

CHURCH OF JOY'S 2018

Marriage

SEMINAR

All things New



**Fear keeps us guarded from real
love and intimacy.**



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We must recognize that we live in a world of fear

- Fear of trust
- Fear of rejection
- Fear of opening our hearts (again)
- Fear of intimacy
- Fear of getting wounded (again)
- Fear of what if's?
- Fear of what people think
- Fear of failure
- Fear of being loved (opening up)
- Fear of giving love (giving out)



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**Let's recognize the stages of the
spirit of fear.**



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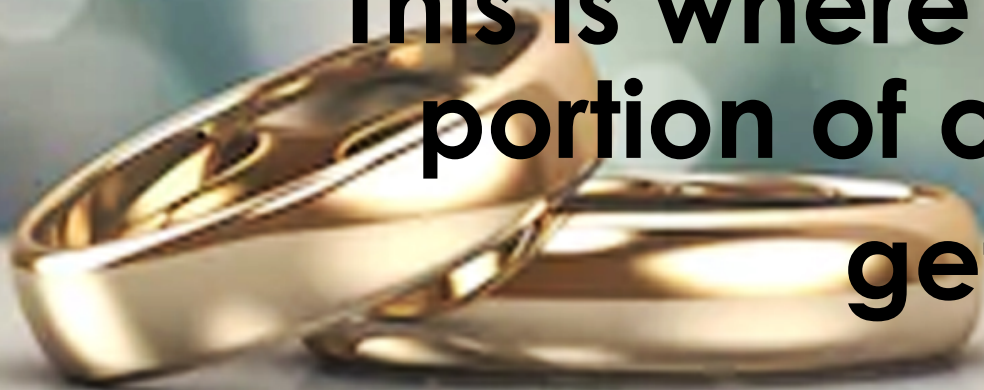
All things New

#1 - Fear begins to set in when we begin to lose basic trust in those we love and are in a place of authority over us...

- Disappointment
- Rejection
- Withdrawal

Offense/Trust Broken

This is where we begin to close off a portion of our hearts, so we don't get hurt again...



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- **Walls go up, trust is lost**
- **We do forgive, we don't trust**
- **We no longer trust in areas of deep things, personal intimacy**
- **If we are to ever recover from this stage, we must move beyond the reality of weakness in others.**



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#2- Fear now moves us from receiving love, comfort, affection, intimacy from others

- We now no longer make ourselves vulnerable**
- We take care of ourselves**
- “I don't trust anybody”**



#3- We develop a closed spirit

- Our hearts are now closed
- We retreat
- We isolate
- We close off all outside influences
- We shut down all healthy emotional attachments. Intimacy is gone.



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#4- Now we start to control all relationships

- An independent spirit sets in**
- We limit all conversations to “safe” topics only**
- No trust, all fear, complete rejection**
- This person keeps everybody at arm’s length**
- Heart is closed, close relationships are very difficult**



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#5- We believe that nobody can really meet our needs

- No one cares for us
- Very self-reliant heart
- “No one values me”
- Defiance, control, and rebellion sets in
- Honor, respect and interdependence is no longer shown.



#6- The battle of depression/oppression sets in

- Now you are trapped (cycle)
- Life is tense, bitter and frustrating.



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