

FINDING FREEDOM OVER FEAR



THE DIFFERENCE BETWEEN FEAR AND ANXIETY

Although fear & anxiety can live together, fear is an emotional response to a *real* threat, where anxiety is a response to a perceived or unknown threat. Fear demands instant *fight, flight or freeze* reactions, and anxiety can linger living off your mind's imagination of imagined threats.

FEAR IN YOUR BODY

Fear shuts down anything your body doesn't need for survival. Increased heart rate, tension, adrenalin rush, shortness of breath, ringing ears and tunnel vision all stem from you needing to survive. Fear is purposeful ONLY when you are in danger. Over time fears can morph into anxieties.

GOD'S ROLE IN YOUR FEARS

God promises to protect and comfort us with His rod & staff (Ps 23:1-4).
To never let us be snatched from His hand. (John 10:27-28)
To meet all of our needs and provide our shelter. (Ps 91)

SIGNS YOU MIGHT BE CONTROLLED BY FEAR

You make decisions based on fear. Truth- Deut. 31:6
You strive for perfection. Truth- 2 Cor 9-10 12:
You settle for less & don't go after what you're called to. Truth- 2 Tim 1:9
You say yes when you mean no and no when you mean yes. Truth- Mt 5:37
You seek to numb or procrastinate. Truth- James 4:13-17

THE ENEMY'S ROLE IN YOUR FEARS

The enemy has a small bag of tricks but is very good with them. He will always seek to breed doubt, fear and guilt. He will drop a fear in your life or mind and attempt to tag you in.

YOUR ROLE IN YOUR FEAR

In your fear is all the Lord wants you to do is trust Him. Remember who He is and that you are safe in His shelter and hand. Run to the shelter of the Almighty God.

