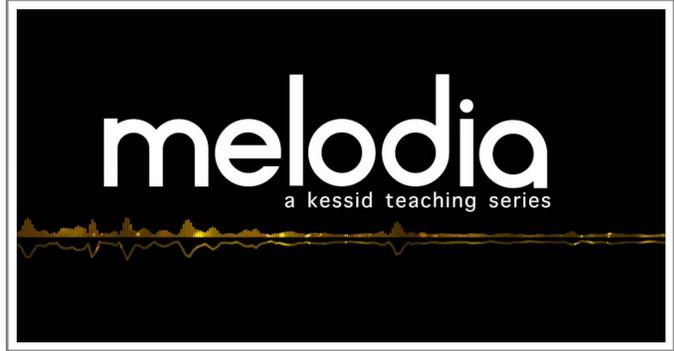


“ENTER SANDMAN”
Date: February 28, 2021
Speaker: Danny Clinton



Song History:

“Enter Sandman” is a song by American heavy metal band Metallica. It is the opening track and lead single from their self-titled fifth album, released in 1991.

- The music was written by Kirk Hammett, James Hetfield and Lars Ulrich. Vocalist and rhythm guitarist Hetfield wrote the lyrics, which deal with the concept of a child's nightmares.
- The single reached number 16 on the US *Billboard* Hot 100 and achieved platinum certification for more than 1,000,000 copies shipped in the United States, spurring sales of over 30 million copies for *Metallica* and propelling Metallica to worldwide popularity.
- **Song Meaning:** A quick Google search reveals most lyric pundits feel the song is about FEAR – fear of sleep; fear of nightmares; fear of death; fear of the evils of the world; fear of monsters. Fear of the Unknown... Etc....
- The song opens with lyrics that concede we are born with it.
- Because of Fear... We “sleep with one eye open, gripping your pillow tight.”
- We pray for ourselves and others and those prayers, whether they're literal or figurative, try to keep us free from... crippling FEAR.
- The consensus has been it conveys to batters something to fear, warning “you’re about to get put to sleep... The Sandman is coming!”
- So, today I want to talk with you about how we navigate Fear, something we all face within our lives...

What is Fear?

“In its simplest form, fear is that which makes us afraid.”

But we are actually only born with two innate Fears:

- “The Fear of Falling & The Fear of Loud Sounds”
- All other Fears have been learned.
- Fear is a complex term with many ways of interpretation; However, in an article on the ‘Biology of Fear’ it was stated that...

“Fear is what links sets of stimuli to patterns of behaviors.”

- Meaning, “What ties together all instances of fear is an awareness, based on the raw materials available, that danger is near or possible, and so emotions emerge from nonemotional ingredients.”
- **Real Quick:** It is important to point out, of course, that not all fear is bad. In fact, fear is essential to our survival and often should be followed as a means of protection.
- This ‘healthy’ fear often moves us toward taking beneficial action in our lives.
- It can help us avoid unnecessary risks or situations...

We’re talking today about ‘Unhealthy Fear’ that grows overtime.

“The Fear that becomes an overwhelmingly disturbing force of the human mind.”

- This fear has the power to sway, distort, and rupture the conventions of the human psyche... Overwhelming fear is a prominent component of a life that has been knocked off its feet with tragedy, surprise, and remorse.

Unfortunately, today it seems the opportunity to become fearful is ubiquitous in society.

- In the 2018 ‘Chapman University Survey of American Fears,’ the top five fears of Americans included...

Top 5 American Fears of 2018

- Fear of corrupt government officials.
- Fear of pollution of oceans, rivers, and lakes.
- Fear of pollution of drinking water.
- Fear of not having enough money for the future.
- Fear of a loved one becoming seriously ill.
- Other fears making the list included global warming, high medical bills, extinction of plants and animals, and fear of cancer.
- Dr. Mary D. Moller, associate professor and coordinator of a Psychiatric-Mental Health Doctor of Nursing Practice program, commented in an interview on the significance of fear in our society and said...

“We are bombarded on a daily basis both from a visual and auditory standpoint with bad ‘breaking’ news. When talking with people, there seems to be an increasing overarching sense of doom and waiting for the other shoe to fall—everything seems to have a negative spin from the weather to education to finances and the stock market to health care and of course, to politics. This has set up a sense of uncertainty and generalized angst, which translates into worry which translates into fear for many individuals...”

- She goes on to say that, “Unchecked Fear can cause headaches to become migraines, an upset stomach to become gastroesophageal reflux disease, muscle aches to become fibromyalgia, body aches to become chronic pain, general nervousness to become panic attacks, and the list goes on.”
- This is driving home the point that... “Unmanaged Fear has the power to change our bodies, minds, behavior, and relationships...”

Thought: Perhaps this is why the Bible directly speaks to fear 365 times, depending on the version – That's once for everyday of the year.

- And so, with hopefully a better understanding of what fear is and how it operates, *I want to read you a Bible Passage...*
- Priests of the Unknown: (Vs) Acts 17:16,17 & 22-23a – “To the unknown god...”
- Yes, they were worshipping false gods, making evil sacrifices, and teaching dark doctrine, but behind all this, they were afraid.
- They were so AFRAID that they even had an extra altar present in case they had missed an Unknown Deity...

This is an important place to sit for a moment...

- Remember earlier when I put up the quote, “Fear is what links sets of stimuli to patterns of behaviors.”
- This key understanding of Fear is so important when it comes to loving “one another.”

(Vs) Phil. 2:3 ESV – “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.” – This is speaking to Empathy!

- Empathy for others, with obviously unhealthy or dysfunctional ‘Melodious’ (Patterns), often finds its foundation in realizing how afraid they really are.

Paul the apostle had immense empathy for others

- *(Vs) Acts 17:23b-28 - ‘For we are indeed his offspring.’ – Pagan Scripture!*

“Paul loved them by approaching them not so much from a place of courage, but as from a place alongside their fears.”

- We may even say he went and found them “within” their Fears.
- I believe much of Paul’s Empathy for others and their fears came first from an empathy for himself.
- When it came to having empathy for himself, he said...

(Vs) 1st Tim. 1:15 ESV – “The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost.”

(Vs) Romans 7:15 ESV – “For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.”

- It appears that once you have Empathy for yourself and your own failings, it becomes clearer why others behave the way they do, and so can have immense empathy for them!

Either way, "Paul teaches us to be aware of both our own and others Fear, therefore choosing to be Fearlessly Empathetic."

- Remember, in the end, because of Paul's testimony and teachings, those listening could move from being 'Fearful Priests of the Unknown' to 'Fearless Priests of the Living God!'

Closing Challenge/ Questions

- Where in your life are you a "Priest of the Unknown?"
- Where in your life are you being called to be a Priest of the Living God?"