

OASIS CHURCH
13.2.22.

FEAR NOT



FEAR



ISAIAH 41:10 (NKJV)

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

2 TIMOTHY: 1:7 (NKJV)

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

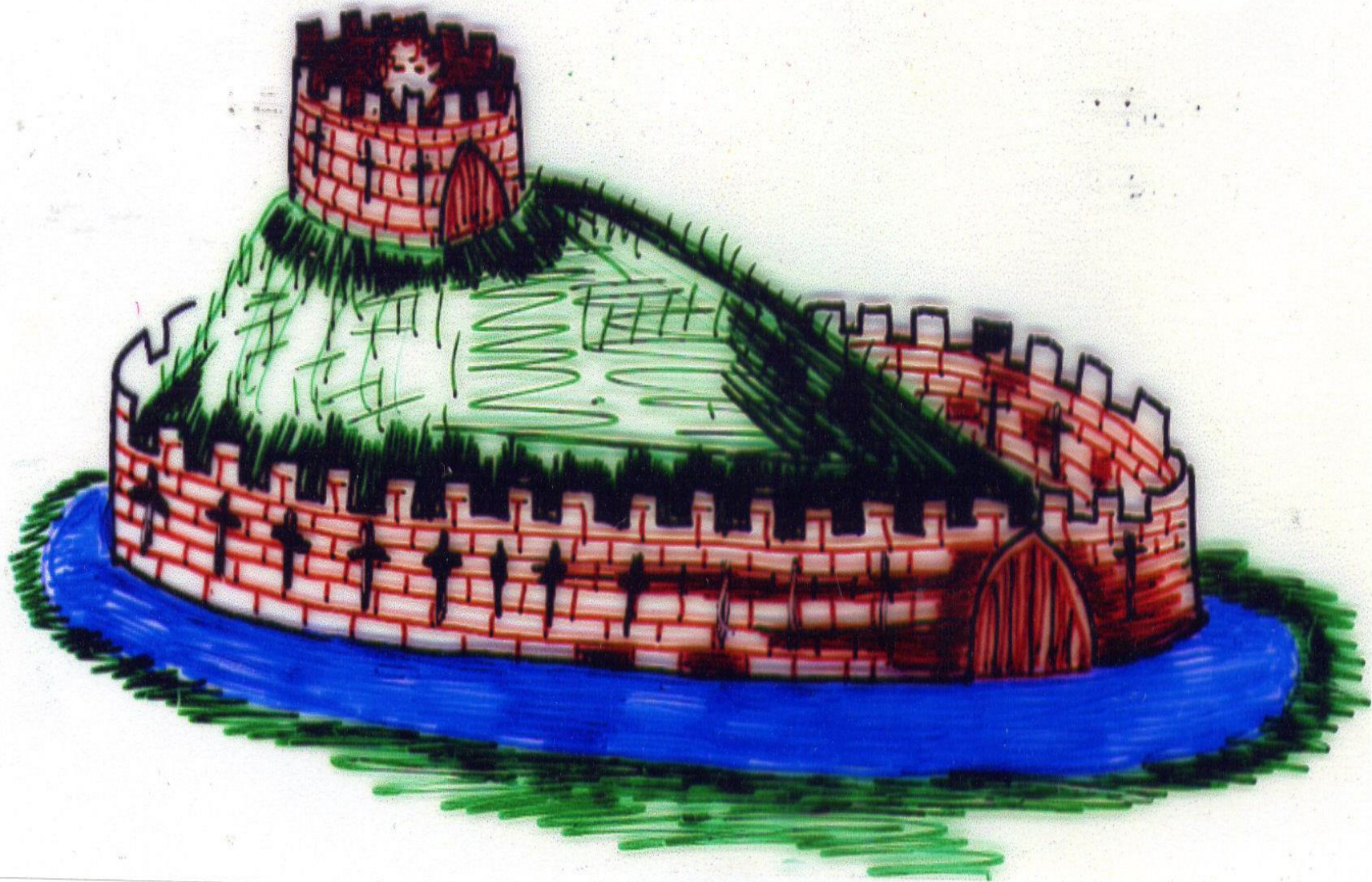
HEALTHY FEAR



Keep back from the flames!



