend has it that one day a man was walking in the desert when he met Fear and Plague. They said they were on their way to a city to kill 10,000 people The man asked Plague if he was going to do all the work. Plague smiled and said, “No, I’ll take care of only a few hundred. I’ll let my friend Fear do the rest.” (Dr. Delia Sellers, in Abundant Living magazine)**

**We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light. *(Plato)***

**We are largely the playthings of our fears. To one, fear of the dark; to another, of physical pain; to a third, of public ridicule; to a fourth, of poverty; to a fifth, of loneliness – for all of us our particular creature waits in ambush. *(Horace Walpole, in Reader’s Digest)***

**More popcorn is sold during the showing of scary movies. (Don Voorhees, in The Essential Book of Useless Information, p. 23)**

**Inmate says to the policemen after being recaptured: “I’m terrified of going back to prison and dealing with all those carbs.” *(Robb Armstrong, in Jump Start comic strip)***

**We shall not fear the process, when we understand that it is all progress. (Nona L. Brooks)**

**West Coast residents fearing radiation from Japan’s damaged nuclear reactors bought up all available supplies of potassium iodide pills. The pills – which officials say are utterly unnecessary for Americans 5,000 miles from the nuclear accident – protect against the absorption of radioactive iodine by the thyroid gland. “Those who don’t get it are crying,” said the owner of one company, which sold 10,000 boxes of pills in a single day. *(The Wall Street Journal, as it appeared in The Week magazine, April 1, 2011)***

**Keeping Cool: Why did scientists chase dozens of marine iguanas on the Galapagos Islands? To learn why island animals with no predators tend to be so calm. After subjecting the three-foot-long reptiles to 15 minutes each of “experimental harassment,” the researchers, from Princeton and other universities, captured the animals and took blood samples. On predator-free islands, hassled iguanas had levels of the stress hormone corticosterone that were similar to those in unchased animals. But on islands where cats and dogs had been introduced, researcher-chased iguanas released more of the hormone. That finding suggests that the reptiles are able to learn fear. *(Smithsonian magazine, 2007)***

**Men resist what they fear. *(Nona L. Brooks)***

**The only thing we have to fear is fear itself. *(Franklin D. Roosevelt)***

**The only reason I’m not running for president is that I’m afraid no woman will come forward and say she’s slept with me. *(Garry Shandling)***

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**To conquer fear is the beginning of wisdom. *(Bertrand Russell)***

**To fear love is to fear life, and those who fear life are already three parts dead. *(Bertrand Russell, British philosopher)***

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**The fact that emotions and thoughts can produce profound changes in the body’s chemistry was known long before the lie detector was invented. The Orientals, before the time of Confucius, knew that fear shuts off the secretion or flow of saliva in most people. Lying, especially where there is much at stake and where the penalty of discovery means loss of money, respect, love, or freedom, breeds fear or similar emotions that act in the same way. That explains why the Orientals would give a suspected liar a handful of rice to chew. If he could spit it out, they declared him honest. But if he could not summon up enough saliva for this, they judged him afraid of discovery and therefore guilty. *(Bits & Pieces)***

**Japanese and Chinese people die on the fourth of the month more often than any other dates. The reason may be that they are “scared to death” by the number four. The words four and death sound alike in both Japanese and Chinese. *(Noel Botham, in The Best Book of Useless Information Ever, p. 198)***

**Grandpa: “What happened to your arm, Nelson?” Nelson: “Muffin scratched me.” Grandpa: “Yeah. She’ll do that.” Nelson: “She’s kind of mean sometimes. How come you keep her?” Grandpa: “To tell the truth, we’re afraid to ask her to leave.” *(Brian Crane, in Pickles comic strip)***

**You know those 2,000 glands that secrete wax in each of your ears! Medical research indicates they secrete more when you’re afraid. *(L. M. Boyd)***

**According to most studies, people's number one fear is public speaking. Number two is death. This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy. *(Jerry Seinfeld)***

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**Our fears are always more numerous than our dangers. *(Seneca)***

**He who fears from near at hand often fears less. *(Seneca)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*A sense of continuity with the generations gone before can stretch like a lifeline across the scary present. *(John Dos Passos, author)***

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**Grandma: “Ralph, Oogie has an appointment with the vet today. Go find her and put her in the kitty carrier!” Ralph: “Why me? I’m afraid of that crazy cat!” Grandma: “Oh, Ralph. You’re afraid of your own shadow!” Son: “That’s OK, Dad. I’m afraid of your shadow too. It’s humongous!” *(Kevin Fagan, in Drabble comic strip)***

**Never fear shadows. They simply mean there’s a light shining somewhere nearby. *(Ruth E. Renkel)***

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**Be not afraid of greatness: some are born great, some achieve greatness, and some have greatness thrust upon them. *(William Shakespeare)***

**When people share their fears with you, share your courage with them. *(Bits & Pieces)***

It has been determined – and you, too, may find this report satisfying – that the great white shark is scared of the dark. (L. M. Boyd)

**There is always danger for those who are afraid of it. *(Bernard Shaw)***

**Sheep naturally flock together out of fear. They have many natural predators, and no way of protecting themselves. Many shepherds keep larger animals, such as mules or llamas, with their flock in order to frighten off coyotes and wolves. *(Tidbits)***

**If one is willing to do a thing he is afraid to do, he does not have to. It is the law of nonresistance, which is so little understood. *(Florence Scovel Shinn, in The Game of Life)***

