

# When People are Big & God is Small | The Fear of Harm

Trinity Grace Church | February 2026 | Ben Finch

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The fear of physical harm is not merely about safety—it is about who we believe ultimately controls our lives. When fear of suffering, danger, or loss dominates us, it reveals a diminished view of God’s sovereignty and care.

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## 1. Fear of Harm is a Real Fear

*What is the Fear of Harm?*

Fear of pain, injury, suffering, loss of life, or loss of physical security that grows into a belief that people or circumstances can ultimately destroy us which is in fact a belief that subtly says, “God may not be enough here.”

*Why is Fear of Harm so powerful?*

It attacks our natural instinct for self-preservation which in turn makes obedience feel unsafe which can lead to temptation to compromise truth for protection.

Fear grows when we believe people have the power to control our future.

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## 2. Biblical Examples

Genesis 12: Abraham

*Additional Examples*

- David
  - Elijah
  - The Disciples
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Fear of physical harm loses its grip when the fear of the Lord grows.

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### 3. Jesus Radically Reorders Fear

My fear of the Lord grows when I recognize:

- God knows/sees the smallest losses
- Nothing touches us outside His care
- Physical harm cannot undo eternal security

The fear of harm thrives when:

- God's sovereignty is theoretical, not functional (i.e. we have an idea/speculation/*possible* belief that God is in control but we are failing to see it as practical—forgetting about how he has proven it throughout history)
- God's promises feel distant (like maybe it worked for them but not me)
- Our comfort becomes more valuable than God's faithfulness

The gospel declares:

- Christ faced real physical harm
- Christ did not escape suffering—He entered it
- Christ's resurrection proves harm is not final

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### 4. Practical Application

1. Name your fears honestly before God
2. Realize our tendencies: being controlled by things we need & want (i.e. approval, safety)
3. Refocus on God's love, power, past provisions & future grace
4. Choose obedience even when afraid remembering Jesus obeyed and my eternal future is secure
5. Trust outcomes to God, not people

The fear of man can lose its grip on me because Christ conquered death, fear of harm no longer has ultimate authority.

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*Helpful Quotes:*

"The fear of man lays a snare, but whoever trusts in the Lord is safe." — Prov. 29:25

"We are never truly safe until we rest in God's providence." -John Calvin