

# Battling the Boogeyman

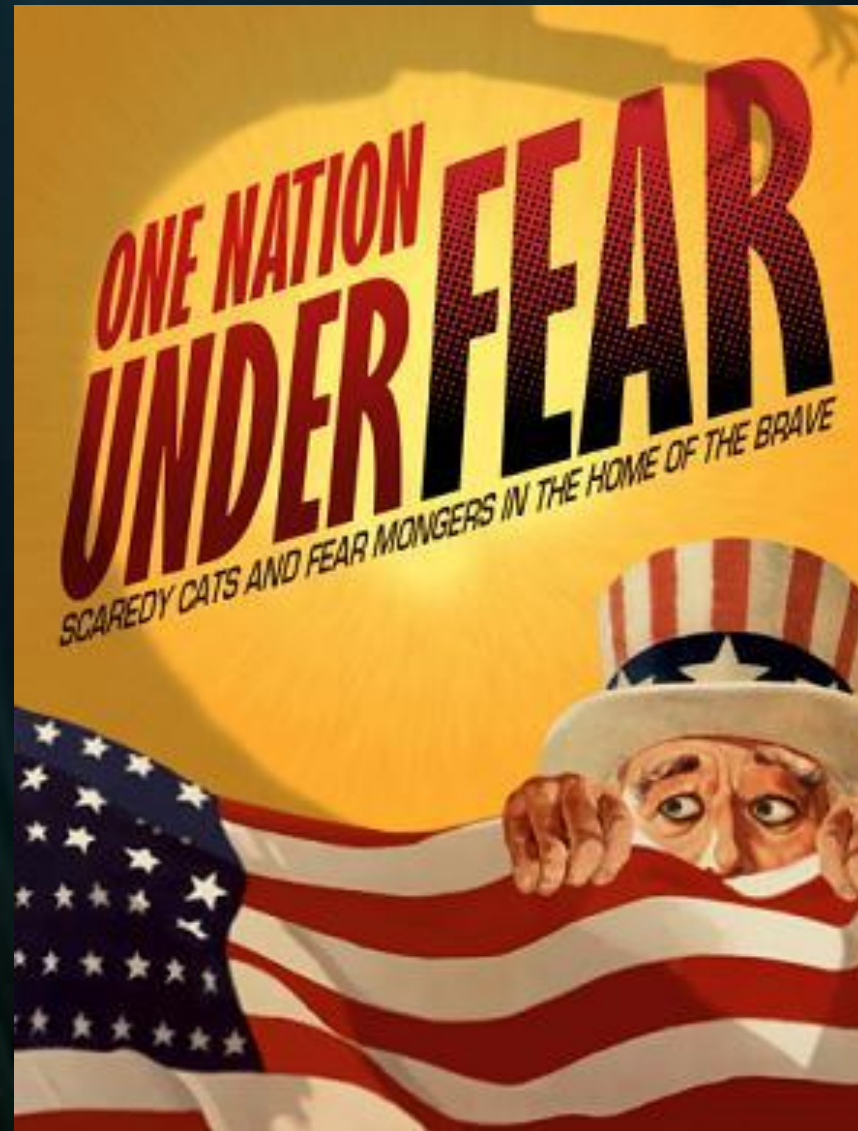


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## Top 10 Fears

1. Fear of flying
2. Fear of public speaking
3. Fear of heights
4. Fear of the dark
5. Fear of intimacy
6. Fear of death
7. Fear of failure
8. Fear of rejection
9. Fear of spiders
10. Fear of commitment

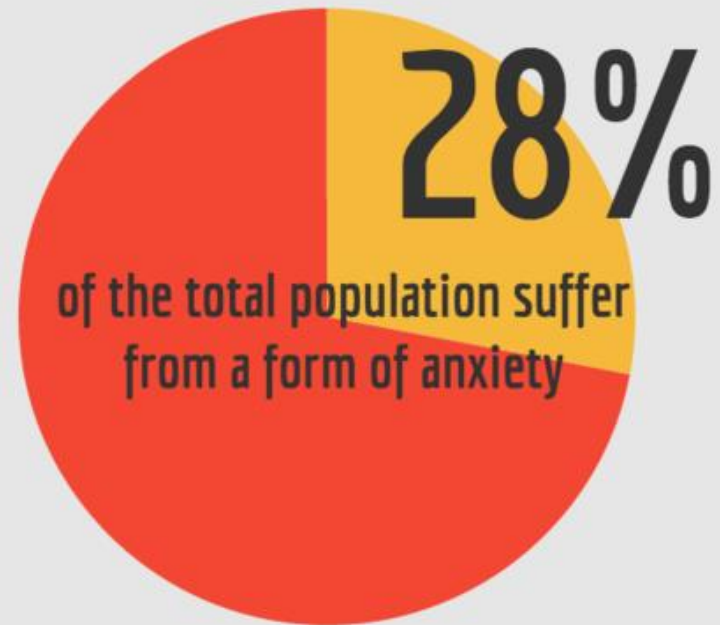
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## Anxiety

