

II Tim. 1 vs. 7 **FROZEN FEAR**

3 types of Fear!

1. Fear of God = Wisdom, Calmness, Determination! *Prov. 1:7, II Cor. 5:11*
2. Rational Fears = Logical, Consensus, Situational *Mt. 14:26*
3. **FROZEN Fears** = Grumpy, Stuck, Paralyzed, Fills Imagination, Increasing!
II Tim. 1:7 Deilia (di-lee'-ah) = Dread! Cowardness, Timidity!

FROZEN FEAR is a Flesh pattern which can become a **demon** – just like **ANGER, LUST, PRIDE**

Some people **NEVER** battle specific Flesh Patterns



Beth & I Opposite Flesh Patterns

In the most **FEARFUL** situations, I have **TWO WORDS** in my mind → **“MOVE FORWARD!”**

Beth calls it **CURIOSITY** **Anxiety and Excitement = SAME AREA of the Brain**

SOLUTION to FROZEN FEAR!

1. This sentence: **“I am *BATTLING* Fear and want to be *CALM, RATIONAL & CONFIDENT!*”** is a re-phrase of II Tim. 1:7



2. **Pre-op Nurses** know the **“Grand Canyon” DIFFERENCE** between

1) Those **BATTLING** Fear vs. 2) Grumpy

1) **BATTLING** Fear – the more **INFORMATION** they get...
the **Calmer**, more **Confident & Rational** they become.

2) **Grumpy** – **NO INFORMATION** will change their mood. →→→→→→→→



Questions to **ASK YOURSELF** when you battle **FEAR!**

1. Is it **Rational**?
2. Does it **fill my imagination**? *“How much do I **THINK** about it?”*
3. Is this about a **CURRENT** situation **TODAY** or **FUTURE** situations?
4. **Increasing** or **Decreasing**?
Do you **FEED** your Fears?

She is clothed with **strength** and **dignity**; she can **LAUGH** at the **DAYS** to **COME**. *Prov. 31:25*

Have you looked at a **Worst-Case scenario** and found **Trust** in **Jesus** and something you can **LEARN** in it?