I need to be careful and
Look where I am going



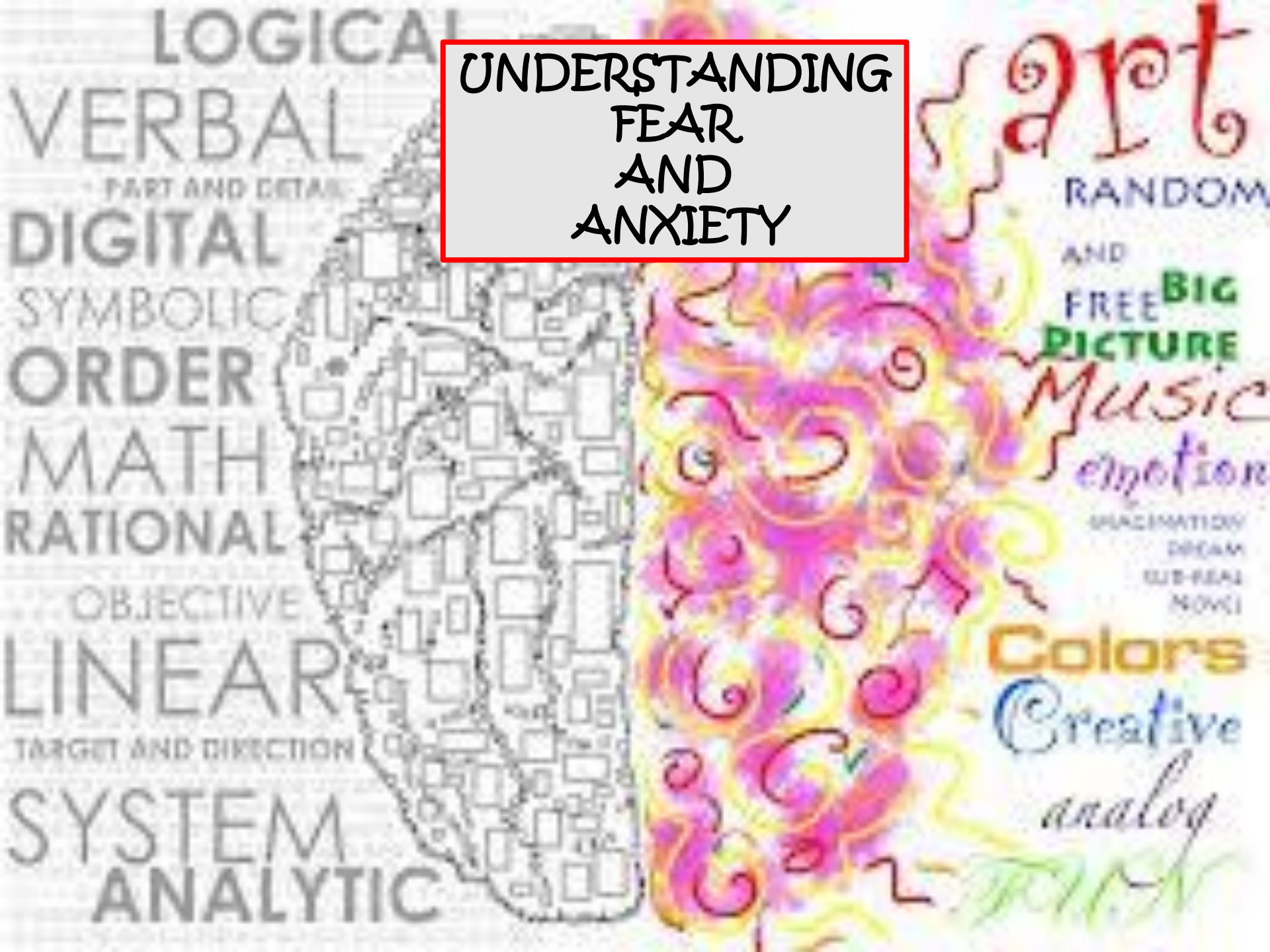
SOREN AABYE KIERKEGAARD

1813-1855.

