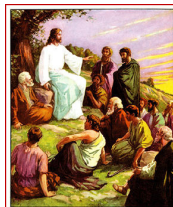




## Welcome to Unity's Interactive Worship Service

**Today's Topic:**  
**You Have To Be Taught**  
Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

### You Have To Be Taught



The writer of Luke tells us that Jesus said, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." (12:32)

The writer of Matthew tells us that Jesus did tell the people what to be fearful of, "Do not fear those who kill the body but cannot kill the soul. But rather fear that which is able to destroy both soul and body." (10:28;30)

### You Have To Be Taught

We were all created with a natural feeling called fear. It's built into our emotional system of expression and designed to keep us safe and alive. That expression of fear is healthy and normal, whereas the toxic fears we have are not healthy. They are harmful to our self-esteem, injurious to our sense of well-being, and destructive to our overall purpose. And the real kicker to this toxic emotion is that we are taught it.

### You Have To Be Taught

This toxic fear we have is summed up very nicely in the movie South Pacific with the song, You've Got To Be Carefully Taught.

You've got to be taught to hate and fear,  
You've got to be taught from year to year,  
It's got to be drummed in your dear little ear  
You've got to be carefully taught.

### You Have To Be Taught

You've got to be taught to be afraid  
Of people whose eyes are oddly made,  
And people whose skin is a different shade,  
You've got to be carefully taught.

You've got to be taught before it's too late,  
Before you are six or seven or eight,  
To hate all the people your relatives hate,  
You've got to be carefully taught!

### You Have To Be Taught

It must be understood that the toxic fears that keep us in bondage, in our cells of despair is not just a psychological problem, it's an educational problem! Case in point:

Jim is raised in a family where all their needs are met: there is plenty of money, food, clothing and the lack of anything is never a concern. However, Jim is taught the family motto at a very early age.

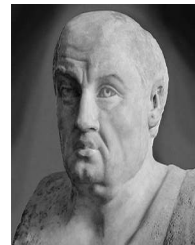
## You Have To Be Taught

Time and time again his family tells him to: trust no one, keep all you do a secret, look over your shoulder and watch the shadows for anyone that may try to get you. Jim watches his parents play this motto out daily as he grows.

Jim enters adulthood capable of taking care of himself but is never able to find and keep a lasting, meaningful relationship because he was taught to fear other people. And he can't figure out why.

## You Have To Be Taught

Seneca, a Roman philosopher, had this to say about fear, "Remember, however, before all else, to strip things of all that disturbs and confuses, and to see what each is at bottom; you will then comprehend that they contain nothing fearful except the actual fear."



## You Have To Be Taught

Understanding how we handle fear in our lives can help us move to a new level of choice in making it go away. There are two types of educational fears people are taught and accept for themselves as fact during their lives: those that "happen" and those that require "action."

Those fears that just happen are: aging; being alone; kids leaving home; natural disasters; loss of financial security; change; dying; war; illness;

## You Have To Be Taught

accidents; rejection; success; failure; being vulnerable. The list can go on.

Those fears that require action are: making decisions; changing careers; ending or beginning a relationship; asserting oneself; making a mistake, public speaking; intimacy; loss of self image; helplessness; being a victim. The list can go on.

## You Have To Be Taught

Both types of fears are translated into word formats though our ego minds that can show up like this:

I can't handle getting sick; making a mistake; losing my job; getting old; being alone; losing him/her; losing my money; or

I can't handle the responsibility of success; failure; being rejected; feeling helpless and so on.

## You Have To Be Taught

We experience these fears because at some level we do not believe in ourselves enough, trust ourselves enough, or feel good about ourselves enough to understand that it's just a toxic feeling of fear based on learned responses to life and it's challenges.

The challenge many people have in dealing with their toxic fears is how they feel after the experience, they hate having that feeling of fear.

## You Have To Be Taught



Noam Shpancer Ph.D. gives us some insightful suggestions on meeting the challenge of our toxic fearful emotions:

“First, you need to get to know your anxiety. Stop hating on it. Observe it. Approach it. Befriend it. Fear is like a crying baby, to be pacified it needs to be embraced.”

## You Have To Be Taught

“Educate yourself about the fear response: It is neither dangerous nor necessarily a sign of danger. It is not the enemy. It won’t continue to escalate forever. Feeling like you’re out of control does not mean you’re out of control. Our fear system has evolved to protect us. If you can feel fear, it means that your systems are working. Get to know where fear resides in your body. What it feels like. How it moves. Engage your fear experience. While avoidance begets deterioration, engagement facilitates transformation.”

## You Have To Be Taught



In her book Feel The Fear and Do It Anyway, the late Dr. Susan Jeffers (1938-2012) gives us five basic truths about fear. They are:

- 1) The fear will never go away as long as we continue to grow.
- 2) The only way to move beyond the feeling of the fear of doing something is to do it.

## You Have To Be Taught

- 3) The only way to feel better about yourself is to do something you love and enjoy.
- 4) I’m not the only one who feels fear when entering unfamiliar territory.
- 5) Pushing through the fear generates courage and faith creating a sense of victory instead of living under the control of fear as a helpless victim.

## You Have To Be Taught

“Your father knows your needs before you even ask.” - Jesus

“To escape fear, you have to go through it.”  
–Richie Norton

“Believe not in your fears, but who you truly are. For you have within you a power and source far greater than you know, and it will help you overcome any obstacle you may face.”  
–Rev. Chuck