

SHOULD I DO THINGS THAT SCARE ME?

"Fear is the anticipation and expectation of evil or pain, as contrasted with hope which is the anticipation of good. Awe, on the other hand, is the sense of wonder and humility inspired by the sublime or felt in the presence of mystery...Awe, unlike fear, does not make us shrink from the awe-inspiring object, but on the contrary, draws us near to it. This is why awe is compatible with both love and joy. In a sense, awe is the antithesis of fear."

– Abraham Joshua Heschel, God in Search of Man, page 77

- What is Heschel saying about the differences between awe and fear? What is your reaction to this distinction?
- When have you been drawn towards something that caused you fear? When have you shrunk from or avoided something that caused you fear? What was the result?
- When, if ever, have you avoided something that caused you fear only to regret it later?