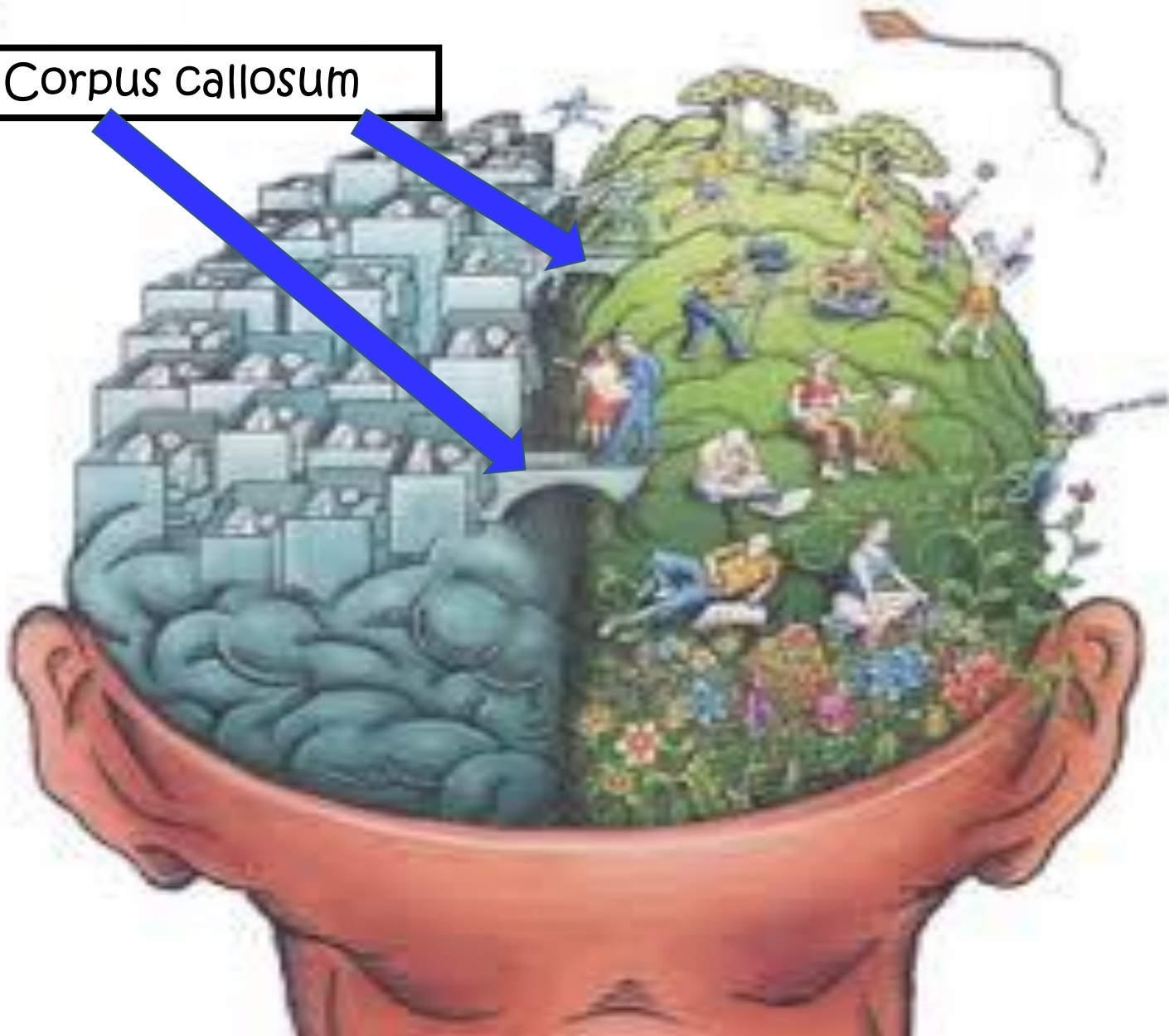


Danish philosopher, theologian & religious author was the first person to make a distinction between fear and anxiety (dread.) He described fear as fear of something and anxiety (dread) as fear of nothing. He maintained that dread came as a result of the judgment on Adam & Eve in the Garden of Eden when they ate from the tree of knowledge. God had warned them of the consequences of their disobedience 'You shall surely die.' If Adam had not sinned Kierkegaard argues dread would not have come into existence. He would have remained the same into eternity.

UNDERSTANDING
FEAR
AND
ANXIETY



Corpus callosum



RUDOLPH DREIKURS 1897-1972 (Contemporary psychotherapies)



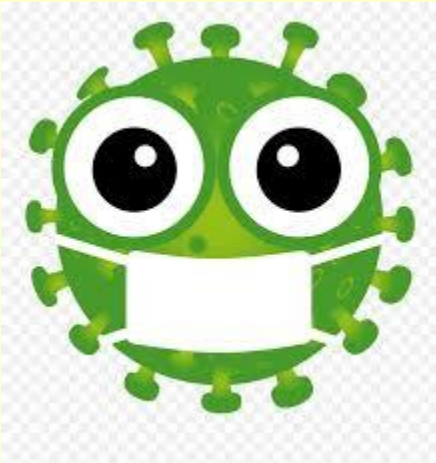
Unfortunately children are excellent observers but poor interpreters. They observe keenly what goes on but do not always draw the correct conclusions. Most children who feel rejected are not rejected but assume they are because their impressions & interpretations of what they observe are faulty. We are trying to change goals, concepts & notions. Only such changes can bring about permanent improvement.



We repeat
what we don't
repair.

