

**106 i.** Don't dismiss Gods take.

For believers & unbelievers alike please do not skip over this section as it is good to understand God's take on fear, as it can supply some good positive help, even for unbelievers, as again we are in this together & have said we will do what it takes to get better & this just may be part of what it takes?

In the biblical book of 2nd Timothy God tells us, that He has not given to us, the Spirit of fear, but of power, of love, & of a sound mind. So fear is not a punishment from God & also is not something we have to put up with, as fear is a tool that satan uses to hinder persons from going after all that God truly has for them.

Everyone experiences fear in their life at some point. At times some may not even recognize it, as they make excuses for why they're not moving forward in certain areas of life, when the root cause truly is fear.

This is not what God wants for us & overcoming fear, for many believers, is rooted in trusting God & receiving His promises. The bible book of 1st John 4:18 tells us, There is no fear in love, as perfect love, casts out fear. Now satan will do all he can to get us to doubt the love of God, often by way of fear.

Fear of the future, of what people think, of failure etc. as when we believe the lies of satan's fear, it gets in the way of living in the freedom of God's perfect love.

Now when we experience fear, we don't have to stay there, in the bible book of Psalms 34:4, King David wrote, I sought the LORD & He answered me & delivered me from all my fears. We must take our fears to God & know that He hears us & is the one who delivers us from fear. Confessing our fears to God takes the power out of its control over us & allows God

to cleanse us from it, as seen in 1 John 1:9. This is one active way that we can show our trust of God, completely, as the more we learn to trust Him & His love, the more we experience His peace, as seen in Philipians Ch4:Vs7, the less fear, has any place in our lives.

In Philipians 4:4-11, Paul says, Rejoice in the Lord always.

Let your patient mind be known to all men.

The Lord is at hand. Be not careful, but in all things let your requests be known to God in prayer & supplication with giving of thanks & the peace of God which passes all understanding, shall preserve your hearts & minds in Christ Jesus. Also, whatever things are true, honest, just, pure, worthy & whatever things *are* of good report, virtuous, or praiseworthy, think on these things & the God of peace will be with you.

Basically, the Bible tells us not to be anxious, yet God knows, at times, we will be, as if we were not going to struggle with anxiety, God would have no need to command against it. He also does not simply tell us not to be anxious; He gives us ways to relieve worries.

First, we need not be anxious because we can trust in the character of God. We are told that He knows our needs and that He is faithful to provide for them. It is because of His love, care, power & mercy that we can trust Him, also when we are anxious, we can cast our worries on Him, as seen in First Peter 5:6-7 which says, Humble yourselves, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, as He cares for you.

God knows anxiety comes in our thoughts & tells us in 2 Corinthians 10:5, to take our thoughts captive, as when we are aware of what we are thinking & we evaluate those thoughts, based on the truth of the Bible, we will not be defeated by our thoughts & rather than thinking on worry, we can recognize the thought & claim victory over it, by the power of Christ & our trust in His loving care.

Of course accepting the peace of God, through prayer, controlling our thoughts & trusting in God's faithfulness is essential, but for those of us that struggle with debilitating anxiety, God has also provided the understanding & intellect, to help us discover ways of coping, as we work & seek change in our irrational thoughts, that have been embedded themselves into us & are going to take some time to get ahold of, which is why Christians are called to take every thought captive, 2 Corinthians 10:5. We see in Romans 12:2, that we are transformed by the renewing of our minds. But often our thoughts seem to be out of our control & fill us with doubts. So how do we control these thoughts & take them captive?

One way to deal with unwanted thoughts, is to let them be, ignore them, bypass them, throw them away, do not attach any meaning, good or bad to them, as they are just thoughts, until you add to them some kind of false power, as our thoughts do not direct us; we direct our thoughts.

In 2nd Corinthians 5:17, we are told that if anyone is in Christ, he is a new creation, the old has passed away, the new has come. So one way to take our thoughts captive is to remind ourselves, that we are new creations, we may not yet feel new, yet, but in the eyes of God we are new & righteous. So now as undesired thoughts come into our minds, we recognize the thought & analyze it in the light of the truth, of being a new creation, with Christ, which can help in being able to dismiss, or to act on the thought.

We also should live in a spirit of prayer, as it is easy to give our thoughts to God & for Him to see, that it is that it is not from Him & He can take that thought away, if we fully let go of it, not part of it, but fully.

Romans 12:2 tells us, not to be conformed to this world, but to be transformed by the renewal of our mind's, that by testing we can discern what is the will of God, what is good, acceptable & perfect & when we fill ourselves in the truth of God's Word, our minds are renewed, as When we know truth, we are set free, John 8:32.

So the best way to take control of our thoughts is to fill our minds with the truth & the thoughts of God, through His Word & not leaving any room for evil thoughts, but He also gave us something else to help us all, with battling all evil forces, which is the full armor of God, discussed in the following video post.

So again I pray for all who are suffering from these distorted thoughts & feelings, but fully believe that everyone of us, who gives it to & rests & trusts in God almighty, in the name of Jesus Christ, will find full healing & will carry that healing forward to educate others who believe that their lives are lost to the lies of satan through his anxiety & panic disorders. amen & lets all carry forward together, believers, unbelievers, saved, unsaved, democrats, republicans & basically in 4 words, all our fellow humans; brothers & sisters alike, united by our rights to be who we choose to be.