

The Anatomy of Fear

Pastor Donna Shelton

When I say the words "I Fear...I am afraid of"...my mind begins to search for a point of reference and I begin to _____ where those words first got their meaning in my life.

Fear is a spirit according to 2 Timothy 1:7...God has not given us a SPIRIT of fear...

The _____ of a spirit of fear being sent on assignment in my life is three-fold:

1. to _____ me. 1 John 4:18 "Fear involves torment"
2. to _____ me. Heb 2:15 and release those who through fear of death were all their lifetime subject to bondage. (NKJ)
3. to create _____ of fear so that the Word of God and the operation of the Holy Spirit is neutralized and void of power in those areas.

We must "dust for fingerprints" and through the Word of God, identify, categorize and expose the fears that bind us to the light of day.

The main fears I can readily identify are:

WHAT IS FEAR?

- *Fears are the _____ that block thinking, problem solving and decision making abilities.*
- Fears are _____ we consciously or unconsciously rehearse in our minds that portray a situation turning out badly for us...
- Fears are _____ you carry in yourself that prevent you from...

SEVEN DEADLY FEARS

1. Fear of making a mistake: spirit of fear masked as **perfectionism**...when controlled by this spirit of fear, we won't attempt something at all if we feel it won't come up to some real or imagined unrealistic expectation. **Phil 4:13..."I can do all things through Christ..."**

2. Fear of being dominated - spirit of fear that manifests always having to be in charge or in control. Heb 13:17 Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you. (NKJ)

3. Fear of being alone: spirit of fear that manifests in such extremes as *not wanting to stand out in the crowd so as to call attention to oneself (not excelling, going against popular opinion)... all the way to not being comfortable with one's own company....(addicted to noise and activity)

4. Fear of death: spirit of fear of dying; fear of pain or the process of dying.

5. Fear of what others think: fear of rejection.

6. Fear of the unknown: uncertainty. When there is no concrete reference of experience on which to base our next step, we let our imagination run amuck to construct all manner of insurmountable obstacles in the guise of "considering all the possibilities". The problem with that is that most of the "possibilities" are of failure and not of success.

7. Fear of pain: either physical or emotional causes us to do whatever it takes to avoid it... we don't like to be uncomfortable – period.
(hard work – exercise, losing weight, getting up earlier to pray or read our Bible...)
(emotionally – we don't confront our past, our fears, our strongholds, our motives....because it is painful to see ourselves as we really are and not as we have deceived ourselves into thinking we are.)

Great quotes about fear:

- "We have nothing to fear but fear itself...nameless, unreasoning, unjustified, terror which paralyzes needed efforts to convert retreat into advance." -- *Franklin Roosevelt 1933, First Inaugural Address*
- If you are distressed by anything external, the pain is not due to the thing itself, *but to your estimate of it*; and this you have the power to revoke at any moment. *Marcus Aurelius*
- Fear is that little darkroom where negatives are developed. *Michael Pritchard*

2 Timothy 1:7 For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning **fear**) but (He has given us a spirit) of power and of love and of calm and well-balanced mind and discipline and self-control. AMPL.

Strong's Concordance

Power: **1411 dunamis** (doo'-nam-is); "miracle working power, ability, might and strength"

How to deal with fear:

- recognize fear for what it is in all its forms
- Understand the assignment of fear: to paralyze our will and cause us to have a victim mentality
- Bind the strong man: **Mark 3:27** "**No one can enter a strong man's house and plunder his goods, unless he first binds the strong man. And then he will plunder his house. (NKJ)**
- **Luke 11:21** "**When a strong man, fully armed, guards his own palace, his goods are in peace. (NKJ)**
- Every fear is built on a lie. Every lie must be attacked with truth
John 17:17 "**Your word is truth**"
Romans 12: 2... "**be transformed by the renewing of your mind**
- Act on my new found faith in that area according to **James 1:22** **by being doers of the Word and not hearers only**"