

SHAKE IT OFF “FEAR”

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

-PUSHES US INTO A RESPONSE: FIGHT OR FLIGHT!

What are fear and anxiety?

Back when people lived in caves, they needed to constantly assess whether they were safe.

Today We don't experience the same kinds of stressors (still wired the same)

Fear is the emotion we experience when we see a threat to our physical or emotional well-being.

Our bodies — and brains — react to both kinds of threats in the same way. In other words, it makes no difference whether the threat is a physical or emotional.....our bodies trigger the same response!

The alarm bells of the autonomic nervous system don't distinguish between the different threats.....it just activates our response system!

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.

SUM IT UP.....FEAR AMPS UP CHEMICALS IN OUR BODY AND SHUTS DOWN OUR BRAIN!

-Not a combination for success!

WHILE THE RESPONSE IS SIMILAR.....

.....THERE IS A DIFFERENCE BETWEEN FEAR AND ANXIETY!

Although unpleasant, fear is a healthy response.

-Our fight-or-flight response keeps us alive, safe.

BUT.....When constant fear prevents you from living life to the fullest, it becomes anxiety.

On the surface, anxiety looks very much like fear.

-they are rooted in the same emotion.

-But anxiety occurs when fear becomes maladaptive

(the psychological term for when a normal response gets out of control).

So What's the difference between fear and anxiety?

Fear symptoms and anxiety symptoms overlap in many ways, but the reasons they occur are different.

Both fear and anxiety trigger the body's stress response.

BUT the main difference is usually this:

-Most fear occurs in the face of a "real" or immediate, tangible threat

-while anxiety occurs in response to imagined danger.

*Fear is a (generally) short-lived reaction, while anxiety can be ever-present.

-Fear most often leaves after the event or threat is over.

-Anxiety can come and go out of nowhere at any time!

3 THINGS TO HELP US DEAL WITH "FEAR" & "ANXIETY"

-Clarify: These tips are for people who are coping with everyday fears and anxiety.

I am not a counselor and

If you have been diagnosed with an anxiety-related condition, this can help, but you also should get professional help!

3 THINGS TO HELP US DEAL WITH "FEAR" & "ANXIETY"

- 1) RE-FOCUS
- 2) FACE YOUR FEARS
- 3) FIND YOUR PURPOSE

1) RE-focus

It's impossible to think clearly when you're flooded with fear or anxiety.

-The first thing to do is take time out so you can physically calm down.

JUST WHAT WE WANT TO HEAR! "Just calm down"

Distract yourself from the worry for 15 minutes

Take a walk make a cup of coffee or tea take a shower or bath

turn on some worship music read some bible verses Lord's Prayer!

Basically ANYTHING to get your mind off of it!

AND THEN BREATHE!!! BREATHING TECHNIQUES.

(Web MD) Even though "take a deep breath" is probably not what you want to hear, there's a reason why it works. Deep and mindful breathing activates your parasympathetic nervous system. Breathing, mindfulness meditation, and other relaxation techniques deactivate the body's stress response.

Box breathing, also referred to as square breathing, is a deep breathing technique that can help you slow down your breathing. It works by distracting your mind as you count to four, calming your nervous system, and decreasing stress in your body.

-Breathe in for 4.....hold for 4.....breathe out for 4.....hold for 4

ONE SUPER COOL THING TO TRY!

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

Most anxiety is based around an “IMAGINED” threat or danger

-So after we calm down.... we need to RE-FOCUS on TRUTH!

Identify lies.....speak truth

Jesus was speaking of the Devil in John 8:44 “When he lies, he speaks his native language, for he is a liar and the father of lies.”

Fear causes us to notice and remember negative events, which reinforces our sense that the world is a scary place.

We can work to change that by deliberately noticing what is positive—the joy we feel when we see someone we love, the pleasure of a sunny day, the beauty in nature.

THE DEVIL KNOWS JUST WHAT TO WHISPER IN OUR EARS!

Does what you are hearing line up with God’s Word & Character?

- I will never leave you or forsake you!
- I have plans to prosper, not to harm you, to give you a hope and a future!
- I am a friend that sticks closer than a brother!
- I have loved you with an everlasting love!
- Peace I leave with you.....my peace I give to you!
- With me, ALL things are possible!
- He who began a good work in you will be faithful to complete it!

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.

NOW YOU ARE IN THE RIGHT FRAME OF MIND FOR STEP 2.....

2) **FACE YOUR FEARS**

Ask yourself, “What am I afraid of?

-Is it happening right now or is it an imagined threat?”

IF IT IS HAPPENING NOW.....THEN PRAY FOR PROTECTION & WISDOM!

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.**

BUT.....MUCH OF OUR ANXIETY COMES FROM “IMAGINED” DANGER

-Fears and anxiety that take up space in our hearts and minds!

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.**

SO.....WHAT WAKES YOU UP IN THE MIDDLE OF THE NIGHT?

-Face it so we can DEFUSE it!

“Every time your fear is invited up, every time you recognize it and smile at it, your fear will lose some of its strength.” (Thich Nhat Hanh)

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?**

3 BIGS:

Fear of death

Fear of finances

Fear of future

ANSWERS TO ALL 3 IN GOD'S WORD!

FEAR OF DEATH:

John 11:25-26 Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die;²⁶ and whoever lives by believing in me will never die. Do you believe this?"

FEAR OF FINANCES:

Matthew 6:25-34 ²⁵ "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these.³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"³² For the pagans run after all these things, and your heavenly Father knows that you need them.³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

TITHING.....TRUSTING GOD FIRST!

“test me in this” GOD....this is OUR problem!

FEAR OF THE FUTURE:

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

- 1) **Trust** in the Lord with all your heart
- 2) **Lean not** to your own understanding
- 3) In all your ways **submit** him
- 4) And he will make your paths **straight**

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

DEFINE IT AND BRING IT TO GOD!

Didn't give us a spirit of fear...but of power and love and a sound mind!

SO.....RE-FOCUS.....FACE YOUR FEARS

3) Find your purpose

U OF MN Earl E. Bakken Center for Spirituality & Healing

Fear can shatter our sense of the world as we know it. Those who have experienced trauma may also have experienced real losses that further lead them to question the meaning of their lives. Trauma survivors also often feel guilt about what happened, feeling, illogically, that they could have somehow this shame can also contribute to doubts about their meaning.

But whether we suffer from anxiety or trauma, it is important to rediscover a sense of purpose. An 80-year study of factors contributing to longevity found that individuals who return to healthy behaviors after trauma are the ones able to find

meaning in the traumatic experience and reestablish a sense of security about the world.

GOES ON TO TALK ABOUT Logotherapy, which literally means “healing through meaning”helping others in your struggle!!

-Example: Homeless vet helping others in that same situation

-Grief, bankruptcy, divorce, death, losing a job or home.....

2 Corinthians 1:2-4 Grace and peace to you from God our Father and the Lord Jesus Christ.³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

WE NEED EACH OTHER!! WE NEED YOU

-You can help people even in your struggles!

RE-FOCUS
FACE YOUR FEARS
FIND YOUR PURPOSE