Christine Langley-Obaugh

ANXIETY HAS NO VOICE
But subtly undermines our
confidence!



What if.....
what if
what if.....

FEAR
has many favourite
and well used words...



DEVI LALITA SRIDHAR an American public health researcher, who is both professor and chair of global public health at the University of Edinburgh.



The Guardian - 01 January 2022

One of the most unpredictable aspects of the past two years, and one of the most disheartening, has been the rise of widespread misinformation. The line between facts and lies has disintegrated. Years of experience in infectious disease control and a doctorate or medical degree quickly became equivalent to the influencer on YouTube or Facebook who has garnered hundreds of thousands of followers by promoting exciting-but-untrue “facts”.

You can see this clearly in the rise of anti-vaccine sentiment, where popular conspiracists share stories about alleged side-effects such as how vaccines are microchipping our bodies, or changing our DNA, or poisoning us. This has gone far beyond social media chatter and personal resistance, becoming an aggressive real-world campaign that has led to protests at hospitals, health workers being attacked and scientists being mailed death threats.

I've personally learned that lies spread faster than truth.

JOHN 10:10 (NKJV)

The thief comes to kill, steal and destroy. I have come that they might have life and have it more abundantly.

(NLT)

The thief's purpose is to steal, kill and destroy. My purpose is to give them a rich and satisfying life.

1 JOHN 4 :1-3 (TPT)

Delightfully loved friends, don't trust every spirit, but carefully examine what they say to determine if they are of God, because many false prophets have mingled into the world.

PHILIPPIANS 4:8 (NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

DR M SCOTT PECK
1936-2005

American psychiatrist and
best selling author



**The Road
Less
Travelled**



M. SCOTT PECK

The Ten Million Copy Bestseller

The first line in this book is
‘Life is difficult!’

MARK 1:9-13 (NASB) In those days Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Immediately coming up out of the water, He saw the heavens opening, and the Spirit like a dove descending upon Him; and a voice came out of the heavens: "You are My beloved Son, in You I am well-pleased."

Immediately the Spirit impelled Him to go out into the wilderness. And He was in the wilderness forty days being tempted by Satan.



**BILL JOHNSON Senior
pastor Bethel Church
Redding California.**



What we tolerate dominates.

EPHESIANS 6:12 (GNT) For we are not fighting against human beings but against the wicked spiritual forces in the heavenly world, the rulers, authorities, and cosmic powers of this dark age.



THREE STRATEGIES TO UNDERMINE:

(Each tries to shift Jesus into thinking with right brain!)

STRATEGY 1: CONFIDENCE UNDERMINING AND IDENTITY ASSASSINATION.

MATTHEW 4: 1-3 (NKJV) Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread."

GEORGE BERNARD SHAW,

We don't stop playing because we grow old; we grow old because we stop playing.





1 CORINTHIANS 14:3 (NASB)

But one who prophesies speaks to men for edification,
and exhortation and consolation.

Roughly translated Prophecy builds up, fires up, holds
up.

STRATEGY 2: PROMOTING INDIVIDUALISTIC THINKING AND RISK TAKING.

MATTHEW 4: 5-7 (NKJV) Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down. For it is written and he quotes from scripture.....

PSALM 91:11-12 (NKJV) For He shall give His angels charge over you, to keep you in all your ways. In *their* hands they shall bear you up, lest you dash your foot against a stone.



STRATEGY 3: SUGGESTING WAYS TO COMPROMISE OUR SPIRITUAL WALK

MATTHEW 4: 8-9 (NKJV) Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. And he said to Him, "All these things I will give You if You will fall down and worship me."

A dramatic sky with a bright sunburst breaking through dark, heavy clouds. The sun is positioned in the upper left quadrant, creating a strong lens flare effect that illuminates the surrounding clouds. The clouds are dark and textured, with some lighter patches where the sun's light hits them. The overall mood is one of hope and divine light breaking through darkness.