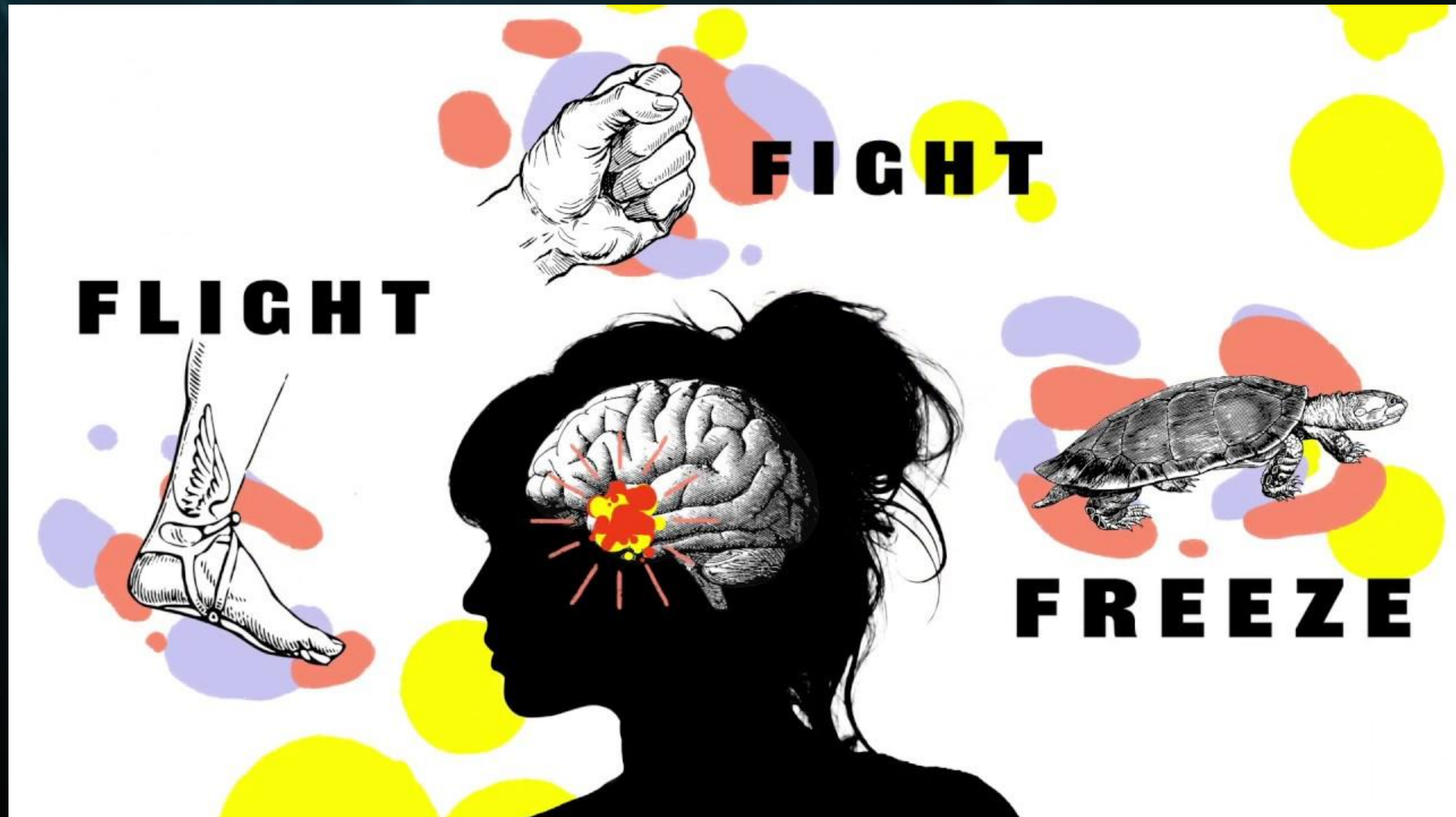
The most common mental health disorder.