**Learning to smell fear: Why do children sometimes suffer chronic nightmares or even flashbacks to events they never experienced? The key, according to a new study, is odor – specifically, the smell of fear. Researchers conditioned a group of non-pregnant rats to fear the smell of peppermint, using small electric shocks. When these rats later gave birth, their pups also exhibited signs of increased stress when exposed to the peppermint aroma. Further tests revealed that the fear-induced odor emitted by their mothers could trigger the same stress responses in the pups, including an increase of the stress hormone cortisol. The scientists, led by Jacek Debiec from the University of Michigan, said that while these maternal cues are an integral part of an offspring’s ability to adapt to its environment, mothers who suffer from post-traumatic stress disorders or pathological fears could potentially pass those fears on to their children. Understanding these “intergenerational transmissions” could lead to breakthroughs in therapeutic treatment and prevention methods. “Our research demonstrates that infants can learn from maternal expressions of fear very early in life,” Debiec told The Daily Telegraph (U.K.). “Before they can even make their own experiences, they basically acquire their mothers’ experiences.” *(The Week magazine, August 15, 2014)***

**To the man who is afraid, everything rustles. *(Sophocles)***

**The worst sorrows in life are not in its losses and misfortunes, but its fears. *(Arthur Christopher Benson, essayist)***

**I had all the fears that a lot of kids have, a society of the netherworld living under my bed, and monsters living in the closet waiting to pull me in. There was a forest outside my window in New Jersey, and at night the trees had silhouettes of arms and heads and tentacles. I liked being scared, though. It was stimulating. Even as a kid, I liked pushing myself to the brink of terror and then pulling back. In the morning I was the bravest guy -- little seven-year-old Steven walking around the closet or talking to the trees, saying, “I’m not afraid of you.” But once night fell, all bets were off. *(Steven Spielberg, movie director)***

**Fear cannot be without hope nor hope without fear*. (Baruch Spinoza, Dutch philosopher)***

**Keep your fears to yourself; share your courage with others. *(Robert Louis Stevenson)***

**There are only two things that have kept me from a successful career: the fear of failure and the fear of success. *(Scott Scantis, in The Buckets comic strip)***

**Boy says to teacher: “Solving double-digit additions problems scares me! Solving triple-digit addition problems frightens me! Solving addition word problems terrifies me!” Girl: “His sum of all fears is the fear of all sums.” *(Steve Breen, in Grand Avenue comic strip)***

**A hand-sanitizer shortage is looming just as swine flu fears mount. Johnson & Johnson and other makers of the antiseptic say they may not be able to keep up with demand and are urging consumers not to hoard the product. *(CNNmoney.com, as it appeared in The Week magazine November 6, 2009)***

**Frightened people talk too much. *(Bits & Pieces)***

**A passenger in a taxi tapped the driver on the shoulder and said something to him. The driver screamed, lost control of the cab, almost hit a bus, drove over the curb and stopped just inches from a large plate-glass window. Driver and passenger sat silently for a few moments. Then the driver said, “Please don’t ever do that again. You scared the living daylights out of me.” The passenger, who was just as frightened as the shaken cab driver, apologized. “I didn’t realize a tap on the shoulder would frighten you so much,” the passenger said. “I’m sorry,” said the driver. “It’s not your fault. Today is my first day driving a cab. You see, until today, I’d been driving a hearse for 25 years.” *(Shelby Campo, in Country magazine)***

**There is always more waiting for you on the other side of fear. *(Elaine Welteroth, journalist, in Good Housekeeping)***

**Fears thrive on secrecy and a sense of being “very special.” In 1968, Professor Irving Janis, a psychologist at Yale University, studied a group of surgical patients. Some worried out loud before surgery; others expressed little apprehension, indeed seemed to exhibit confidence. Curiously, the first group experienced fewer post-operative complications and had an easier convalescence than those stoic patients who felt they had to bear their fears by themselves. (Daniel A. Sugarman, in Reader’s Digest)**

**You’ll never put your troubles behind you if you’re afraid to turn your back on them! *(Tom Wilson, in Ziggy comic strip)***

**True terror is to wake up one morning and discover that your high school class is running the country. *(Kurt Vonnegut)***

**We always fear what we don’t understand. *(Walter Rinder)***

**George Washington was deathly afraid of being buried alive. After he died, he wanted to be laid out for three days just to be sure he was dead. *(Noel Botham, in The Book of Useless Information, p. 2)***

**Only weak men fear able women. *(Marion Boyars, publisher)***

**Most of us fight against coming to grips with our problems, but we are forced to admit, when it’s all over, that we’d never have done as well if our fears had not pushed us to try so hard. *(Ardis Whitman, in Reader’s Digest)***

**Those who have had much to do with wild animals in their native jungle always insist that no wild animal will attack a man who is not afraid of it.  In India many stories are told of true Yogis living among tigers and other beasts of prey in perfect safety. *(Emmet Fox)***

**The wolverine has been called one of the most fearless animals and is known even to have killed a polar bear. Two other fearless animals are said to be the tiny shrew and the big Cape buffalo. Size has nothing to do with fearlessness, apparently. *(L. M. Boyd)***

**The word fear comes from the word “firmare” which means “to cultivate the nature of.” (This is one of the definitions of the word. *(Rev. Andy Kress)***

**The world can be a frightening place – but it’s still safer than anywhere else. *(Ashleigh Brilliant, in Pot-Shots)***

**“When I realize how often my worst fears aren’t realized,” a notorious pessimist admits, “it almost makes me an optimist.” *(Edward Stevenson, in The Wall Street Journal)***

**A good scare is worth more to a man than good advice. *(Edgar Watson Howe, in Country Town Sayings)***

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