





















































LOT/EXPI
NDC 19515-889-02

**Influenza Virus
FLULAVAL®
2012/2013 Formula**

5 mL vial (10 doses)
Dosage: 0.5 mL equals one adult dose

Manufactured by ID Biomedical Corporation
Distributed by GlaxoSmithKline

453457

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What is fear?

How does fear impact our lives?

Is fear good or bad?

The Impact of Fear and Anxiety

University of Minnesota

Fear is a human emotion that is triggered by a perceived threat. It is a basic survival mechanism that signals our bodies to respond to danger with a fight or flight response. As such, it is an essential part of keeping us safe.

However, when people live in constant fear, whether from physical dangers in their environment or threats they perceive, they can become incapacitated i.e. incapable of or unfit for normal functioning.

Living under chronic fear has serious health consequences on our:

Physical health

Memory

Brain processing and reactivity

Mental health



Worrying is like walking around
with an open umbrella and waiting
for it to rain.

As noted above, fear can have both positive and negative impacts on our lives.

But ... What does God's word teach us about fear?

The fear of the Lord *is* the beginning of knowledge, *but* fools despise wisdom and instruction.

Proverbs 1: 7

The fear of the Lord *is* the beginning of wisdom, and the knowledge of the Holy One *is* understanding.

Proverbs 9: 10

My people are destroyed for lack of knowledge. Because you have rejected knowledge, I also will reject you from being priest for Me; Because you have forgotten the law of your God, I also will forget your children.

Hosea 4: 6

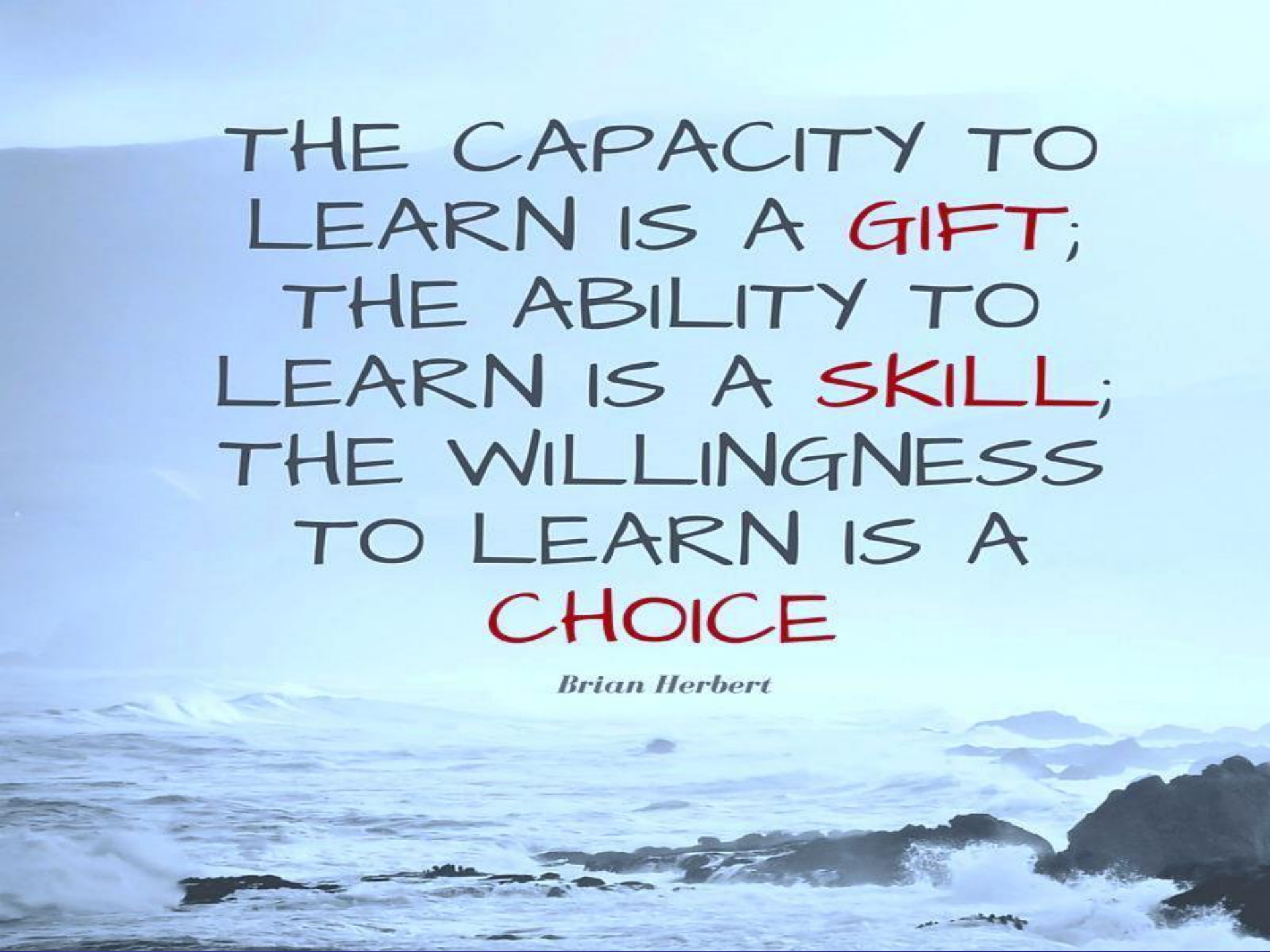
How is the fear of the Lord obtained?