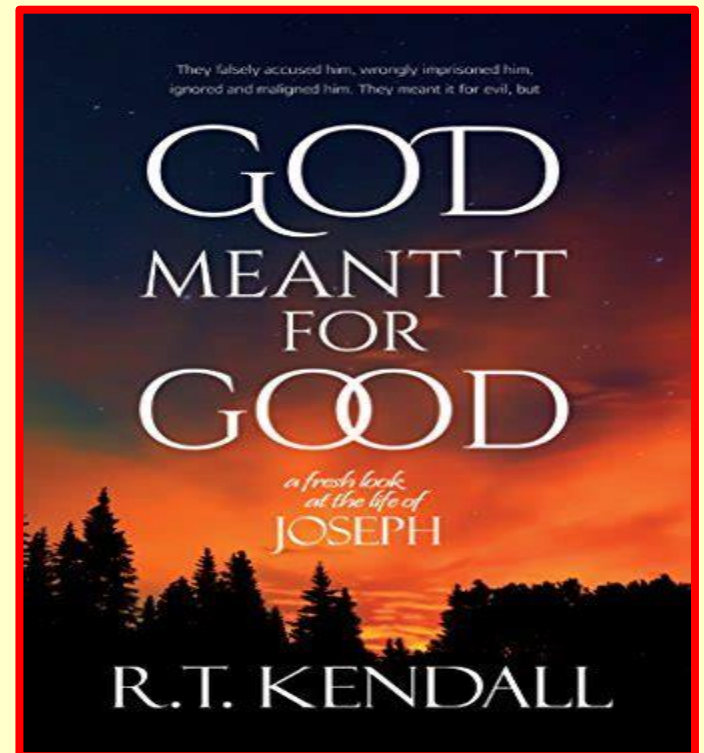
1 JOHN 5:19

We know that we are of
God, and the whole world
lies under the sway of the
wicked one.

R T KENDALL
is a Christian writer,
speaker, and teacher who
pastored Westminster
Chapel for 25 years.

He is author of more than
50 books.

R T Kendall was part of the
Word, Spirit, power team, a
non-denominational
charismatic ministry.



ROMANS 5:2b-5 (NLT)

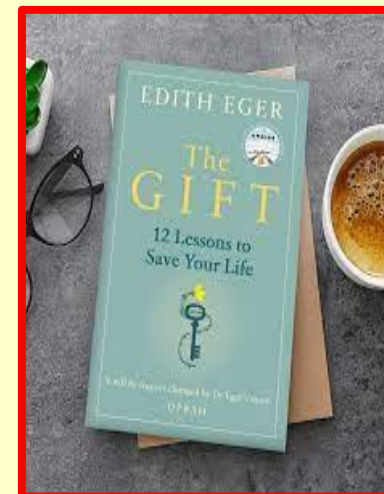
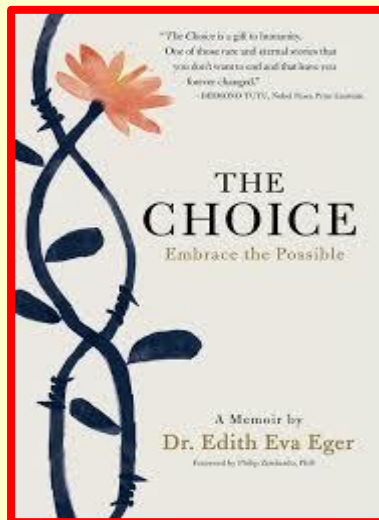
Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory. We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

Edith Eva “Edie” Eger born 29.10.27

is a psychologist practicing in the USA. Born to Hungarian Jewish parents, a Holocaust survivor and a specialist in the treatment of PTSD.



THE GIFT. We all face suffering-sadness, loss, despair, fear, anxiety and failure. But we also have a choice; to give in and give up in the face of trauma or difficulties, or to live every moment as a gift



1 JOHN 4:18 (NKJV)

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

JOHN 16:33 (NKJV)

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

HOW DO WE COPE WITH FEAR?

- 1) **If the fear is from past**, we wrap our arms around ourself and say "Thank you fear for reminding me and wanting to protect me. We say and repeat..... "that was then this is now"
- 2) **Fear of the future**, "Thank you for wanting to keep me safe but Jesus has not given me a spirit of fear but of power love and a sound mind." Meditate on one positive scripture. 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.
PSALM 23:4
- 3) **Use practical strategies**, 7/11 breathing (longer out than in) which lowers anxiety and gets us back into logical LT brain.
- 4) **Humming** can also move us from right brain into logical left thinking brain. Get our prefrontal cortex back on line so we can think logically.

A person is sitting on a boat on a calm lake at sunset. The sun is low on the horizon, creating a bright glow that reflects on the water. The surrounding mountains are silhouetted against the sky. The overall mood is peaceful and contemplative.

HOLY
SPIRIT
COME.

PSALM 46:10 Be Still and know that I am God.

ANN VOŠKAMP a Canadian Author, blogger and memoirist on themes of Christian women's spirituality, and the author of five books as of 2016, including the New York Times bestseller, *One Thousand Gifts: A Dare to Live Fully Right Where You Are*, published by Zondervan.



No amount of regret changes the past.
No amount of anxiety changes the future.
Any amount of gratitude changes the present.