

# FEAR

Restore2Life Presentation



# What Are You Afraid Of?

- Faith or Fear is dependent upon what we give our thoughts to on a continual basis
- **God has a More Excellent Way:**
  - Philippians 4:6: Be careful for nothing, but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God
  - Vs 7: AND THE PEACE OF GOD, WHICH PASSETH ALL UNDERSTANDING, SHALL KEEP YOUR HEARTS AND MINDS THROUGH CHRIST JESUS
  - God desires that we be free from anxiety, stress, worry, and fear. This freedom only comes by trusting God

# List of Fears

*Here is a list of some of the basic fears known to man*

Losing One's Job	Loss of Health	Not Enough Income
Fear of Failure (Success Seminars)	Losing One's Mind	Losing Loved Ones
Fear of Evil	Fear of Man	Fear of Rejection
Fear of Sickness and Disease (Health Shows)	Fear of Abandonment	Fear of Death
Fear of Punishment	Fear of Criticism	Fear of harassment
Fear of judgment by God	Fear of the Future	Phobias
Fear of Insanity	Fear of Not being accepted	Fear of inadequacy
Fear of being attacked	Fear of commitment	Fear of rejection
Fear of being controlled by others	Fear of embarrassment	Inferiority
Fear of the Elements	Fear of wasting years	Fear of the Unknown

# Legitimate or Irrational



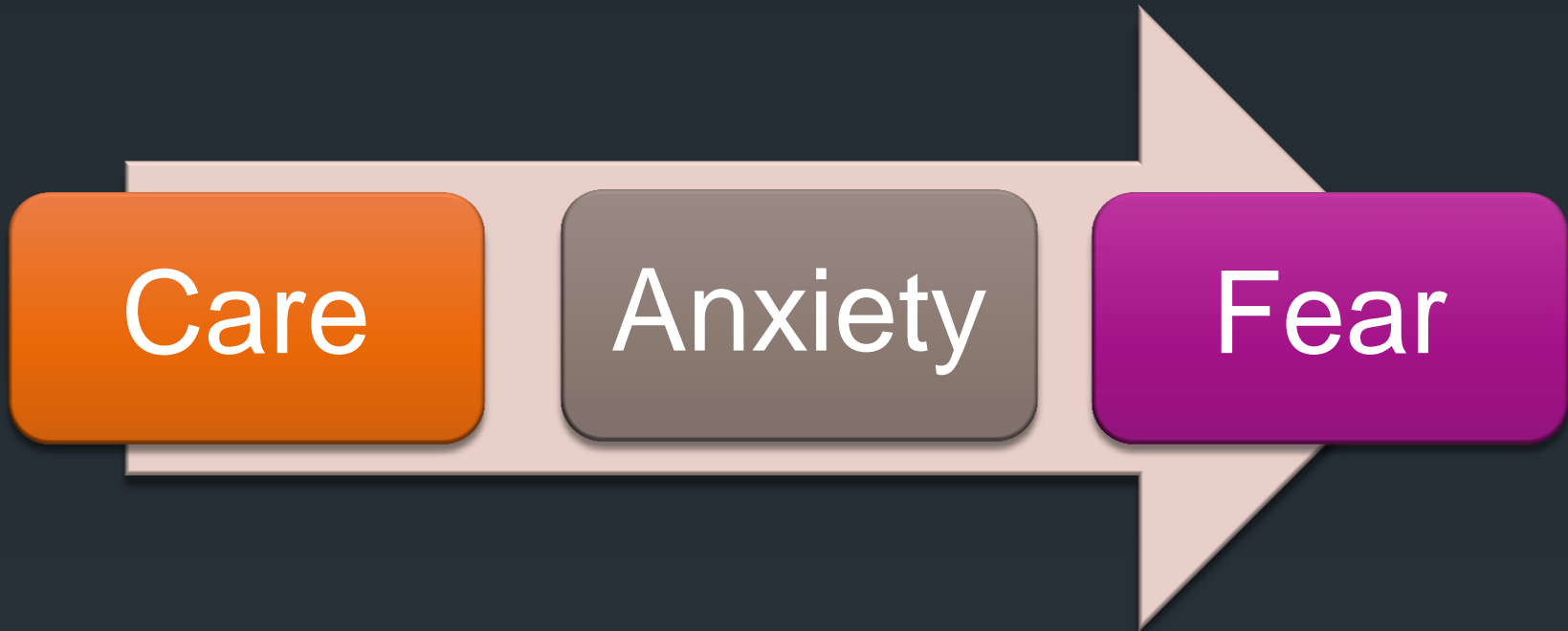
- **Are there Legitimate Fears?**
  - Is it okay to be afraid?
- **Who Says they are Legitimate?**
  - Fear is something that is experienced and learned
- **Can Fear be “Rational?”**
  - Many times fear is something conceived with our own thinking
- **Perception may be the Key**
  - If you focus on fear, you will eventually feel fear

