

Beyond The Faces Of Fear, Part 2

Emotional/Feeling Components

Fear, Phobias, Anxiety, and Panic

“So **do not fear**, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”
(Is. 41:10)

“**Don’t worry (be anxious) about anything**; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (Phil. 4: 6-7 NLT)

“When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: ‘May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.’

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. ‘I have had enough, LORD,’ he said. ‘Take my life, for I am no better than my ancestors who have already died.’ Then he lay down and slept under the broom tree.”

(1 Kings 19: 1-5 NLT)

Fear – I encounter a real bear that is there as I was walking thru the woods

Phobia – I avoid any place a bear might be

Anxiety – I anticipate a bear that might be there as I walk thru woods, or think about walking thru woods

Panic –I feel as if a real bear is currently there when my senses are triggered in any way that reminds me of the bear, the woods, or anything about the real experience

Rebellion

We like to say we are having difficulty trusting, and that we just tend to worry. Let's us a stronger word and call it what it really is – rebellion. I am taking matters into my own hands. I am replacing God with other gods.

“Suppose there are prophets among you or those who dream dreams ... If they then say, **‘Come, let us worship other gods’**—gods you have not known before - do not listen to them. The LORD your God is testing you to see if you truly love him with all your heart and soul. **Serve only the LORD your God and fear him alone.** Obey his commands, listen to his voice, and cling to him. The false prophets or visionaries who try to lead you astray must be put to death, for **they encourage rebellion against the LORD your God, who redeemed you** from slavery and brought you out of the land of Egypt.”

(Deut. 13:1-5 NLT)

When the people saw how long it was taking Moses to come back down the mountain, they gathered around Aaron. “Come on,” they said, **“make us some gods who can lead us.** We don't know what happened to this fellow Moses, who brought us here from the land of Egypt.” ...

Then Aaron took the gold, melted it down, and molded it into the shape of a calf... they celebrated with feasting and drinking, and they indulged in pagan revelry.

The LORD told Moses... **How quickly they have turned away** from the way I commanded them to live! ...

Then the LORD said, “I have seen **how stubborn and rebellious these people are.**

(Ex. 32:1-9 NLT)

Declaring War On The Traitor Within

“I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is **at war** with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! **The answer** is in Jesus Christ our Lord!”

(Rom. 7: 21-25 NLT)

“So I say, **live by the Spirit, and you will not gratify the desires of the sinful nature.** For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. **They are in conflict with each other...** The **acts of the sinful nature are obvious:** sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like...

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” (Gal. 5: 16-22)

“So I tell you this, and insist on it in the Lord, that you **must no longer live** as the Gentiles do, **in the futility of their thinking**. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more...

You were taught, with regard to your former way of life, to **put off your old self**, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to **put on the new self**, created to be like God in true righteousness and holiness...

In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold...**Get rid of** all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, **forgiving each other**, just as in Christ God forgave you.” (Eph. 4: 17-32)

The Flushing Exercise - impactcounseling.com, store, free downloads

Spiritual Components

Your spiritual condition permeates and penetrates every aspect of your being. Everything flows from it and is connected to it. Therefore, this should be our primary consideration concerning fear – the first place we look, not the last.

Spiritually you may be experiencing:

Separation - You can believe there is a God and even be very religious, but you are separated from God unless you have a personal relationship with him. Without God, you are without hope, without peace, and without purpose. (Isaiah 59:2; Eph. 2: 12)

Sin - Ignoring and disregarding God’s plan for your life leads to lousy living. (Gal. 5:19-23)

Immaturity - You have not grown as a Christian, and a baby will only be able to do what a baby can do. (Eph. 4:14-15; I Cor. 3:1-2)

Growth - Sometimes nothing is “wrong” – this is simply a time to trust God and wait on Him. (Ps. 46:10; Prov. 3:5-6; I Peter 2:2-3)

Conviction - You realize that you are guilty of sin before a Holy God. (Ps. 32:3-5)

Disobedience - Obedience will cost you, but disobedience will always cost you more. (Prov. 1:29-33; Gal. 6:7-8)

The Traitor Within - There is conflict between your old self (your old way of living) and your new life in Christ. (Rom.7: 15-25)

Spiritual Intrusion and Harassment – Spiritual evil is exerting influence and control in your life. (Eph. 6:10-18; 1 Peter 5:8)

Our point of view concerning spiritual evil tends to be one of two extremes. Either we are consumed with the thought of spiritual intrusion, and ascribe all problems and difficulties to the enemy; or, we disregard evil as a legitimate influence and focus only on human responsibility. A balanced approach is needed. Sometimes what we are dealing with has nothing to do with the enemy, sometimes everything.

