

Part 57: Fear of God

Begin with a few moments of stillness in preparation for this time together. Share on your experience of any fear responses during the week and what your reactions to them were?

A Fearful God?

What is the fear of God for us? You may find it difficult to identify or name your fears and that in itself may be a fear – admitting your fears of God.

Some more common fears are:

- that God will punish us for not doing what is right
- that God disapproves of our having a good time
- that God demands perfection
- that God will somehow repay us for our failings
- that God has no sense of humour.

It may help to look at the expectations we feel God has of us and to note how it feels to go against them; for example, will he be angry with me if I don't pray for a week or don't go to church?

Reflect for 20 minutes and write in your journal. Look to see how your fears of God have changed since doing the exercise 'Who God is Not' in Part 18.

Share with the group something of what you have found.

At home

In your prayer times this week, explore some ways of being with God that you don't normally use. You may take a walk on a beach or in a forest with God, or you may sit and have a cup of tea or spend the time together in the garden. Do something completely different from the usual and notice the range of emotions that you experience.

Remember to record your experiences and reflections in your journal each time.



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