



# NEW HEART BEAT DEVOTIONS

## Dentophobia

It is human nature to have a phobia or a fear of one or more things. Most common ones are heights (acrophobia) spiders (arachnophobia), closeness (claustrophobia), flying (aerophobia) fear of death (Thanatophobia) and germs (germaphobia). There are 135 phobias listed on [VeryWellMind](#) website. Some are very strange like fear of long words ([hippopotomonstrosesquipedaliophobia](#)) and fear of peanut butter sticking to the roof of your mouth ([arachibutyrophobia](#)).

One of my fears is the dentist (dentophobia). I am not alone. “An estimated 9 to 15% of Americans avoid seeing the dentist altogether because of anxiety or fear.”<sup>1</sup> When I was a child, I remember the dentist pulling my teeth without Novocain. Even today, I get major goose bumps just thinking of the sounds and the pain. I also have a small mouth and gag a lot. In my mind, I believed they look for issues just to cause pain and get paid doing it. Well, after 10 years of avoiding them, I had to find one because of a problem. I prayed and did a lot of research.

I heard on the radio of a Christian dentist located in the next county. I looked on his website and a local Pastor, whom I know, gave him a great written review. All through [the dentist's website](#), the word trust was used. I called and explained my issue and fear. They gave me an appointment the next day. When I arrived, they had the Bible verse “Trust in the Lord” posted in the waiting room. The dentist then spent extra time with me talking about the Bible and asked me to trust him. He must have been a godsent, because my problem was fixed, and I returned twice more.

There are several websites that explain the causes and give suggestions on how to overcome these phobias. “A phobia is a twisting of the normal fear response. The fear is directed toward an object or situation that does not present a real danger.”<sup>2</sup> These sites included: 1) Understanding and believing the real facts, 2) Creating an action plan which would involve avoiding or slowly facing the fears, and 3) Seeking help from medication, a friend, or a professional.<sup>3</sup>

But as Christians, we have an edge over nonbelievers. We can call on the Lord in our time of any kind of fear, distress, or situation. “Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.” Jer 33:3 “The LORD is my light and my salvation; whom (or what) shall I fear? The LORD is the strength of my life; of whom (or what) shall I be afraid?” Ps 27:1

In my time of distress, I put my trust in the Lord (who controls events) and leaned not on my own (fear and) understanding but I acknowledged Him and He directed my path (in an amazing way.)



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“And Jesus arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm. And He said unto them, Why are ye so fearful? How is it that ye have no faith?” Mark 4:39,40  
“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” II Tim 1:7



<sup>1</sup>[havredegracecosmeticdentist.com/tricks-for-overcoming-dental-anxiety/](#)

<sup>2</sup> [Fear: Definition, Traits, Causes, Treatment \(verywellmind.com\)](#)

<sup>3</sup> [How to Face Your Fears: Healthy Ways to Cope \(verywellmind.com\)](#)

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