The fear of the Lord is learned.

To LEARN is defined as:

To gain knowledge of or skill in through study, instruction, or experience.

To get knowledge or understanding of facts or ideas or of how to do things.



THE CAPACITY TO
LEARN IS A GIFT;
THE ABILITY TO
LEARN IS A SKILL;
THE WILLINGNESS
TO LEARN IS A
CHOICE

Brian Herbert

For whatever things were written before
were written for our learning, that we
through the patience and comfort of the
Scriptures might have hope.

Romans 15: 4

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

John 14: 26

You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.

Deuteronomy 6: 7 (similar instructions given in 11: 19)

In Deuteronomy, Moses (before the Israelites entered the Promised Land) instructed the children of Israel five times that they were to teach and learn to fear the Lord.

4: 10

14: 23

17: 19

31: 12

31: 13

... the Lord said to me (Moses) ,
'Gather the people to Me, and I will let
them hear My words, that they may
learn to fear Me all the days they live
on the earth, and *that* they may teach
their children.'

Deuteronomy 4: 10

And you shall eat before the Lord your God, in the place where He chooses to make His name abide, the tithe of your grain and your new wine and your oil, of the firstborn of your herds and your flocks, that you may learn to fear the Lord your God always.

Deuteronomy 14: 23

¹⁹ And it shall be with him (the king),
and he shall read it all the days of his
life, that he may learn to fear the LORD
his God and be careful to observe all
the words of this law and these
statutes,

Deuteronomy 17: 19-20

²⁰ that his (the king's) heart may not be lifted above his brethren, that he may not turn aside from the commandment *to the right hand or to the left*, and that he may prolong *his* days in his kingdom, he and his children in the midst of Israel.

Deuteronomy 17: 19-20

Gather the people together, men and women and little ones, and the stranger who is within your gates, that they may hear and that they may learn to fear the Lord your God and carefully observe all the words of this law,

Deuteronomy 31: 12

and *that* their children, who have not known it, may hear and learn to fear the Lord your God as long as you live in the land which you cross the Jordan to possess.

Deuteronomy 31: 13

CHILDHOOD
IS A
SHORT
SEASON.



And if it seems evil to you to serve the Lord, choose for yourselves this day whom you will serve, whether the gods which your fathers served that *were* on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the Lord.”

Joshua 24: 15

**Don't rescue your child
from a challenge;
teach them how to face.**



God created us as free moral agents.

We are free to choose what we do or believe, but we are not free from the consequences of our choices.

So, what do you fear?

What do I fear?

And do not fear those who kill the body
but cannot kill the soul. But rather fear
Him who is able to destroy both soul and
body in hell.

Matthew 10: 28

Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1: 6-7



Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Matthew 11: 29

So we may boldly say: “The Lord is my helper; I will not fear. What can man do to me?”

Hebrews 13: 6

**Stop focusing on
how stressed you are
and remember
how blessed you are.**



There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

1 John 4: 18

And let our *people* also learn to maintain
good works, to meet urgent needs, that
they may not be unfruitful.

Titus 3: 14

Better is a little with the fear of the Lord, than great treasure with trouble.

