



Running Scared: Fear, Worry, and the God of Rest

Edward T. Welch

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In his new release, *Running Scared*, Edward T. Welch investigates the roots of fear in the human soul and the ramifications of living in the grips of anxiety, worry, and dread. Welch encourages readers to discover for themselves that the Bible is full of beautiful words of comfort for fearful people (and that every single person is afraid of something). Within the framework of thirty topical meditations, Welch offers sound biblical theology and moment-by-moment, thoughtful encouragement for life-saving rescue in the midst of the heart and mind battlefield of rampant panic-stricken responses. This comprehensive primer on the topic of fear, worry, and the rest of God will have readers retreating to scripture for invariable constancy, stalwart care, and robust comfort, instead of as Welch terms it hitting the default switch by responding with characteristic human independence, control, and self-protectiveness. *Running Scared* affirms that, through Scripture, God speaks directly to our fears: On money and possessions On people and their judgments On death, pain, and punishment Welch's lively text provides convincing evidences that humanity's struggle against active and dormant fears are countless. The good news is that God provides both the remedy and the cure for this malady in the person of Jesus Christ, the work of the Holy Spirit, and through powerful, life-altering promises in Scripture. Far more than merely another psychology self-help guide, *Running Scared* serves as a biblical roadmap to a life of serenity and security.

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