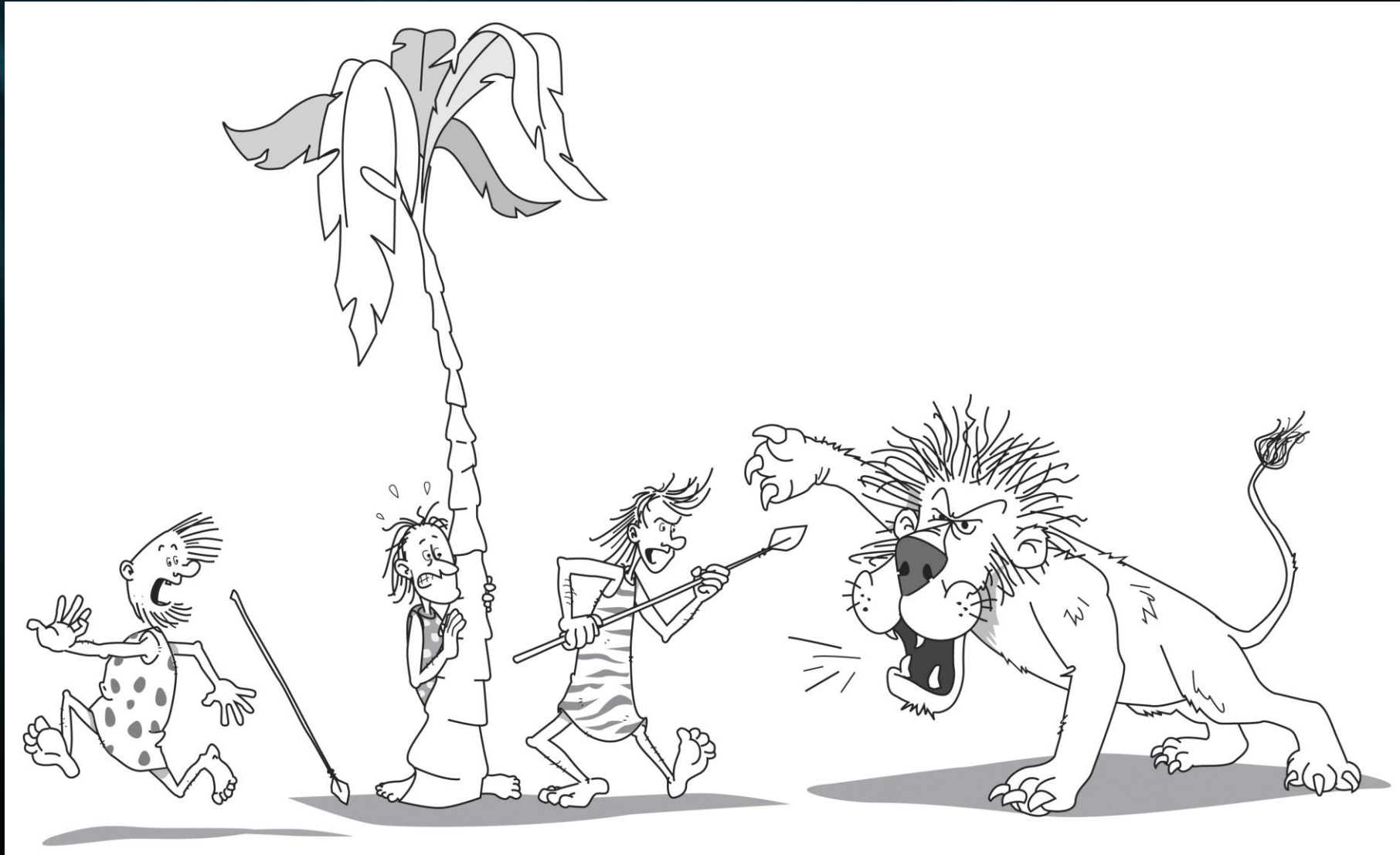
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Fear is an emotional response induced by a perceived threat.

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Psalm 27:1 The Lord is my light and my salvation -  
whom shall I fear?

The Lord is the stronghold of my life -  
of whom shall I be afraid?

