



David Beresford's talking about...

## Fear!

One night I awoke to discover with horror that a fox had climbed into my bedroom and was now under my bed. I could feel its nose poking through my mattress, pressing into my back. It was waiting for me to make one false move and then it would eat me. I was frozen with fear, sweating and shaking. All I could do was to cry out in the loudest whisper I dare "MUM, DAD – Help me!"

When my parents came into my room the first night I told them to look under my bed for the fox. We argued for a while and they finally consented to look. They couldn't see any fox so we argued some more because it was definitely there. I could feel it for Pete's sake! They finally agreed to my plan. I would roll over and my Dad would grab the fox before it ate me. I took a deep breath and on the count of three rolled...

Another night I awoke and realised that the two birds outside my bedroom would probably break through my window soon and eat my eyes. This time I didn't need to call for help, this time I could deal with the situation myself. My plan was flawless - simply pull my duvet over my head to keep my eyes covered. It might get a bit hot but at least my eyes would remain intact.

My fox turned out to be a button from the mattress which some how and turned over to poke into my back. Once I regained some composure, I was able to laugh about it. But I always made sure my door was closed – just in case. As for the birds, I don't remember when it happened, but they must have moved on to other houses!

Fear is so powerful an emotion that we can feel trapped it. Sometimes we can devise a strategy to deal with our fears. Sometimes we are so frightened of what might happen that we don't give things a try. Sometimes our fear protects us from doing foolish or dangerous things. Sometimes our fear stops us when in reality there was nothing to be afraid of really. Sometimes there is no fox – it's just a button... and the near lethal birds are just busy nesting!

The bible encourages us 366 times not to be afraid – that's one for each day of the year, even leap years. Maybe God is really trying to tell us something.

[www.Yfaith.co.uk](http://www.Yfaith.co.uk)

'Yfaith' is an initiative of Catholic Agency to Support Evangelisation (CASE)  
39 Eccleston Square, London, SW1V 1BX. Email: [yfaith@caseresources.org.uk](mailto:yfaith@caseresources.org.uk)  
Catholic Trust for England and Wales Registered Charity No 1097482