**Practical Advice to Help You Not Pass Your Fears to Your Children (Part 2)**

 “Then in the morning, when Nabal was sober, his wife told him all these things, and his heart failed him and he became like a stone. About ten days later, the Lord struck Nabal and he died.” 1 Samuel 25:37-38

In the first part we analyzed the causes and some of the effects of fear when it has control over a person’s life. Fear can produce other behavioral problems as well, for example, an irascible character, constantly reacting in anger, low tolerance toward difficult circumstances, and irritability. Also, in many cases people try to control fear with arrogant and prideful attitudes.

If fear is a person’s weakness, this can lead to falling into addictions. Even metabolic type sicknesses such as gastritis, colitis, among others, can be caused by unresolved fears and insecurities.

This Biblical passage speaks about Nabal’s selfish and ungrateful character. (Dear reader, we suggest carefully reading this story as it presents the life of a foolish man and a woman who took care of the house of destruction.

Below, we share some strategies to face and resolve your fear and not pass it along to our kids.

1. **Analyze where your fears come from and the situations that caused them**. This is for the purpose of resolving them, whether it be through forgiveness, giving them up, or other ways.

It is important to know that **you were not born a fearful man or woman, you learned to be one and can unlearn it to be free of fear.**

1. **Decide to give up all your fears** and confront them with God’s help and his power.
2. **Refuse to pass your fear on to your children.** If you are a parent, review the reactions you saw and the messages you received in your home and don’t repeat them. Free yourself so your children can also be free.
3. Talk to your children using wise and loving words that make them feel secure, for example: “Son, everything is going to be all right, you can be calm because we are safe in God’s hands.” Teach freedom of fear when there are things in life we cannot change, regardless, we can have trust.
4. **Memorize Bible verses** and make them mottos for your life. Here we share some that may be helpful:

- There is no fear in love. But perfect fear drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 1 John 4:18

- I sought the Lord, and he answered me; he delivered me from all my fears. Psalms 34:4

- For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7

The Word of God has power to change your life!

May God help you in all you do today.

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