

Common Phobias



aerophobia

acrophobia



agoraphobia

trypanophobia



cynophobia

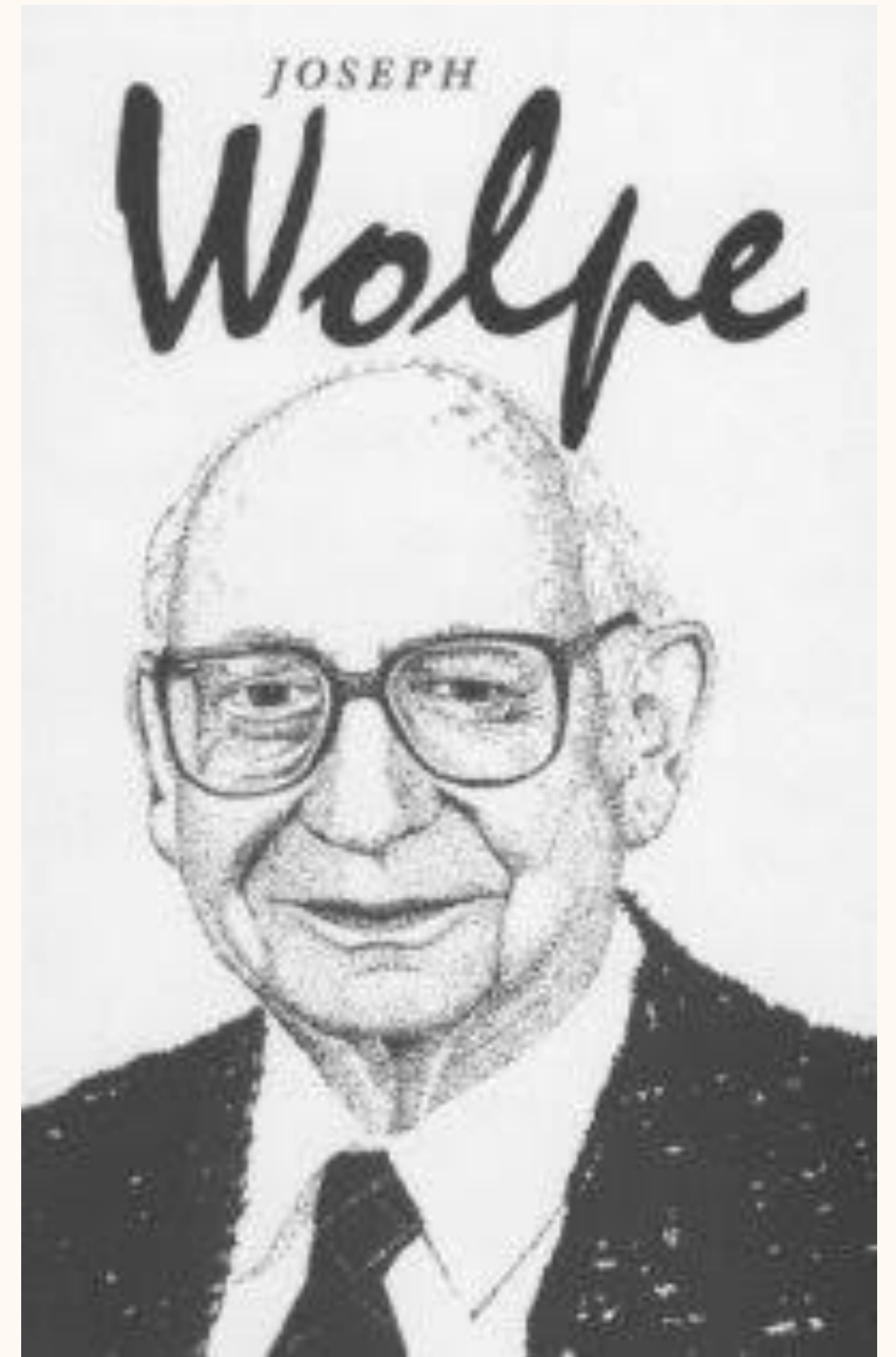


arachnophobia



JOSEPH WOLPE

- South African psychiatrist (1915-1997)
- Known best for his behavior therapy practice of systematic desensitization (1950's).
- Goal: to help clients with anxiety-inducing phobias to overcome their fears.
- Once they had overcome the anxiety produced by the stimuli they were “desensitized.”



