

- ❖ A 4 PAGE LETTER – tackling the BIG fears- (see TED Talk, Tim Ferris, Why You Should Define your Fears Instead of Your Goals)

1. Page 1 - Define your fear-
 - Worst case scenario- What if I...
 - Prevent- How could I avoid or minimize the damage?
 - Repair- If it did happen, how could I respond?
2. Page 2- What might be the benefits of an attempt or partial success?
 - A base hit versus a home run
3. Page 3- The cost of inaction- emotionally, physically, spiritually, financially?
 - 6 months-
 - 1 year-
 - 3 years-
4. Page 4- Take action steps- baby steps - the best way the brain rewires and heals itself

1. PROCESS DAILY (& journal at night, adapted Ruthie Delk, Craving Grace)

Event- what happened? *Can include God speaking to you thru His Word, people, circumstances, etc.	Emotion- be honest, what are you feeling?
Emotional lie- what you really believe	Why I believe it...
How does the emotional lie affect the way I view...	
Others...	Circumstances...
Myself...	God...
What is the true truth?	
How would the true truth affect the way I view...	
Others...	Circumstances...
Myself...	God...

- ❖ WHAT'S GOD SAYING TO YOU? – write it down, pray it back, share it with others!
“Oh Heavenly Father, I am fearfully and wonderfully made in your image. I am bigger than my brain, my emotions and fears. And You are far bigger still. You are with me. Help me face my fears in the moment. Help me dig down to the big fears that have become habit, and replace the emotional lies from my hurts with Your true truth. I want to love you with all my heart, mind, soul and strength. I especially sense You telling me...

DON'T BE AFRAID – I'M WITH YOU! 11/7/21

❖ THE MOST REPEATED COMMAND AND PROMISE

- Gen 26:²³ Isaac moved to Beersheba, ²⁴ where the LORD appeared to him on the night of his arrival. “I am the God of your father, Abraham,” he said. “Do not be afraid, for I am with you and will bless you. I will multiply your descendants, and they will become a great nation. I will do this because of my promise to Abraham, my servant.” ²⁵ Then Isaac built an altar there and worshiped the LORD.
- Dt 20:1 “When you go out to fight your enemies and you face horses and chariots and an army greater than your own, do not be afraid. The LORD your God, who brought you out of the land of Egypt, is with you!”
- Dt 31:⁷ Then Moses called for Joshua, and as all Israel watched, he said to him, “Be strong and courageous! For you will lead these people into the land that the LORD swore to their ancestors he would give them. You are the one who will divide it among them as their grants of land. ⁸ Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.”
- Joshua 1:⁶ “Be strong and courageous, for you are the one who will lead these people to possess all the land I swore to their ancestors I would give them. ⁷ Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. ⁸ Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. ⁹ This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.”
- I Ch 28:²⁰ Then David continued, “Be strong and courageous, and do the work. Don't be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you. He will see to it that all the work related to the Temple of the LORD is finished correctly.
- Ps 23:⁴ Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.
- Mt 10:²⁸ “Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell. ²⁹ What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. ³⁰ And the very hairs on your head are all numbered. ³¹ So don't be afraid; you are more valuable to God than a whole flock of sparrows.

❖ WHERE DOES FEAR COME FROM?

- Our God given identity/need- When our security, love or significance...
- Trigger- ...Is threatened, challenged, changed...
- Response- ...Our brain tells a story- of fear, loss, failure, hurt...
- Result- ...Producing more fear.
- The story of the Whaleship Essex - 1820
- "We suffer more often in imagination than in reality"- Seneca
- "Don't worry about tomorrow, for tomorrow will worry about itself" - Jesus

❖ 4 MISTAKES WE MAKE

1. We mishandle fear- squelch it or succumb to it
 - We try to obey the command without the p_____
 - We try to trust the promise without dealing with the f_____
2. We stay put – thinking we will act when the fear subsides
3. We forget that we need to be afraid of God- Mt 10:28
4. We misunderstand God's protection- not from our fears, but to, in and thru our fears
 - Job 3²⁵ What I always feared has happened to me. What I dreaded has come true.
 - Ps 23⁴ Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.
 - Peter- throw net, take boat across lake, take boat at night, take boat at night without Jesus
 - David- lion, bear, giant, Saul, attacking armies

❖ LESSONS FROM THE LIZARD BRAIN- dealing with fear in the MOMENT

1. The brain's players
 - The amygdala- alarm system, flight or fight, anger, desire, emotion
 - Prefrontal cortex- conscience, core values
 - Left side- logic
 - Right side- emotion, pictures, stories, movies
2. How God made us- in His image- Gen 1:26-27, Ps 139:13-14
3. Sin has distorted, but NOT erased the image - Ps 51:5-6, Rom 7:22
 - We still have the image- sinful and significant, vile & valuable – Lk 15
 - Double -minded- at war with ourselves- Rom 7:18-25, Jas 1:6-8, 4:7-8
4. There is hope-
 - God wants us to love Him with all our being, united- Ps 86:11, Mk 12:30, Lk 2:52
 - God equips us to be united- new nature, Spirit, Word, His presence- Rom 8
 - God uses story, singing, prayer, dreams- using emotion as well as logic
 - You are bigger than your brain- Rom 12:1-2, Col 3:1-2
5. Action step- you are above your brain- so talk to your lizard brain