



***Running Scared* by Edward T. Welch**

Reviewed by Charles Sigler, D.Phil.

Did you know that “Do not be afraid” is the most frequently given command in Scripture? Get a copy of *Running Scared* and spend some time getting to know what God has to say about fear and worry. I began reading *Running Scared* at the 2007 annual CCEF conference. Ed Welch was the keynote speaker, addressing the various topics covered in the book.

I found *Running Scared* to be an easy read. Welch’s initial observations in Part One pointed out that fear and worry run deep in us all; they mean something; they reveal the things we love and value. Fear and worry also say the world is a dangerous place. Part Two looked at fear and worry through the lense of Scripture, addressing how we worry about money and possessions; people and their judgments; death, pain and punishment. Particularly in the story of God’s gift of manna to a worried people, Welch persuades that God will give us what we need right now. Regularly quoted Scripture to illustrate his points, he noted how often our fear and anxiety suggests a lack of faith if God. “Track your fears with the light of Scripture and you are directed to God. Your fears are more about God than you realize.”

The truly amazing thing about *Running Scared* was how often it seemed it be relevant to a variety of issues people struggled with in their lives. Within a few weeks of resuming counseling after the annual CCEF Conference, it seemed I had occasion to mention the book to at least five or six people. One man said his experience in reading *Running Scared* was that it had been written especially to address his personal struggle with anxiety. Another person found it to be a timely reminder for her that God was in control, as she went through perhaps the most significant event in her life in which she clearly had no control. The manna story does seem to be the story for all worriers. Just a little suggestion; read this before you are overcome by fear or worry. Then, when the day you

dread has come upon you, re-read it, meditating upon the chapters that particularly speak to your situation; and “Do not be afraid.”

So you turn. You turn and face God. You seek his kingdom. You seek it imperfectly but with perseverance. You listen, meditate, and act on what God says. No doubt your response will include some confession of sin and repentance. While you are engaged with God and the truth of his kingdom, you will notice that the scenery is changing, You are headed home—the place where his kingdom has come and God is with you in the fullest sense.