Proverbs 15: 16

We have to accept the fact that certain things will never go back to how they used to be.

September 11, 2001

This year 2020

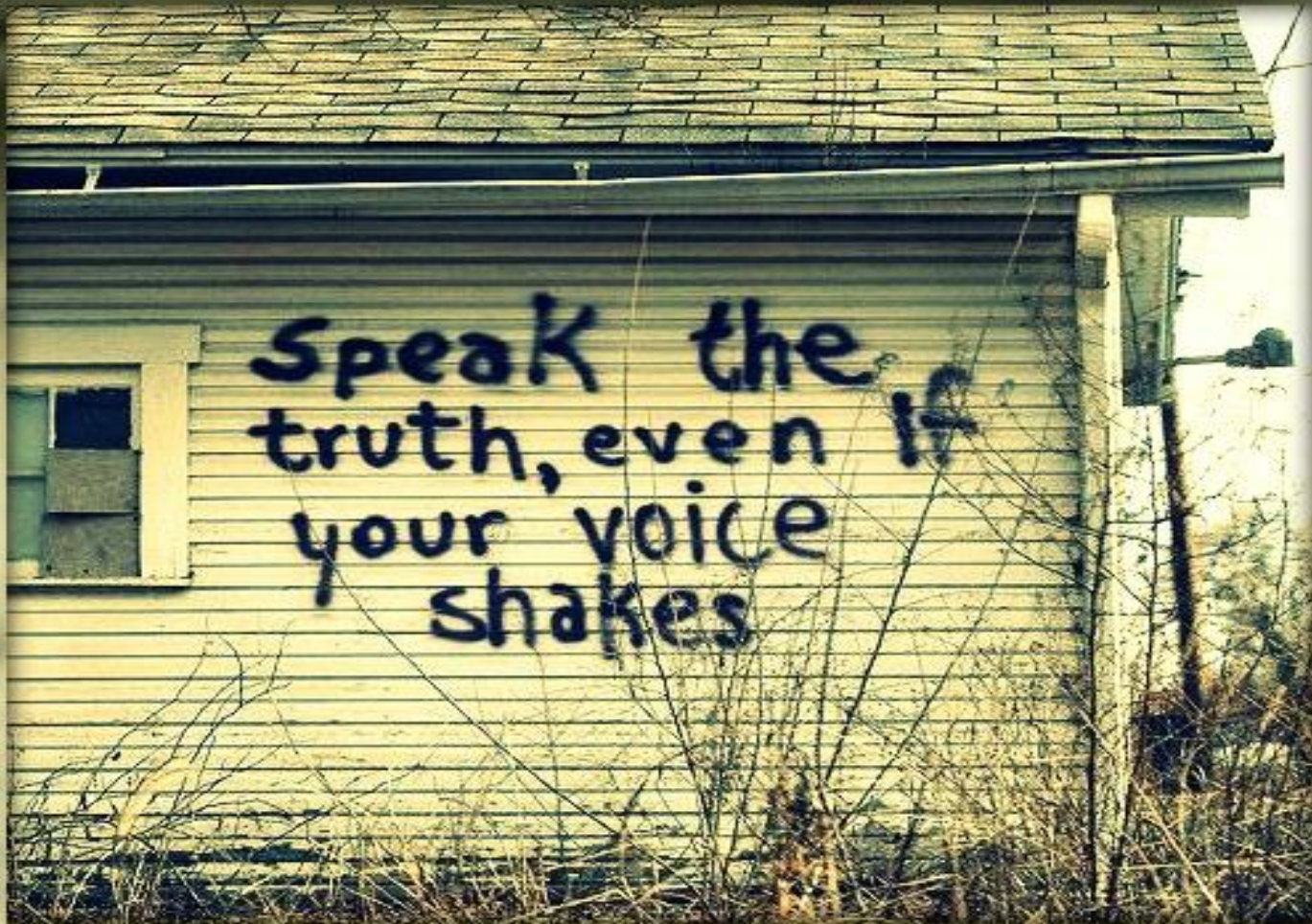
We have to accept the fact that certain things will never go back to how they used to be.

Life goes on.

How are your fears affecting you,
spiritually?

God's word is still the truth,
even if no one believes it.

A lie is still a lie,
even if everyone believes it.



Speak the
truth, even if
your voice
shakes