

Research Assessment #10

Date: 29, January 2021

Subject: Biblical Counseling

Citation:

“Fear and Worry.” Performance by Wayne Johnston, *YouTube*, 1 Feb. 2014,

youtu.be/iW-nmibeTqg.

Assessment:

Since I have not had an official meeting with my mentor yet, I decided to watch a 50 minute lecture performed by Mr. Johnston, a biblical counseling professor at BCDASoCal. This lecture discusses how fearing God and fearing men are on opposite ends of the scale. This is because of the idea that we fear what we love the most, so by loving God the most we should then fear God the most. If we fear men more than God we essentially love or care for men more. I think this was a very interesting way of putting this because not many people understand the idea of fearing God. Yes God has the ability to comfort us and wants to comfort us, he also wants us to understand how truly powerful he is thus causing us to fear him. This made me think about the relationship between the Lord and Satan before sin entered the world. God called the

angels to love him and understand that He is the most powerful. However because Satan couldn't truly comprehend how truly powerful God was, he wanted to become as powerful as the Lord, but failed. This is what eventually caused him to be banished to Hell because no matter how hard he tried he could never be as powerful as the Lord. Thinking of this story just reminds me of the Lord's power and helps me understand the importance of fearing him as well. On the other hand, professor Johnston discussed the idea of having courage in the midst of difficult circumstances. In other words, when we deal with fear on earth when dealing with certain situations, we have the ability to overcome this just like Christ did. I see this as remembering all of the horrid things that Jesus had to overcome and using that as motivation to get us through situations where we might be fearful. We can also use the word of God as a tool to strengthen us. This is something professor Johnston stresses that a counselor should share with their counselee. It is essentially finding comfort and courage from the word of God and using it for strength in times of fear. I personally believe this is an efficient method that is not only comforting but also gives me hope. Professor Johnston continues and explains that for many who fear or worry, studying the Lord's word will end with hope. He explains that when the counselee learns to love God above all else, that will ultimately eliminate fear. This is because the Lord gives us perfect love which casts out any fear. Overall, understanding the Lord's love is vital as a believer and

should be stressed to the counselee as a counselor. This is the only way they will be able to overcome fear and understand how powerful and loving the Lord is.