The enemy does not want you to see or know what they are doing. In fact, they hope they are never discovered. They function like a terrorist network looking for ways to bring about destruction undetected. As a result, we grossly underestimate their abilities and capabilities. More importantly, we fail to grasp the unending faithfulness of our Heavenly Father, and the awesome power and authority already granted in Christ Jesus to do something about it.

Assignments – Nothing is random

Permission to Intrude

Front door sin (intentional) - Gen. 4:7

Side door sin (unforgiveness) – Eph. 4: 26-27

Back door sin (generations), and my involvement with people, places, and things evil is attached to (intentional and unintentional) - Deut. 12: 2-3; Joshua 24

Retaliation for Obedience – Eph. 19

Training and Preparation – Judges 3: 1-2

Experiencing God in a Deeper Way – Heb. 5:8

Not Against Flesh and Blood - impactcounseling.com, store

Facing The Fear Factor

Based On Robert McGee's Search For Significance Model

The world in which we live says:

Self worth/value/significance is = to my performance + the opinions of others

False Belief/Necessary Requirement/ Dominate Fear

Performance Trap – 100% Perfection – Fear of Failure

I must attain specific standards to feel good about myself

Approval Addict – 100% Acceptance – Fear of Rejection

I must have the approval of certain people to feel good about myself

Blame Game – 100% Conditions for Love – Fear of Punishment

I must meet required conditions to receive love

Shame Show – 100% Success – Fear of Inferiority

I must succeed no matter the cost

Infinite Possibilities – 100% Security – Fear of Unknown

I must do whatever is necessary to feel secure

Risky Business – 100% Certainty – Fear of Change

I must be certain that all change works to my good

Control Freak – 100% As Planned – Fear of Losing Control

I must control to avoid loss

Intimidation Station – 100% Unbelief/Avoidance – Fear of Spiritual Evil

I must deny the influence; I must avoid the subject

Good Works – 100% Earned – Fear of Not Pleasing God

I must earn God's approval

Two Resulting Views of Self

Both have fears rooted in false beliefs that produce different feelings and behaviors

Who I Hope I Am

I am Significant – My life has meaning and purpose – I matter

Therefore, **I feel:**

Valued, Important, Successful, Accepted, Loved, Capable, I Belong

I can easily embrace an exalted view of self

I can easily become prideful, arrogant, conceited, vain, demanding, domineering

Self-promotion, anxiousness, and restlessness are all pervasive

Who I Fear I Really Am

I am Insignificant - My life has no meaning or purpose – I do not matter

Therefore, **I feel:**

Inferior, Unimportant, Failure, Rejected, Unloved, Inadequate, I Do Not Belong

I can easily embrace a diminished view of self

I can easily become depressed, withdrawn, defeated, lonely, angry, overwhelmed

Self-doubt, insecurity, and despair are all pervasive

Pain results as I move back and forth between these two views of self

Pain Relievers

Pain Killers

So Jesus said to the Jews who had believed him, “**If you abide in my word**, you are truly my disciples, and **you will know the truth**, and the truth will set you free.”

(John 8:31-32 ESV)

“And now, just as you accepted Christ Jesus as your Lord, you **must continue** to follow him. Let your roots grow down into him, and let your lives be built on him. Then **your faith will grow strong in the truth** you were taught, and you will overflow with thankfulness.” (Col. 2: 6-7 NLT)

God says my worth/value/significance is = to what he has declared

Removing the Domino Effect

Attack the Source of the pain and the problem (beliefs), not the pain itself

Behavior follows beliefs – to change behaviors I must change beliefs

You will not feel your way to a new way of acting

Face the Fear – (Phil. 4:12, 1 John 4:4)

Do not avoid it, compartmentalize it, accommodate it, deny it, or take matters into your own hands and attack it out of ego

Know the Truth - (John 8:32-36)

Believe the Truth - (Mark 9:24, Heb. 11:6, Prov. 3:5-6))

Live Accordingly - (2 Cor. 5:7)

As A Child of the King

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