

Catholic Faith Corner

Understanding, Teaching, and Living the Faith

Sea of Galilee at Sunrise



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Why Fear?

by KATHLEEN GLAVICH, SND on [APRIL 27, 2012](#)
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"Our Refuge and Strength" by Morgan Weistling

"Do not be afraid" supposedly appears in the Bible 365 times. That's one for each day of the year. There's good reason for this. Recently one night a chandelier came crashing down in church—shades of the Phantom! Palm Sunday services had to be held in the gym. After a fellow worshiper pointed out that the fallen light hung directly over "my pew," I was tempted to change my seat and let the fear of my own Damocles' sword control my life. This experience led me to reflect on fear, in particular, the question "What would you do if you were not afraid?"

We are born with fears: fear of the dark, of monsters under the bed. One of the funniest videos on *American Funniest Videos* was of a little child who was literally afraid of her own shadow! Fear is good because it makes us cautious and protects us from danger. But then there are unreasonable fears that paralyze us and keep us from doing good. We all know people who are afraid to fly or drive on highways. Did you



Mary Kathleen Glavich, SND

I'm a Sister of Notre Dame, of Chardon, Ohio, the author of eighty-plus books on religious education and spirituality, including a novel, "The Fisherman's Wife: The Gospel According to St. Peter's Spouse." I enjoy giving talks and retreats and was a pastoral associate at St. Dominic Church. I also edit and self-publish books for others.

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know that the number one human fear is speaking in front of groups? I think a close second is the fear of failure.

Jesus encourages us to trust God, who cares for the birds and flowers and who knows the number of hairs on our heads. How often Jesus told people not to fear . . . especially when he was acting in their lives. The Old Testament too offers examples of both fear and courage. Someone observed that the miracle at the Red Sea was not only that the sea parted but that the Hebrews had the courage to walk between the walls of water! God assures us: "When you pass through the water, I will be with you; in the rivers you shall not drown. When you walk through fire, you shall not be burned." (Isaiah 43:2) At Baptism the Holy Spirit came to live within us. We can always tap into the gift of courage that this Spirit brings.

So let's try to break free from the chains of fear. Then we too may be able to do what seems impossible. As President Franklin Roosevelt stated, "The only thing we have to fear is fear itself."

You might be thinking that it's easy to say "Don't be afraid," but how do you get rid of fear? Philippians 4:6-7 offers a solution.

When have you conquered fear? What good came of it?

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srsusan April 27, 2012 at 7:11 pm



This is a good topic, Kathleen. Fear can really paralyze us. I looked up the verse from the Philippians "6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." It is consoling just reading the words. The opposite of fear is courage. There is no courage without fear. Courage is facing the



About Sister Kathleen Glavich, SND

Jesus ordered us to make disciples of all nations and teach them. Mary Kathleen, a Sister of Notre Dame from Chardon, Ohio, responds to this call through writing, speaking, giving retreats, and teaching. Her motto, adopted from Eddie Doherty's gravesite, is "All my words for the Word!"

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fear and having confidence to do the best thing. Sometimes the best thing is not to act. Other times it is to do something. We can always turn our fear over to God and trust on his care to show us the way.

REPLY

Kathleen Glavich, SND April 27, 2012 at 9:13 pm



I'm sure people will be grateful that you saved them from having to look up the Scripture verse, Susan!

REPLY

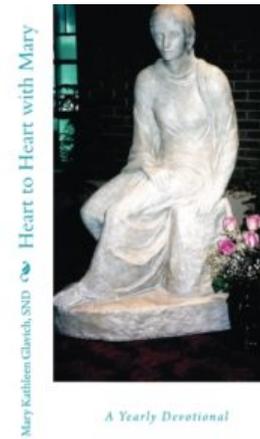
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Newest Book

In "Heart to Heart with Mary: A Yearly Devotional" Our Blessed Mother speaks to us every day of the year and a suggestion is provided for a response. It is similar to the popular book "Jesus Calling" and can be found on Amazon or purchased from me.

Featured Book

Totally Catholic! A Catechism for Kids and Their Parents and Teachers

Do you wish you had a simple, child-friendly summary of what Catholics believe? This book took first place in the Association of Catholic Publishers awards 2014 in the category of Children's Books. It can be purchased from Pauline Books and Media or from me. (\$14.95)

A Heavenly Book

Do you believe in angels? Most people do. The Catholic Companion to Angels offers heavenly facts about these majestic creatures, confirming that you can turn to them for help. Uniquely, The Angels comes with three covers (statue, stained-glass, or painting). Choose the one you like best.

Available from ACTA Publications and me.
(\$10.00)

My First Novel!

The Fisherman's Wife is the story of St. Peter's spouse, the long-suffering but delightful woman who puts up with Peter and his obsession with the itinerant preacher named Jesus. Through her we meet Peter, Jesus, and other biblical characters. In Capernaum she witnesses Jesus' healings and hears his words. The book is based on the Gospels, legends, and what is known about first-century Jewish women. The rest is sheer imagination. Order directly from me FOR AN AUTOGRAPHED COPY at kglavich@ndec.org.

A Bit of Humor

A Slow Student During indoor recess, the third and fourth graders were playing school. Taking part in the game, the teacher, Sister Janet, sat at a child's desk. Adam, who was playing the teacher, came up to her and asked, "And just how many years have you been kept back?" (from "Why Is Jesus in the Microwave?")

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