# Confrontation or Believing

## Do We Confront our Fears or our Faith?

- The World says Confront Your Fears
- Jesus says, “Where is your Faith?”
- Part of the 8 R’s of recovery (explained later) require that we Recognize and Determine the Root Cause along with Renouncing our Fear
- Courage is “Managed” Fear

# Is a Concern a Fear?



- Cares of this world (Mark 4:19) chokes out God's Word and make you unfruitful
- Anxiety stems from stress over an event that hasn't happened yet (Matthew 6:25-34)
- Fear takes hold when our Cares and Anxiety overwhelms us where we no longer see Hope in Sight or Deliverance

# We Live in a World of Fear

## Mass shooting at Colorado theater

Colorado Massacre



How will these people be affected the rest of their lives?



# Our World is in Chaos



## Article: Is High Unemployment Making Us All Sick?

- A recent study by a researcher at the Harvard School of Public Health found that in the year and a half after losing their jobs, laid-off workers were at twice the risk of developing high blood pressure, diabetes or heart disease than those fortunate enough to remain employed. In a very real sense, unemployment kills: a 2009 study found that workers in Pennsylvania who lost their jobs at the age of 40 had their life expectancy reduced by a year.



# Fears Affect Our Health



## Article: Failing Economy Means Failing Health

As talk of falling housing prices, rising consumer debt and declining retail sales bring up worries about the nation's economic health, more Americans feel additional stress and anxiety about their financial future. Because of these factors, Americans are seeking comfort foods, such as high sugar, high carbohydrate and high sodium foods. In addition, many people are relying on fast food restaurants and less nutritious food choices to save money. The end result is an increase in obesity, depression, heart, liver and kidney disease.

# Who Can We Turn To?



# FEAR

Fear is the one thing God has not given to you. It is not a gift to be received, nor a state that God desires for us to be. Yet, almost all of us “Take” Care and “Become” Afraid.

Jesus wants us to “Have” Faith, but Fear diminishes our faith which hinders our relationship with God as we trust more in the “waves” of life than the One who can calm the seas.

# Fear is Manifested

## In Your Thought Life:

- **2 Cor 10:5: Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ**
  - Most people suffer from fear due to a lack of knowledge of God
- **Matthew 6:34: “Take no thought for the morrow...”**
- **1<sup>st</sup> Peter 5:7: Casting all of your care upon him; for He careth for you**
  - ***Our body is not adapted to sustain or retain fear***

# Listening to Fear is being Double-Minded

- God has not given us the spirit of fear
- **Proverbs 23:7: “For as a man thinketh in his heart, so is he...”**
- **James 1:8: A double-minded man is unstable in all his ways**
  - Fear is a sign of Instability; God can't use us because He can't trust us
  - Paranoid Schizophrenia is related to double-mindedness (Split mind)

# Scripture

*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (2<sup>nd</sup> Timothy 1:7)*

**God gave us power-** Power centered in our faith giving us the ability to Overcome. Inherent power residing in a thing by virtue of its nature; God has given us Power (Acts 1:8) that is inherent in us to overcome fear and anxiety so that we can do the works of Jesus.

**God gave us love** – Relationship and trust. Faith is based on our relationship with God. The Disciples knew who to call when they were in the boat and the storm came.

**God gave us soundness of mind (self control)** – Most fear stems from uncontrollable thoughts

# Fear is a Kidnapper

- The whole purpose of fear is to hold you captive and keep you in bondage
- Fear and timidity will keep you from using the gifts that God has given you to touch His people and a needy world. When we take fear we let go of all that God has given us.
- Take Courage and Not Fear
- Fear Itself is a Care – Many are concerned about being “Fearful”



# Fear Has Torment

1<sup>st</sup> John 4:18: There is no fear in love; but perfect love casteth out fear; because fear hath torment; He that feareth is not made perfect in love

- **Torment: Punishment**; Agonizing fear that robs our soul of all joy and confidence before God
- **Perfect in Love** – Our relationship with God has a lot to do whether or not we walk in faith or fear
- If we are not walking in communion and relationship with God, being perfected by Him, we can allow fear to dominate and control us, tormenting us on every turn.



