

The Fear Dance in Marriage
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Broadcast Date: 1/21/26
Message Date: 6/22/25 ● 10:00 a.m.

Summary:

Marriage often begins without a clear understanding of how the relationship should grow; a situation like this can lead to fear-driven behaviors. Fear manifests in many ways, such as insecurity, self-preservation, and avoidance of vulnerability, all of which damage intimacy. Childhood experiences and past baggage often shape these fears, creating patterns that repeat in marriage. Men may hide feelings of inferiority behind superiority, resulting in a false identity and fear of exposure. When spouses fail to address these fears, they build emotional walls that block trust and connection. Moving from fear to grace requires courage, honesty, and intentional communication to heal wounds and foster intimacy. Ultimately, wholeness in singleness is essential because no spouse can complete another person—only Christ can.

Notes:

1. We must understand the role fear plays in marriage. Fear has common manifestations.
2. We often enter marriage without knowing how it should progress. Fear-based actions can occur unconsciously and harm the relationship.
3. Past baggage influences current behavior. Learned fears include fear of failure, rejection, or inadequacy.
4. Unaddressed fear has consequences. Moving from it to grace restores healthy marriages.
5. The “insanity cycle” takes over, and brokenness and wounds become visible. Couples repeat the same behaviors expecting different results.
6. Feeling invisible or unheard deepens emotional wounds. Finger-pointing and fault-finding increase relational strain.
7. Continuous communication helps address sticking points and brings wholeness even before marriage.

Category: relationships

Keywords: fear, marriage, relationship, insecurity, intimacy, inferiority, emotional walls, intentional communication