

“LIFE HACKS”

Part 2

Fear

ABOUT 12% OF ADULTS HAVE A PHOBIA.

FEAR: Fear is an emotion induced by a perceived threat which causes entities to quickly pull far away from it and usually hide. It is a basic survival mechanism occurring in response to a specific stimulus, such as pain or the threat of danger

Northwestern Medicine Research says.....Fear Is Physical

Fear is experienced in your mind, but it triggers a strong physical reaction in your body. As soon as you recognize fear, your amygdala (small part in the middle of your brain the size of an almond) goes to work. It alerts your nervous system, which sets your body's fear response into motion. Stress hormones like cortisol and adrenaline are released. Your blood pressure and heart rate increase. You start breathing faster. Even your blood flow changes — blood actually flows away from your heart and into your limbs, making it easier for you to start throwing punches, or run for your life. Your body is preparing for fight-or-flight.

Fear Can Make You Foggy

As some parts of your brain are revving up, others are shutting down. When the amygdala senses fear, the cerebral cortex (area of the brain that harnesses reasoning and judgment) becomes impaired — so now it's difficult to make good decisions or think clearly. As a result, you might scream and throw your hands up when approached by an actor in a haunted house, unable to rationalize that the threat is not real.

WE ALL CAN GET CONSUMED BY WORRY!

WE WORRY ABOUT A FEW TYPES OF THINGS:

1- WHAT IS RIGHT IN FRONT OF US

2-WHAT COULD HAPPEN

Healthy Fear is what God put in us to HELP US react in times of danger.

-Devil loves to DISTORT everything good and use it against us!

Fear and Anxiety go hand in hand!

National Alliance on Mental Illness says:

Anxiety disorders are the most common mental health concern in the United States. **Over 40 million adults in the U.S. (19.1%) have an anxiety disorder.**

-Nearly 1 in 3 adults will deal with Anxiety at some point in their lives.

“LIFE HACK” SCRIPTURE:

1 Peter 5:7-8 Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

-Devil fills us with IN SECURITIES!

SO THAT IS THE ANSWER....GIVE IT TO GOD.....NOW “HOW” DO I DO THIS?

1) **Realize you are not alone!**

Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Psalm 118:5-9 In my distress I prayed to the Lord, and the Lord answered me and set me free.

⁶The Lord is for me, so I will have no fear. What can mere people do to me? ⁷Yes, the Lord is for me; he will help me. I will look in triumph at those who hate me. ⁸It is better to take refuge in the Lord than to trust in people. ⁹It is better to take refuge in the Lord than to trust in princes.

Psalm 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

2) **Slow down**

Psalm 46:10 Be still and know that I am God.

Psalm 56:3-4 But in the day that I'm afraid, I lay all my fears before you and trust in you with all my heart.⁴ In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Prov 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding; ⁶in all your ways acknowledge to him, and he will make your paths straight.

3) Talk To God

Psalm 118:5 In my distress I prayed to the Lord

Psalm 142 I cry aloud to the Lord; I lift up my voice to the Lord for mercy. ²I pour out before him my complaint; before him I tell my trouble. ³When my spirit grows faint within me, it is you who watch over my way. In the path where I walk people have hidden a snare for me. ⁴Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life. ⁵I cry to you, Lord; I say, "You are my refuge, my portion in the land of the living." ⁶Listen to my cry, for I am in desperate need, rescue me from those who pursue me, for they are too strong for me. ⁷Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Philippians 4:4-6 Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

4) Seek PEACE & WISDOM

Philippians 4:4-7 Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the PEACE of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Psalm 34:4-8 I sought the Lord, and he answered me; he delivered me from all my fears. ⁵ Those who look to him are radiant; their faces are never covered with shame. ⁶ This poor man called, and the Lord heard him; he saved him out of all his troubles. ⁷ The angel of the Lord encamps around those who fear him, and he delivers them. ⁸ Taste and see that the Lord is good; blessed is the one who takes refuge in him.

5) STAY IN TRUTH!

Philippians 4:8-9 ⁸Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

INTERESTING:

The phrase “Fear not” or “Be not afraid” is found 365 times in the word of God!

2 Chronicles 32:8 says: “With us is the Lord our God, to help us and to fight our battles.”

-WE NEED TO HEAR IT EVERY DAY!!!

HOLD ON TO THE TRUTH OF THE PROMISES OF GOD

2 Timothy 1:7

For God has not given us the spirit of fear, but of power and of love and of a sound mind.

Exodus 14:13:

“Moses answered the people "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today...”

Deut. 31:6:

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Joshua 1:9:

“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”

2 Chron. 20:17:

“You will not have to fight this battle. 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.”

Job 11:15:

“Then you will lift up your face without shame; and you will stand firm and without fear.”

1 Cor. 16:13:

“Be on your guard; stand firm in the faith; be men of courage; be strong.”

RESPONSE:

Psalm 34:1-19 I will extol the LORD at all times; his praise will always be on my lips. ²I will glory in the LORD; let the afflicted hear and rejoice. ³Glorify the LORD with me; let us exalt his name together. ⁴I sought the LORD, and he answered me; he delivered me from all my fears. ⁵Those who look to him are radiant; their faces are never covered with shame. ⁶This poor man called, and the LORD heard him; he saved him out of all his troubles. ⁷The angel of the LORD encamps around those who fear him, and he delivers them. ⁸Taste and see that the LORD is good; blessed is the one who takes refuge in him. Fear the LORD, you his holy people, for those who fear him lack nothing. ¹⁰The lions may grow weak and hungry, but those who seek the LORD lack no good thing. ¹¹Come, my children, listen to me; I will teach you the fear of the LORD. ¹²Whoever of you loves life and desires to see many good days, ¹³keep your tongue from evil and your lips from telling lies. ¹⁴Turn from evil and do good; seek peace and pursue it. ¹⁵The eyes of the LORD are on the righteous, and his ears are attentive to their cry; ¹⁶but the face of the LORD is against those

who do evil, to blot out their name from the earth. ¹⁷The righteous cry out, and the LORD hears them; he delivers them from all their troubles. ¹⁸The LORD is close to the brokenhearted and saves those who are crushed in spirit. ¹⁹The righteous person may have many troubles, but the LORD delivers him from them all.