# Henry Wright, Author, “Be in Health”

A spiritually rooted disease is a result of separation from God, separation from yourself and separation from others

The beginning of healing of spiritually rooted diseases is:

**Reconciliation with God and His love**, receiving His love, reconciling with Him as your Father, and making peace with him

**Reconciliation with Yourself** – realizing that there are areas in your life that still needs work and accepting yourself as valuable like God sees you

**Reconciliation with Others** – guarding and protecting your relationship with others

# Fear Ensnares Us

- Proverbs 29:25- The fear of man bringeth a snare; but whoso putteth his trust in the LORD shall be safe
- 2 Timothy 2:26 says many are snared by the enemy against their will and taken captive by Demonic Deception

**Do you feel that you are bound by Fear?**

# Fear Related Diseases



There are many diseases associated with fear:

## Cardiovascular System

- Spiritual Root: Fear/Anxiety/Stress
  - Angina (Strangling): Severe pain in the chest associated with emotional stress and characterized by feelings of suffocation; constriction of the arterial walls or inadequate oxygen supply
  - High Blood Pressure: “Men hearts shall fail them because of fear” (Luke 21:26)
  - Heart Arrhythmias: disturbances of heart rhythm
  - Heart Valve Disease

# Other Dis-eases

- Muscle Tension and Tension Headaches – “rub the back of the neck when under pressure”
- Irritable Bowel Syndrome
- Nausea and Vomiting
- Constipation
- Overeating, Depression, and Insomnia
- Fatigue and Lethargy
- Phobias
- Panic Attacks
- Skin issues

# 8 R's to Freedom from Fear

- Recognize – What it is that you are fearful of
- Responsibility – Take responsibility for what you see
- Repent – For your participation and feeding in this fear
- Renounce – Make it your enemy and renounce it
- Remove – Get rid of it once and for all
- Resist – resist every opportunity to fear
- Rejoice – rejoice over your deliverance
- Restore – Now help others get free from fear

# How Do I Get from Fear to Faith?

**FEAR**

- Lack of Knowledge of God
- Saying what the World says
- Caught up in Circumstances
- Caught up in the “Sense” Realm
- Out of relationship and fellowship with God and Others

**FAITH**

- Know God is able and willing
- Saying What God says
- Focused on Him
- Looking through the eyes of the Spirit
- Relationally “Connected”

# Take Your Medicine!

- Anti-anxiety drugs and antidepressant drugs are not the answer for fear (Prozac, Paxil, Xanax, Klonopin have dangerous side effects)
- Drugs only provide disease management not a Cure (Don't throw away any medicine until you are at a level of faith)
- Faith is the Antidote to Fear
- Faith in God's Word overcomes Fear as we begin to speak it and trust in it
- For every thought of fear, combat it with the Word of God

# It's Time



- Renounce Your Fear
- Restore Your Faith
- Reach out to God and Others who can help you
- Recover yourself from the Snare of Fear
- Remind yourself daily of God's goodness and His promise to sustain, save, heal, and deliver you



# God Promises Relief and Rest

Psalms 27:1-4 (Amp): THE LORD is my Light and my Salvation--whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life--of whom shall I be afraid?

<sup>2</sup>When the wicked, even my enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

<sup>3</sup>Though a host encamp against me, my heart shall not fear; though war arise against me, [even then] in this will I be confident.

<sup>4</sup>One thing have I asked of the Lord, that will I seek, inquire for, and [insistently] require: that I may dwell in the house of the Lord [in His presence] all the days of my life, to behold and gaze upon the beauty [the sweet attractiveness and the delightful loveliness] of the Lord and to meditate, consider, and inquire in His temple.

# Pray



Lord, You have not given me a Spirit of fear, cowardice, or timidity, but a spirit of power that comes from association with you as a child of God, a spirit of love that stems from my relationship with you, a love for myself and others, and a spirit of a sound and steady mind and conscience that is not double-minded or unstable.

I refuse to “take Care” but Cast my cares upon you. I will not fear tomorrow for the One who holds the future loves me and is always by my side.

I know that Fear has torment and that many are snared by it against their will. The Spirit of Fear is of the devil, therefore, I renounce my association with Fear and purpose in my heart to walk in faith in your Word and in your willingness and ability to keep my mind and heart through Christ Jesus.

# Prayer

Lord, I declare myself free from fear and the sickness and Dis-ease that it has caused me. (NAME THEM)

I thank you for the blessing to be able to walk in Divine Health free from the bondage of Fear.

Now Holy Spirit, I pray that as you bring all things to my remembrance that you continually remind me of God's goodness and blessings so that I won't fear but trust in the God of all Comfort who is able to calm the seas around me and in me,  
Forevermore, Amen

