

# Love: Antidote to Fear

**1 John 4:17,18**

The great theologian Karl Barth was teaching a class of seminarians when one of the students asked, "What's the most important theological truth you ever taught?" Pencils in hand, everyone in the room immediately fixed their eyes on the great professor. They could scarcely contain their excitement over the good fortune of being present at that moment. What profound and complex concept would he share with them?

After thinking for a time, Barth replied, "Jesus loves me, this I know. For the Bible tells me so."

Of all the great and powerful truths we could ever learn about God, none can compare to the simple fact that He loves us. It's a divine, life-transforming love...a love that fills us with hope and joy. And, as we read in 1 John 4:18, it's a love that can displace even the most powerful, terrifying fear.

**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.**

Simply put, when we've placed our lives in God's hands we have nothing to fear. Why? Because even the thing that we should fear the most—God's judgment for sin—has been taken away by His love. And that same love guards, protects, encourages, and sustains us in the midst of every storm. So, if you're afraid today, remember God's love. It's the perfect antidote to every fear.

**In what sense is God's love "perfect"?**

**How does knowing that God's love for you is perfect impact your response to the biggest fears in your life?**