

Scripture: 1 John 4:18

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

Insight

It is often in times of uncertainty that we begin to let fear creep quietly into our lives. We begin to ask questions for which we don't have the answers. The risk of getting an unknown and painful answer creates anxiety and stress. We wonder if we will be able to handle the situation. We wonder how we and others will respond. We worry.

When unconditional (agape) love is present, it drives out fear because it brings certainty into a chaotic situation. It makes known what is unknown, and brings peace into chaos. Love does not prevent uncomfortable circumstances, but it does provide clarity and comfort.

Fear puts a strain on many relationships. This often happens when couples don't talk about their fears and begin to speculate about possible outcomes. If instead, couples talk through their fears and reassure each other of their love and support, then they will be able to better handle and work through difficult times.

Make it a point to drive fear out of your relationship through unconditional love.

Sharing

During the week, talk about your fears, such as losing a job, death in the family, foreclosure or bankruptcy, severed relationships, etc. and discuss the following:

- What would be the worst outcome if what we fear came to pass?
- How would we respond to and support each other through that situation?
- How could each of you show each other love to drive out that fear?