

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 CURIOUSITY 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?