Fear of Fear



**#1**

**Americans share their greatest fears, By Benazir Wehelie, Special to CNN**

Photographer Mike Belleme says that in the last few years, he has noticed a greater sense of fear throughout the United States.

**Question: What are your greatest fears?**

**#2**

**Fear of the Unknown, Rabbi B. Wein**

Human beings are by their very nature creatures who are eternally dissatisfied and fearful. It is a rare person that, even at a joyous family occasion, can grasp the moment and fully enjoy it. Even as the bridal couple stands under their marriage canopy, observers and the families of those concerned are already fretting about what the future will hold for the young couple. Rarely can a person truly live and enjoy the present.

**Questions:**

* **Why do we have fear?**
* **Why does fear do to us?**
* **What are the negative outcomes of fear?**

**#3**

**Scriptures, Iyov 3:25**

*For the thing which I had dreaded has come upon me and that which I was frightened of has come to me.*

**Questions:**

* **How do you understand this statement?**
* **Do you see it in your life?**

**#4**

**48 Ways to Wisdom, Rabbi Noah Weinberg**

On one hand, people say that fear is uncomfortable and threatening. We structure our lives to avoid it. On the other hand, people ride roller coasters and watch horror movies - paying good money to get scared out of their wits!

**Questions:**

* **How do you resolve this contradiction?**
* **Why do many "successful" people look for new risky ventures?**

**#5**

**The Benefits of Fear, www.psychologytoday.com**

Fear can be your friend in just the right doses, but too much of it can kill you.

**Questions:**

* **What are the positive aspects of fear?**
* **What should one be afraid of?**
* **Is fear a good motivator?**
* **How do you make sure to use the emotion of fear in the right way?**

**#6**

**Today’s Learning Material**

Akeidas Yitzchak (the binding of Isaac) is one of the most impressive events in Scripture and all of Jewish history. After Avraham passed the test and was ready to fearlessly sacrifice his son following G-d command:

**Torah Bereshis 22:11-12**

*And the angel of G-d called to him from heaven, and said, 'Avraham, Avraham.' And he said, 'Here am I.' And he said, 'Lay not your hand upon the lad, nor do anything to him; for now I know that you fear G-d, seeing that you did not withhold your son, your only son, from me.'*

**Question: At the time of this trial Avraham reached one of the highest levels of love and devotion to G-d. How is it a compliment that now he also fears Him?**

**#7**

**Loving Kindness (2:11), Chafetz Chaim**

*Imagine that you have only one day left to live. This will energize you to fill that day with repentance and good deeds, since there is no time left for delay. It has been said that there is nothing that concentrates the mind as much as the knowledge that you are living the final few precious hours of your life.*

**Questions:**

* **What do you think about this statement?**
* **How do you make sure not to get depressed when thinking about death?**

**#8**

The words “to fear” and “to see” use the same letters in Hebrew.

|  |  |  |  |
| --- | --- | --- | --- |
| **To fear - “Yirah” יראה** | | | |
| **ה** | **א** | **ר** | **י** |
| **To see - “Reiyah” ראיה** | | | |
| **ה** | **י** | **א** | **ר** |

**Question:** **How is vision and fear connected?**

**#9**

**Question: What is your takeaway from today’s discussion?**