

# BEYOND THE FACES OF FEAR, Part 1

## A Review of Dr. Herrstrom's Messages

**The Bottom Line** – Facing fear God's way is believing that God is indeed all powerful, all knowing, all loving, sovereign, and good, and therefore I will trust him with anything and everything, regardless of the present look of things.

"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)

"If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king. But even if he does not, we want you to know, O king, that we will not serve your gods or worship the image of gold you have set up." (Dan. 3:18-19)

"Some men came and told Jehoshaphat, 'A vast army is coming against you from Edom' ...Alarmed (terrified), Jehoshaphat (prayed)... we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you... This is what the Lord says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. Tomorrow march down against them...Take up your positions; stand firm and see the deliverance the Lord will give you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.'" (2 Chronicles 20:1-17)

### So two **key questions**:

What is blocking, stopping, or getting in the way of trusting and believing God?

What do I do about it?

## A Biblical-World View Answer – The 4 Tires

We want simple solutions, but God has made us amazingly complex

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.” (Ps. 139:13-14 NLT)

“Jesus replied, ' Love the Lord your God with all your heart and with all your soul and with all your mind.'” (Matt. 22:37)

### Physical Components

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” (1 Cor. 6:19-20)

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.” (Rom. 12:1)

### Medical Issues

### Health Issues

### Environmental Issues

### Brain Chemistry

- 100 Billion Neurons or Nerve Cells
- Neurotransmitters
  - Norepinephrine
  - Serotonin
  - Dopamine
  - Gamma amino-butyric acid (GABA)

### Medications

## Mental Components

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” (Rom. 12:2)

“Let this mind be in you which was also in Christ Jesus.” (Phil. 2:5)

### Brain Function

Prefrontal Cortex

Amygdala

### Something Happens

**Natural Emotion** – fear

**Natural Emotional Response** – fight, flight, freeze

**Mental Interpretation**- the emotional response is filtered through established beliefs, values, and experiences to making sense of the response

**Feelings Assigned** -a connection is established between emotion and thought

**Replay and Review** – an evaluation of emotional response, mental interpretations, assigned feelings, resulting behaviors, experiences, and consequences

**Accept/ Reject/ Revise/ Ignore** – a decision is made in preparation for when something similar happens in the future

**Default Setting Established/Modified/ Reinforced/ Strongholds Develop**-  
The connection between emotions, thoughts, feelings, and behaviors becomes more deeply entrenched and gains power to influence our responses concerning future events; I now have a learned, conditioned future action plan for future emotional responses

**Something Happens**, and the process repeats

## Natural vs. Supernatural Responses

“The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned.” (1 Cor. 2:14)

“Faith comes from hearing the message, and the message is heard through the word of Christ.” (Romans 10:17)

“Now faith is being sure of what we hope for and certain of what we do not see. This is what the ancients were commended for. By faith we understand that the universe was formed at God’s command, so that what is seen was not made out of what was visible. By faith...” (Heb. 11:1-40)

“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!” (2 Cor. 5:17)

**Natural Response** – Fight, Flight, or Freeze – automatic, unconscious response

**Supernatural Response** – Faith – learned, conscious, intentional response

## Natural vs. Supernatural Actions

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.” (Heb. 12:1-2)

“...so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming.

Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.” (Eph. 4:12b-16)

“...we rejoice in our sufferings, because we know that suffering produces perseverance, perseverance, character; and character, hope.” (Rom. 5:3-4)

## **Natural Action**

We are self-centered/ ego oriented – protecting/ promoting self

Avoidance

Compartmentalization

Denial

Accommodation

As Believers we live a compromised life:

We become double-minded (James 1:8);

We have a form of godliness, but are not able to experience God’s power (2 Tim.3:5)

We are luke-warm (Rev. 3:16)

We are spiritual infants easily tossed around and manipulated (Eph. 4:14)

Attack

## **Supernatural Action**

God- centered/ other oriented – glorify God, pursue people

Know God – you must have a personal relationship with Christ

Face the Fear – do not avoid it, compartmentalize it, accommodate it, or deny it

Know the Truth (John 8:32-36)

Believe the Truth (Mark 9:24)

Live Accordingly – God centered actions, not an ego driven actions

“We live by faith, not by sight.” (2 Cor. 5:7)