<sup>2</sup> When the wicked advance against me  
to devour me,  
it is my enemies and my foes  
who will stumble and fall.

<sup>3</sup> Though an army besiege me,  
my heart will not fear;  
though war break out against me,  
even then I will be confident.



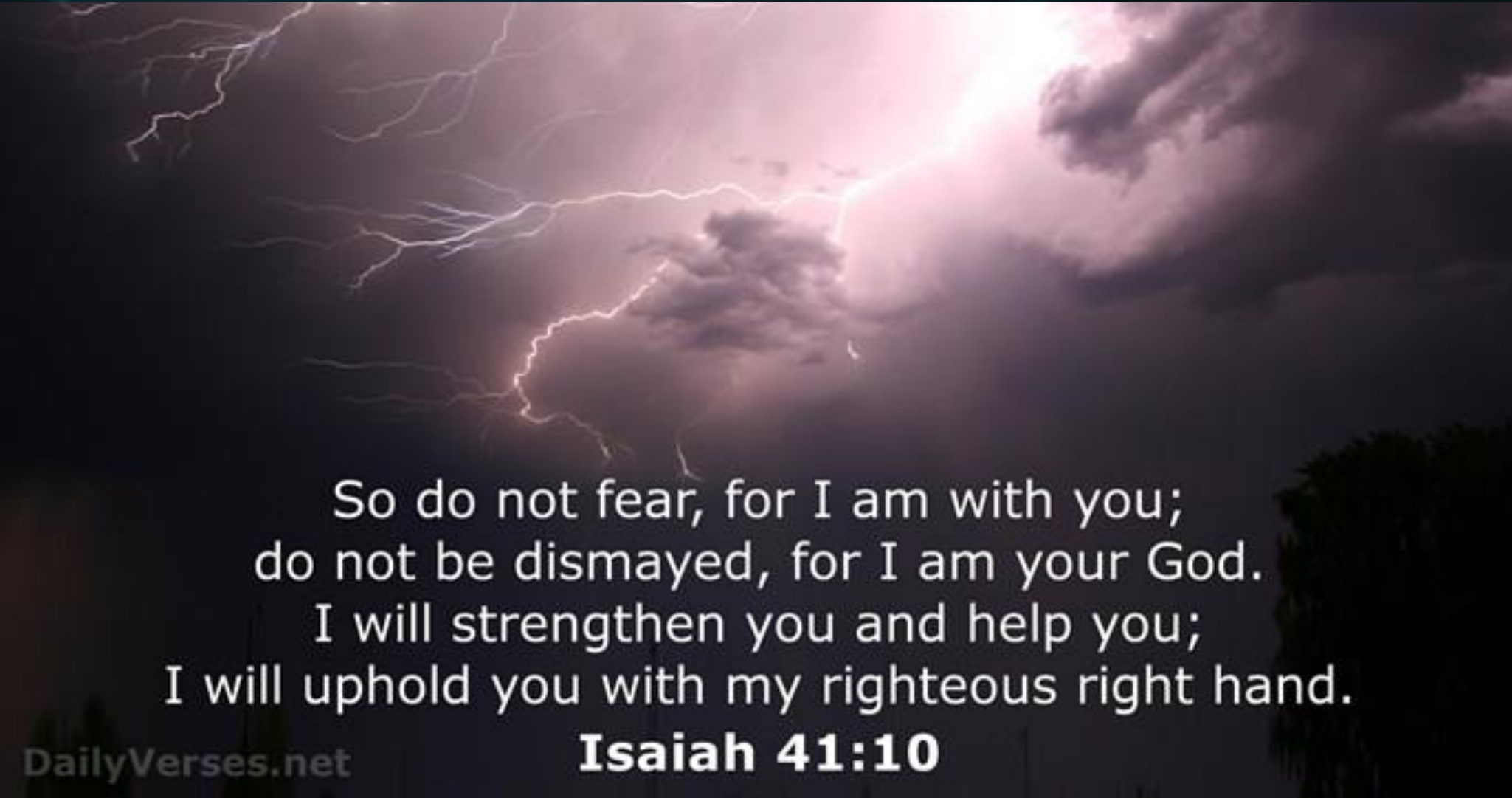
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<sup>4</sup> One thing I ask from the LORD,  
this only do I seek:  
that I may dwell in the house of the LORD  
all the days of my life,  
to gaze on the beauty of the LORD  
and to seek him in his temple.

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So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.

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**Isaiah 41:10**