EXAMPLE: ARACHNOPHOBIA

Hierarchy of anxieties:

- 1—think about a spider.
- 2—look at a picture of a spider.
- 3—watch a video of a spider.
- 4—be in the same room as a spider in closed container.
- 5—watch someone else handle a spider.
- 6—stand close to a spider inside an open container.
- 7—touch a spider with a gloved hand.
- 8—let a spider crawl on your pants leg.
- 9—hold a spider with your bare hands.
- 10—let a spider crawl on your face.



DESENSITIZED



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THEOPHOBIA (FEAR OF GOD)

Proverbs 1:7, "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction."

THE MOTIVATION OF FEAR

Hebrews 11:7, "By faith Noah, being divinely warned of things not yet seen, moved with godly fear, prepared an ark for the saving of his household."

The fear of the Lord motivated Noah to protect his family from a coming flood.

THE MOTIVATION OF FEAR

Exodus 14:31, "Thus Israel saw the great work which the Lord had done in Egypt; so the people feared the Lord, and believed the Lord and His servant Moses."

The fear of the Lord motivated Israel to trust the Lord's message and leave Egypt.

THE MOTIVATION OF FEAR

Leviticus 19:14-15, "You shall not curse the deaf, nor put a stumbling block before the blind, but shall fear your God: I am the Lord. You shall do no injustice in judgment."

The fear of the Lord motivated Israel to treat the helpless justly.

THE MOTIVATION OF FEAR

“For I was afraid of the anger and hot displeasure with which the Lord was angry with you, to destroy you. But the Lord listened to me at that time also...so I prayed for Aaron also at the same time” (Deuteronomy 9:19-20).

The fear of the Lord helps tame rebellion.

THE MOTIVATION OF FEAR

Proverbs 10:27, "The fear of the Lord prolongs days, but the years of the wicked will be shortened."

The fear of the Lord leads to a longer, healthier life.

THE MOTIVATION OF FEAR

Proverbs 6:16 we read, "In mercy and truth atonement is provided for iniquity; and by the fear of the Lord one departs from evil" (cp. 2 Corinthians 5:11).

The fear of the Lord motivates repentance.

THE MOTIVATION OF FEAR

Acts 9:31, "Then the churches throughout all Judea, Galilee, and Samaria had peace and were edified. And walking in the fear of the Lord and in the comfort of the Holy Spirit, they were multiplied."

The fear of the Lord motivates church growth.

THE MOTIVATION OF FEAR

*“Let us hear the conclusion of the whole matter:
Fear God and keep His commandments, for this is
man’s all. For God will bring every work into judgment,
...whether good or evil” (Ecclesiastes 12:13-14).*

The fear of the Lord motivates us to obey God’s commands.

THE MOTIVATION OF FEAR

“And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell” (Matthew 10:28).

Jesus wanted us to fear God over man!

**HOW MANY ARE NOT LIVING WITH A
SENSE OF GODLY FEAR?**

THE BIBLE WARNS OF DESENSITIZATION

“fleshly lusts which wage war against the soul...” (1 Peter 2:11, LSB).

“They were not even ashamed at all; They did not even know how to feel dishonor” (Jeremiah 6:15).

“...liars, who have been seared in their own conscience...” (1 Timothy 4:1, LSB).

“...most people’s love will grow cold” (Matthew 24:12, LSB).

“Do not be deceived: “Bad company corrupts good morals” (1 Corinthians 15:33, LSB).

“...God gave them over to an unfit mind...” (Romans 1:28, LSB).

“...because of the hardness of their heart. 19 And they, having become callous...” (Eph 4:18-19).

PRACTICAL, SPIRITUAL APPLICATIONS OF DESENSITIZATION

Sexual immorality

Sinful addictions

Misplaced Priorities

AWAKEN YOUR HEART TO THE WILL OF GOD...HOW?



Ephesians 4:20-24

V. 20-21—Learn Christ.

V. 22—Change your lustful conduct.

V. 23—Open your mind to the will of God.

V. 24—Live according to His purpose.